



# The Carb Spoon

## Quick guide

1. Start by choosing how many spoonfuls (portions) of carbs to have every day and with each meal (perfectly portioned carbs has more information about adjusting this to your individual needs on page 5).

	Daily carbs Spoonfuls (portions) to aim for each day	Decide how to spread your daily carbs between your meals (examples below)	
Women	6	Breakfast – 2 Light meal – 2 Main meal – 2	or Breakfast – 3 Light meal – 1 Main meal – 2
Men	7	Breakfast – 2 Light meal – 2 Main meal – 3	or Breakfast – 3 Light meal – 2 Main meal – 2
Moderately low carb eating plan	4	Breakfast – 2 Light meal – 0 Main meal – 2	or Breakfast – 3 Light meal – 1 Main meal – 0

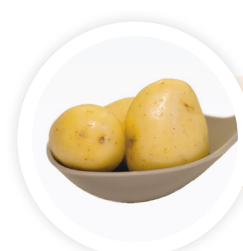
2. Then select the right type of spoonful when serving your carbs (level, rounded or heaped).  
Each spoonful equals 1 of your daily carbs.



Level spoonful



Rounded spoonful



Heaped spoonful

Carbs	Type of spoonful
Rice	Rounded
Pasta	Rounded
Spaghetti	Rounded
Boiled potatoes	Heaped
New potatoes	Heaped
Mashed potato	Rounded
Sweet Potato mash	Level
Wedges	Rounded
Chips	Rounded
Breakfast cereal (e.g. rice pops, multigrain hoops, cornflakes)	Heaped
Breakfast cereals (e.g. mini wheat biscuits, malted wheat squares)	Rounded

Carbs	Type of spoonful
Porridge	Rounded
Noodles	Rounded
Cous-cous	Level
Quinoa	Level
Gnocchi	Level
Muesli / Granola	Fill to just above the 20ml line



3. Not all starchy carbs can be portioned using The Carb Spoon®, bread is a good example. Use the table below to count them in as part of your daily carbs.

Carb	Equivalent number of spoonfuls (portions)
1 medium slice of bread	1
2 thick slices of bread	2 ½
1 medium pitta bread	2
1 medium tortilla wrap	2
3 crackers or rice cakes	1
1 potato waffle	1
1 hash brown	1
1 bread roll (see picture for size)	2
1 jacket potato (see picture for size)	2
1 panini	3
1 bagel	3 ½
1 crumpet	1
1 bread thin/pocket	1
1 English muffin	2
1 wheat biscuit	1
1 large naan (supermarket brought)	4
1 chapati	3
3 dried lasagne sheets	2
10" thin and crispy pizza base	5
1 packet of breakfast biscuits	2



Bread roll



Jacket potato

4. Use the carb spoon with every meal for perfectly portioned carbs like in the example below.



3 spoonfuls (filled to just above the 20ml line) of granola

2 slices of bread (equivalent to 2 spoonfuls/portions)



2 heaped spoonfuls of new potatoes

For more information on how to use The Carb Spoon to measure raw carbs, see page 12 of the Perfectly Portioned Carb booklet