

The Easy Low Carb Unit Counting Diet

The Following Pages contain the
Carbohydrate units of hundreds of
Popular foods to be used in conjunction
With the
©Easy Low Carb Unit Counting Diet.
The Units are per 100g/100ml or 4oz/4 fl.oz
You should lose weight by limiting your
Carbohydrate intake to 20 units or below.

If you have a particularly low metabolism,
You may find it helpful to also cut down on your
Fat intake.

The Units stated in this book aren't the actual
Amounts of carbohydrates in the products listed
They are modified to suit the ©Easy Low Carb Unit Counting Diet

THE EASIEST DIET IN THE WORLD - PROBABLY

All 100% Meat, Poultry, Fish & Eggs,
without any additives or sauces (e.g. Burgers & Sausages etc.)
Count as 0 units

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT

UNITS PER 100g/100ml

A	
All-Bran	9.5
Almonds	1.4
Apple	2.5
Apple juice, unsweet	2
Apples, Cooking, raw, peeled	2
Apricot, semi-dried	7.25
Apricot, stoned, raw	1.5
Apricot, tin, juice	1.75
Apricot, tin, syrup	3.25
Asparagus	0.25
Aubergine	0.5
Avocado	0.5
B	
Baking Powder	8
Bamboo Shoots	2
Banana	5
Beans, Baked Heinz	3
Beans, Aduki	4.5
Beans, Broad	2.5
Beans, Butter	2.75
Beans, French	1
Beans, Mung	3
Beans, Red Kidney	3.25
Beans, Runner	0.5
Beans, Soya	1
Beansprouts	0.5
Beef Paste, Tournament	0
Beer, Bitter, tin	0.5
Beetroot, Boiled	2
Beetroot, Pickled	2.25
Biscuits, Rich Tea McVities	15
Black Pudding, fried	3
Blackberries	1
Blackcurrants	1
Blackcurrants, tin, juice	1.5
Blackcurrants, tin, syrup	3.5
Blue Cheese dress. Helmans	3.3
Bolognese Sauce, Dolmio Original	10.3
Bolognese Sauce, Dolmio X Spicy	2
Bournvita, semi-skim milk	1.5
Bovril	0.5
Bran, Wheat	5
Bran-Flakes	14
Brazil Nut	0.5
Bread, brown	9
Bread, Med Sliced White Kingsmill	9
Bread, white	10
Bread, Wholemeal Hovis	7
Broccoli	0
Brown Sauce, No Frills	4
Brussel Sprouts	0.75
Buns, Hot Cross	12

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT

UNITS PER 100g/100ml

Brown Sauce, No Frills	4
Brussel Sprouts	0.75
Buns, Hot Cross	12
Burger King, Bacon & Egg	5.25
Burger King, Bacon Dbl Cheeseburger	6
Burger King, Cheeseburger	6
Burger King, Chicken Flamer	10
Burger King, Chicken Royale	6
Burger King, Choc Muffin	7.25
Burger King, Hamburger Portion	6
Burger King, Hash Brown reg	3
Burger King, Ice Cream w Sauce tub	5
Burger King, Milkshake Banana small	16
Burger King, Milkshake Chocolate small	16
Burger King, Milkshake Strawberry small	16
Burger King, Milkshake Vanilla small	12
Burger King, Orange Juice	4
Burger King, Sausage & Egg	6
Burger King, Veggie Whopper	16
Burger King, Whopper Portion	10
Burger King, Whopper w Cheese Portion	10
Butter, Marg, Lard, Oil	0
C	
Cabbage, boiled	0.5
Cabbage, white, raw	1
Cake, Rich Fruit, iced	12
Cakes, Rich, Fruit	12
Carrots, old, boiled	1
Carrots, old, raw	0.5
Carrots, tinned	1
Carrots, young boiled	1
Carrots, young raw	1
Cashew, roast, salted	5
Cauliflower	0.5
Celery, boiled	0
Celery, raw	0
Cereal Bar, Cherry Nutrigrain	14
Cereal, Cheerios	15
Cereal, Alpen No Added Sugar	12
Cereal, Bran Flakes Kellogs	13
Cereal, Pop Tarts Strawberry	14
Cereal, Porridge Ready Brek	12
Chapati	10
Cheese Spread	1
Cheese, Cottage	0.5
Cheese, Cottage, low-fat	1
Cheese, Feta	0.25
Cheese, Hard and Brie types	0
Cheeselets	11
Cherrie pie filling	4.25
Cherries, glace	13
Cherries, raw, stoned	2.25

