|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **UNGEFÄRLIGA KOLHYDRATMÄNGDER I NÅGRA VANLIGA LIVSMEDEL** | | | | | | **2024** |
|  |  |  |  |  |  |  |
| Livsmedel | Mängd | Kolhydrater |  | Livsmedel | Mängd | Kolhydrater |
| Basmüsli | 1 dl | 27 g |  | Kaviar | 1 msk | 2 g |
| Fralla (50g) | 1 st | 25 g |  | Ketchup | 1 msk | 4 g |
| Fullkornsvälling | 1 dl | 8 g |  | Lättsockrat äppelmos/sylt | 1 msk | 6 g |
| Havregrynsgröt | 1 dl | 11 g |  | Marmelad | 1 msk | 10 g |
| Havrefras | 1 dl | 6 g |  | Vanlig sylt | 1 msk | 9 g |
| Knäckebröd | 1 st | 8 g |  |  |  |  |
| Mannagrynsgröt | 1 dl | 11 g |  | Apelsin, 125 g, utan skal | 1 st | 12 g |
| Mjukt bröd (35-40g) | 1 skiva | 18 g |  | Banan, 105 g, utan skal | 1 st | 23 g |
|  |  |  |  | Bär | 1 dl | 5 g |
| Bulgur,kokt (70g) | 1 dl | 16 g |  | Clementin, 85 g, utan skal | 1 st | 8 g |
| Couscous, kokt (55g) | 1 dl | 12 g |  | Dadlar 8 g | 1 st | 5 g |
| Pasta, kokt (50g) | 1 dl | 13 g |  | Kiwi, 85 g, utan skal | 1 st | 8 g |
| Potatis, äggstor (70g) | 1 st | 12 g |  | Plommon | 1 st | 3 g |
| Potatisbullar (55g) | 1 st | 10 g |  | Russin | 1/3 dl | 15 g |
| Potatisgratäng (100g) | 1 dl | 15 g |  | Vatten/honungsmelon utan skal | 150 g | 10 g |
| Potatismos (100g) | 1 dl | 14 g |  | Vindruvor/körsbär | 1 st | 1 g |
| Quinoa, kokt (75g) | 1 dl | 16 g |  | Äpple/päron, 125 g | 1 st | 15 g |
| Ris, kokt (70g) | 1 dl | 17 g |  |  |  |  |
|  |  |  |  | Cashewnötter | 1 dl | 12 g |
| Böngryta (100g) | 1 st | 10 g |  | Chips | 1 dl | 5 g |
| Chicken nuggets (24g) | 1 st | 3 g |  | Glass | 1 dl | 10 g |
| Falafel | 100g | 15 g |  | Hasselnötter/sötmandel | 1 dl | 6-8 g |
| Fiskpinnar (25g) | 1 st | 4 g |  | Jordnötter/valnötter | 1 dl | 5 g |
| Gryta med fisk/ kött grönsaker | 1 dl | 5 g |  | Kanelgiffel (22g) | 1 st | 12 g |
| Hamburgare med bröd, t ex Big Mac | 1 st | 42 g |  | Lösgodis/gelégodis | 100 g | 85 g |
| Hamburgare med bröd, t ex Kidsmeal | 1 st | 29 g |  | Mjölkchoklad, 100 g | 1 ruta | 2-3 g |
| Korv med bröd | 1 st | 5 + 15 g |  | Piggelin | 1 st | 13 g |
| Korv Stroganoff (100g) | 1 dl | 6 g |  | Pinnglass, t ex ikeapinnglass | 1 st | 6 g |
| Kött- och grönsakssoppa | 1 dl | 3 g |  | Pistaschnötter, skalade | 1 dl | 13 g |
| Köttbullar (9g) | 1st | 1 g |  | Popcorn (3g) | 1 dl | 1 g |
| Lasagne (100g) | 1 dl | 14 g |  |  |  |  |
| Panerad fiskfilé (120g) | 1st | 6 g |  | Coca Cola/Fanta | 1 dl | 11 g |
| Pannkakor/våfflor (70g) | 1 st | 15 g |  | Fun Light | 1 dl | 0 g |
| Pizza (restaurang) (450g) | 1 st | 112 g |  | Juice | 1 dl | 10 g |
| Pommes (45g) | 1 dl | 14 g |  | Mineralvatten | 1 dl | 0 g |
| Pommes frites (Mc Donald´s) | liten | 29 g |  | Mjölk/fil/yoghurt | 1 dl | 5 g |
| Pyttipanna (55g) | 1 dl | 8 g |  | Saft/Festis | 1 dl | 10 g |
| Schnitzel (125g) | 1 st | 9 g |  | Smaksatt fil/yoghurt | 1 dl | 10 g |
| Soppa (t ex blomkåls-, potatis) | 1 dl | 5 g |  | Varm chokladdryck | 1 dl | 10 g |
| Sås redd sås inkl pulversås | 1 dl | 5 g |  |  |  |  |
| Tacoskal/tacotubs (19g) | 1 st | 11 g |  | Dextropur pulver | 1 tsk | 3 g |
| Tortilla (20cm) (42g) | 1 st | 22 g |  | Druvsocker tablett | 1 st | 3 g |
|  |  |  |  | Druvsocker tablett, liten | 1 st | 2 g |
| Bönor, kokta (70g) | 1 dl | 8 g |  | Honung | 1 tsk | 6 g |
| Gröna ärter (60g) | 1 dl | 5 g |  | Sirap | 1 dl | 109 g |
| Kikärter, kokta (70g) | 1 dl | 9 g |  | Strösocker | 1 dl | 85 g |
| Linser, kokta (80g) | 1 dl | 12 g |  | Vaniljsocker | 1 tsk | 3 g |
| Majskorn (75g) | 1 dl | 10 g |  | Vetemjöl | 1 dl | 43 g |
| Morot | 100g | 7 g |  |  |  |  |
| Tomat/paprika (80g) | 1 st | 2 g |  | Källa: Livsmedelsverket (www.slv.se) | |  |
| Vita bönor i tomatsås (100g) | 1 dl | 14 g |  | T1D-appen |  |  |

**SUS_CMYK**