

# Tips for carbohydrate counting in exchanges

This information will teach you how to use food labels, smart phone apps and websites to count carbohydrates (CHO) in exchanges.

The **Diabetes Victoria ‘Carbohydrate counting in exchanges’** booklet can be used in addition to this fact sheet.

## Reading food labels

- When reading food labels, the Nutrition Information Panel (NIP) will provide the most accurate information for that food or drink.
- Be careful not to confuse a “serving” with an “exchange”. A serving is the manufacturer’s chosen serve size and may not equal an exchange of CHO.



**REMINDER: An exchange = roughly 15 grams of CHO**

### Nutrition information

(1 serving = 2 slices of bread)

	Qty per serving	Qty per 100g /100ml	% daily intake
<b>Energy</b>	810kJ	980kJ	14%
<b>Protein</b>	6.7g	8.1g	15%
<b>Total Fat</b>	2.2g	2.6g	2%
–Saturated Fat	< 1.0g	< 1.0g	< 4%
<b>Carbohydrate</b>	<b>33.7g</b>	40.6g	11%
–Sugars	1.9g	1.9g	2%
<b>Dietary Fibre Total</b>	4.5g	5.4g	15%
<b>Sodium</b>	350mg	350mg	13%

2 slices = 1 serve

1. Look at total CHO
2. CHO per serve = 33.7g CHO
3. Round up or down to the nearest gram



**For example:**  
33.7g = 34g CHO



- Divide total CHO by 15 to work out the number of exchanges of CHO you are eating or drinking
- Then, round to the nearest whole or half exchange



**For example:**

$34 \div 15 = 2$  exchanges.

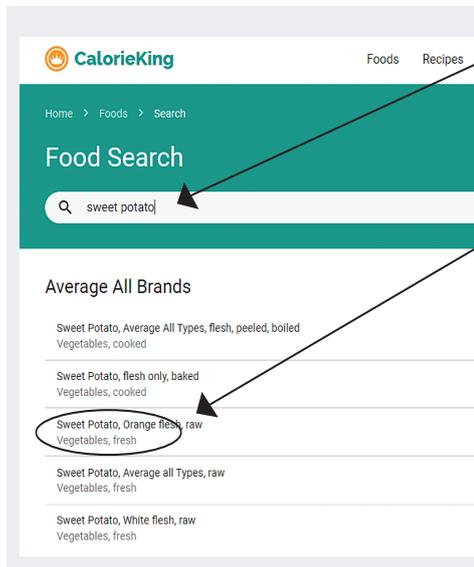
Therefore 2 slices of bread (or 1 serve of this product) is 2 exchanges.

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## Using smart phone apps and websites

When there is no nutrition information panel available use a on-line website or smart phone app.

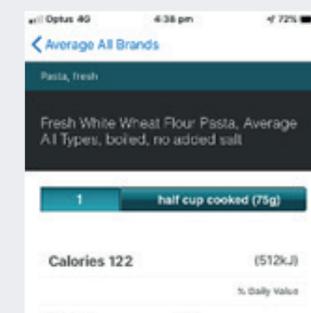
### Website



1. Search 'Calorie King' website [www.calorieking.com.au](http://www.calorieking.com.au)
2. Type the food or drink you want to look up and click "search".
3. Choose your specific brand or the option most similar to your food.
4. Choose how you are measuring your food or drink. Such as serving, grams (g), cup measures or milliliters (ml).
5. Enter the amount of food or drink you are eating or drinking.
6. The website will automatically calculate how much CHO is in the serve size you selected of the food or drink.
7. Divide total CHO by 15 to work out the number of exchanges of CHO you are eating or drinking.

### Smart phone apps

- 'Easy Diet Diary' and 'CalorieKing Australia' are two free, easy-to-use apps that include Australian food and drink.
- These apps are available on iPhone, iPad and Android.
- Divide total CHO by 15 to work out the number of exchanges of CHO you are eating or drinking.



#### Tips for using apps:



There can be differences in the amount of CHO in food and drinks, when comparing between different apps.



Product names or descriptions can also be listed differently between apps.



Choose the closest match to the food or drink you are weighing or measuring. For example, use terms like 'pasta boiled' for cooked pasta and search for the size that is most similar to your serve.



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Review date: 2026. Literacy Level assessed.