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT

UNITS PER 100g/100ml

Cherries, tin, syrup	4
Chestnuts	7.25
Chicken, Hot & Spicy Wings	1
Chicory, raw	0.5
Chocolate, Cadbury Instant Drink	13
Chocolate, Milk Cadbury	11.5
Cider, dry	0.5
Cider, sweet	1
Clementines, no skin	1.5
Coca-Cola	2
Cocoa, Cadbury	2
Cocoa, semi-skim milk	1.5
Coconut, creamed, block	1.5
Coconut, dessicated	1.5
Cod in Batter	1.5
Cod Steaks, in Butter Sauce Birds Eye	1
Cod, Fillet	0
Coffee per cup	0
Coffeemate	11.5
Corn Flakes	18
Corned Beef	0
Courgette, boiled	0.5
Courgette, raw	0.5
Crackers, Cream	68.3
Cream, Clotted	0.5
Cream, Double	0.5
Cream, Elmlea double	0.5
Cream, Elmlea single	1
Cream, single	1
Cream, soured	0.75
Cream, sterelised, tin	0.75
Cream, tin spray	0.75
Cream, Whipping	0.5
Crispbread, Ryvita Original	12.5
Crisps, Cheese & Onion Flavour	10
Croissants	8
Crunchy Nut Cornflakes	18.5
Cucumber	0
Cucumber, raw	0
Curly Kale, boiled	0
Curly Kale, raw	0
Currants	14
Custard Powder	20
Custard, Ambrosia	3.25
Custard, Whole milk	3.25
D	
Damsons, raw, stoned	1.5
Danish Pastry	10
Dates, dried with stone	12
Dates, raw with stone	5.25
Digestive biscuits	14
Doughnut, jam	10

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT	UNITS PER 100g/100ml
Doughnut, ring	9
Drinking Chocolate, powder	15.5
Drinking Chocolate, Semi skim	2
Dumplings	5
E	
EcclesCakes	12
Eclairs	5
Egg, Raw	0
F	
Fennel,boiled	0
Fennel, raw	0
Figs, dried	10.5
Figs, semi-dried	10
Fish Cakes	3
Fish Fingers	3.25
Fish, boiled or fried	0
Flour, Soya, full fat	4.5
Flour, Soya, low-fat	5.5
Flour, SR Homepride	14
Flour, Wheat, brown	14
Flour, Wheat, white	16
Flour, Wheat, Wholemeal	13
Frankfurters	0.5
Fromage Frais	1.25
Fromage Frais, low fat	1.5
Frosties	18.5
Fruit Cocktail in juice	1.5
Fruit Cocktail in syrup	3
Fruity Sauce, HP	6
G	
Garibaldi	14
Garlic, raw	3
Gelatine	0
Gherkin, pickled	0.5
Ghourd, raw	0
Gooseberries	0.5
Gooseberries, tin in syrup	4
Grape juice, unsweet	2.25
Grapefruit juice, unsweet	1.5
Grapefruit, raw with skin	1
Grapefruit, tin in juice	1.5
Grapefruit, tin in syrup	3
Grapes	3
Gravy, Beef Granules OXO	12
Gravy, Chicken Granules Bisto	11.25
Gravy, Chicken Granules OXO	11
Gravy, Turkey Granules Bisto	39
Gravy, Beef Granules Bisto	11

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT	UNITS PER 100g/100ml
H	
Haddock, Fillet	0
Ham, Honey Roast	0.5
Ham, Smoked	0
Hazelnuts	1
Honey	15
Horlicks + semi-skim milk	2.5
Horlicks, instant, water	2
Horlicks, lowfat, inst, water	14.5
Horlicks, powder	16
Horseradish Sauce	3.5
Hot Dog, Olde Oak America	1
Hummus	2.25
I	
Ice-cream, Choc ice	6
Ice-cream, Cornetto	7
Ice-cream, lemon sorbet	7
Ice-cream, vanilla	5
J	
Jaffa Cakes	14
Jam Tart	12
Jam, Blackcurrant	12
Jam, fruit	14
Jelly, Sugar Free, Rowntrees per serving	0
K	
Kiwi Fruit, no skin	2
L	
Lasagna	2.5
Lasagne, Ragu White Sauce	1
Leeks, boiled	0.5
Leeks, raw	0.5
Lemon Curd	12.5
Lemon Juice, unsweet	0.25
Lemon, with skin	0.5
Lemonade	1
Lentils, boiled	3
Lentils, red	3.25
Lettuce	0
Lettuce, Iceberg	0
Lime juice cordial	6
Liver Paté, low fat	0.5
Liver Paté	0
Liver Sausage	1
Lucozade	3.5
Luncheon meat, tin	1
Lychees, raw, no stone	3
Lychees, tin in syrup	3.5

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT	UNITS PER 100g/100ml
M	
Macademia nuts	1
Macaroni Cheese	2.5
Macaroni, raw	15
Mandarins, tin in juice	1.5
Mandarins, tin in syrup	2.5
Mangoes, raw no stone or skin	3
Mangoes, tin in juice	1.5
Mangoes, tin in syrup	2.5
Marmite	0.5
Marrow, boiled	0
Marrow, raw	0.5
Marzipan, retail	10
Mayonnaise, Hellmann's	0
McDonalds, Apple Pie Portion	5
McDonalds, Bacon & Egg McMuffin	5
McDonalds, Bacon McDouble w Cheese	8
McDonalds, Banana Milkshake reg	13
McDonalds, Big Mac	10
McDonalds, Cheeseburger	7
McDonalds, Chicken McNuggets(6)	3
McDonalds, Choc Donut Each	8
McDonalds, Chocolate Milkshake reg	13
McDonalds, Cinnamon Donut Each	7
McDonalds, Filet-O-Fish Portion	8.5
McDonalds, French Fries reg	6
McDonalds, Hamburger	7
McDonalds, Hash Brown Portion	3.5
McDonalds, McChicken Sandwich	8.5
McDonalds, McFlurry Crunchie Portion	9.5
McDonalds, McFlurry Dairy Milk Portion	9
McDonalds, McFlurry Smarties Portion	9.5
McDonalds, Quarter Pounder w Cheese	8
McDonalds, Sausage & Egg McMuffin	5.5
McDonalds, Strawberry Milkshake reg	13.5
McDonalds, Sugared Donut Each	6.5
McDonalds, Vanilla Milkshake reg	12.5
Melon, cataloupe, no skin	8.5
Melon, Galia, No skin or stone	1
Melon, Honeydew	1.25
Melon, Water	1.5
Meringue with Cream	8
Milk, condensed, sweetened	12
Milk, dried	10.5
Milk, evap	1.6
Milk, goats	1
Milk, Semi Skimmed	1
Milk, Skimmed	1
Milk, Soya	0
Milk, Soya, Flavoured	0.75
Milk, Whole	1
Mince Pie	12
Mincemeat	12.5
Mini-Cheddars	10.5

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT	UNITS PER 100g/100ml
Mint Sauce	4
Mixed nuts	1.5
Mixed veg, frozen, boiled	1.5
Mushroom, Raw	0
Mushrooms, boiled	0
Mushrooms, creamed	1
Mushrooms, fried	0
Mustard and Cress	0
Mustard, Smooth	2
Mustard, Wholegrain	1
N	
Nectarines, no stone	2
Noodles, Egg Fine Sharwoods	14
O	
Oats, Porridge, raw	12
Oil, Vegetable Solid Crisp & Dry	0
Okra, boiled	0.5
Okra, raw	0.5
Okra, stir fried	1
Olives, in brine	0
Onion, Raw	1.5
Onions, boiled	0.75
Onions, cocktail	0.75
Onions, fried	3
Onions, Pickled	1
Orange juice, unsweet	1.75
Oranges, raw no skin	1.5
Ovaltine + semi-skim milk	2.75
Ovaltine, Powder	14
Ovaltine, whole milk	2.5
Oxo cubes	7.5
P	
Parsnip, boiled	2.5
Parsnip, raw	2.5
Passion fruit, raw no skin	1
Pasta, Egg Lasagne	14
Pasta, Egg Lasagne Verdi	14
Pasta, Twists	10
Paw Paw	1.5
Peach, raw no stone	1.5
Peach, tin in juice	2
Peach, tin in syrup	3
Peanut Butter, smooth	2.75
Peanuts, dry roasted	2
Peanuts, plain	2.5
Peanuts, roasted, salted	1.5
Pear, in Juice	2
Pear, in Syrup	3
Pear, raw no core	2
Peas, canned	3
Peas, frozen, boiled	2

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT	UNITS PER 100g/100ml
Peas, Mange-tout, boiled	0.75
Peas, Mange-tout, stir fried	0.75
Peas, Mushy	3
Peas, Petit-pois, frozen, boiled	1
Peas, Processed	3.5
Peas, Raw	1
Pecan nuts	1
Peel, mixed dried	12
Peperami	0.25
Peppers, green	0.5
Peppers, red	1.25
Piccillilli, Pan Yan	2.5
Pilchards, tin, tomato sauce	0
Pine nuts	1
Pineapple Juice, unsweet	2
Pineapple, raw no skin	2
Pineapple, tin in juice	2.5
Pineapple, tin in syrup	3.25
Pistachio	1
Plantain, boiled	5.5
Plum, raw no stone	1.5
Plum, tin in syrup	3
Polony	3
Pork Ribs, Chinese Style Sauce	1.5
Porridge, made with milk	2.5
Porridge, made with water	2
Port	2.5
Potato croquettes	4.25
Potato, Frying Chips Frozen	6
Potato, new	3.5
Potato, old	3.5
Potato, Raw	3.5
Potato, roast	5
Potatoes, New Tinned	3
Prunes, semi-dry	7
Prunes, tin in juice	2.5
Prunes, tin in syrup	3.5
Pudding, Hot Crunch Banana	15
Pudding, Sponge	9
Pumpkin, boiled	0.25
Pumpkin, raw	0.25
Q	
Quorn	0.5
R	
Radish	0.5
Raisins	14
Raspberries, raw	1
Raspberries, tin in syrup	1.5
Ratatouille	0.5
Ravioli	2
Ready Brek	12
Rhubarb, raw	0

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT

UNITS PER 100g/100ml

Rhubarb, tin in syrup	3.5
Ribena	12
Rice Krispies	18
Rice Pudding, Libby's	3
Rice, Boiled	6
Rice, Long Grain White Frozen	5.5
Rice, raw	17
S	
Salad Cream	3.5
Salad Cream, No Frills	2.5
Salami	0.5
Salmon	0
Salt	0
Sardines, tin, tomato sauce	0
Satsuma, raw no skin	1.5
Sauce, Brown HP	5.5
Sauce, Hot Chili con Carne, Schwartz	12
Sauce, Tomato Ketchup Heinz	5
Sausage roll	2.5
Sausages, Pork Thick Walls	2
Sausages, Pork Thin Walls	2
Saveloy	2
Sesame Seed	0
Shortbread	18
Shredded Wheat	14
Shreddies	15
Soup, Chicken Heinz	1
Soup, Chicken Weight Watchers	1
Soup, Oxtail Heinz	1.25
Soup, Vegetable Heinz	1.5
Soup, Tomato Heinz	1.5
Soy Sauce	1.5
Spaghetti, tinned	3
Special K	16
Spinach, boiled	0
Spring Greens	0
Spring Onions	0
Squash, Orange, undilute	5.5
Squash, Summer Fruit	0.5
Stock Cubes, Beef OXO	7.5
Strawberries, tin in syrup	3.5
Strawberry	1
Stuffing, Parsley/Thyme Uncooked	14
Stuffing, Parsley/Thyme/Lemon Cooked Paxo	5.5
Stuffing, Sage/Onion Paxo	5
Suet	2.5
Sugar, demerara	10
Sugar, white	10
Sunflower Seed	3.5
Swede, boiled	0.5
Sweet Potato, boiled	4
Sweetcorn baby, canned	0.5
Sweetcorn Kernels, canned	5

CARBOHYDRATE UNITS OF THE MOST POPULAR FOODS

PRODUCT	UNITS PER 100g/100ml
Sweetcorn on Cob, whole	23.5
Syrup	16
Syrup, Chocolate Flavour	15
Syrup, Maple Flavour	15
T	
Tangerine	1.5
Taramasalata	0.75
Tea	0
Tofu, Soya bean	0.5
Tomato	0.5
Tomato Juice	0.25
Tomato puree	0.5
Tomato Sauce, No Frills	4
Tomato, canned with juice	0.5
Tomato, Chopped Tinned	1
Tomato, Puree	3.5
Treacle	14
Tuna	0
Turnip	0.5
V	
Vegetables, Chinese Frozen Oriental Express	1.5
Vinegar	0
W	
Walnut	0.5
Watercress	0
Weetabix	15
Y	
Yam	6.5
Yeast, dried	0.5
Yoghurt, low fat, plain	1.5
Yoghurt, Tzatziki	0.5

Brought to you by:
www.unitcountingdiet.co.uk

Email: info@unitcountingdiet.co.uk