

Food type	Amount	Weight (grams)	Carbs	Food type	Amount	Weight (grams)	Carbs
Apple (with skin)	Per whole	135	18	Cereal, Cornflakes	Dessert spoon	5	4
Apple juice	Glass	150	17	Cereal, Frosties	Dessert spoon	5	4
Apple syrup ("Appelstroop")	1 teaspoon	15	8	Cheesburger (with bun)	Per whole	115	23
Apple turnover	Per whole	100	36	Cheese (light)	Per slice	20	0
Bagel	Roll	85	39	Cheese (regular)	Per slice	20	0
Baked Beans	Serving spoon	70	10	Cheese turnover ("kaassouffle")	Per whole	55	17
Banana	Per whole	130	27	Cheese, spread	1 teaspoon	15	1
Beefburger (with bun)	Per whole	125	24	Chicken, burger (excl. Bun)	Per whole	110	11
Biscuit, Almon filling ("gevuld koek")	Per biscuit	60	35	Chicken, sat é	Per stick	50	4
Biscuit, choc-chip	Per biscuit	10	6	Chicken, schnitzel	Per whole	100	10
Biscuit, Digestive	Per biscuit	15	10	Chicken, slice	Per slice	15	1
Biscuit, Evergreen	Per biscuit	21	14	Chocolate, biscuit	Per biscuit	10	6
Biscuit, Lady's Finger	Per biscuit	5	4	Chocolate, custard ("vla")	Small bowl	150	28
Biscuit, spiced ("Speculaas")	Per biscuit	30	16	Chocolate, dark	Chunk	5	3
Biscuit, stroopwafel	Per biscuit	30	21	Chocolate, milk	Chunk	5	3
Bread, brown	Slice	35	14	Chocolate, spread	Per slice	15	8
Bread, brown, roll	Roll	50	21	Chocolate, sprinkles, dark ("hagelslag")	Per slice	15	10
Bread, current bun	Per whole	50	25	Chocolate, sprinkles, milk ("hagelslag")	Per slice	15	11
Bread, French stick, brown	Per slice	10	5	Couscous	Serving spoon	30	8
Bread, French stick, white	Per slice	10	5	Cracker, wholemeal	Per whole	5	4
Bread, pita, white	Roll	45	23	Crisps	Handful	10	5
Bread, raisin	Slice	35	18	Croissant	Per whole	40	17
Bread, stick	Per whole	5	4	Croissant, cheese	Per whole	60	18
Bread, white	Slice	30	15	Croissant, ham/cheese	Per whole	70	19
Bread, white, roll	Roll	50	24	Custard, vanilla	1 bowl	150	26
Brownie	Slice	65	33	Diksap	Glass	20	14
Butter, salted	1 teaspoon	5	0	Donut	Per whole	55	20
Cake, chocolate	Slice	30	15	Egg, boiled	Per whole	50	6
Cake, custard bun	Per whole	100	38	Egg, fried	Per whole	50	7
Cake, Muffin	Per whole	50	22	Falafel	Per piece	20	3
Cake, plain	Slice	30	13	Fish, breaded ("kibbeling")	Serving spoon	100	2
Cake, raisin	Slice	35	17	Fish, breaded, whole	Per whole	145	3
Cake, scone (plain)	Per whole	50	21	Ham	Slice	20	0

Food type	Amount	Weight (grams)	Carbs	Food type	Amount	Weight (grams)	Carbs
Honey	1 teaspoon	15	12	Porridge	1 bowl	150	13
Hot dog, light (excl. Bun)	Per whole	20	1	Potatoes, boiled	Serving spoon	70	12
Hot dog, regular (excl. Bun)	Per whole	20	0	Potatoes, fried (chips)	Serving spoon	50	19
Ice-cream, chocolate	Ball	50	20	Potatoes, oven chips	Serving spoon	50	23
Ice-cream, soft	Per cone	70	18	Potatoes, Mashed (excl. Butter)	Serving spoon	70	7
Ice-cream, vanilla	Ball	50	19	Prawn crackers	Handful	10	7
Jam	1 teaspoon	15	9	Puff Pastry	Per slice	40	16
Jam, Marmelade	1 teaspoon	15	9	Raisins	Dessert spoon	10	8
Ketchup	1 teaspoon	10	3	Rice waffle	Per whole	5	4
Kit-Kat	Per stick	10	6	Rice waffle, chocolate	Per whole	20	12
Kroket	Per whole	65	15	Rice, brown (excl. Sauce), cooked	Serving spoon	55	18
Meat spread	1 teaspoon	20	0	Rice, white (excl. Sauce), cooked	Serving spoon	60	16
Milk, Chocolate, full fat	Glass	250	30	Salami	Per slice	15	0
Milk, Chocolate, half fat	Glass	250	31	Salt sticks	10 sticks	10	7
Milk, half fat	Glass	250	12	Sauce, Bechemel	Serving spoon	25	2
Milk, whole fat	Glass	250	11	Sauce, Bolognese	Serving spoon	25	2
Noodles (excl. Sauce)	Serving spoon	50	14	Sauce, Chili	Serving spoon	25	7
Oliebol	Per whole	65	27	Sauce, Sat é	Serving spoon	25	6
Ontbijtkoek	Per slice	25	18	Sausage roll	Per whole	70	20
Ontbijtkoek, light	Per slice	25	15	Sausage, grilled	Per slice	20	1
Pancake, whole	Per whole	70	20	Soup, Minestrone	Glass	250	6
Pancakes, mini ("poffertjes")	Per piece	10	3	Soup, Tomato (clear)	Glass	250	2
Pasta, brown (excl. Sauce), cooked	Serving spoon	50	12	Soup, Tomato (cream)	Glass	250	6
Pasta, ravioli	Serving spoon	50	6	Soup, Tomato (normal)	Glass	250	7
Pasta, white (excl. Sauce), cooked	Serving spoon	50	14	Spring roll	Per whole	150	28
Pat é	1 teaspoon	15	1	Sugar	1 teaspoon	2	2
Peanut butter	1 teaspoon	15	2	Syrup	1 teaspoon	15	12
Peas, cooked	Serving spoon	60	10	Taco	Per whole	10	5
Pepernoot	Per piece	3	6	Toast cracker ("Beschuit"), brown	Slice	10	7
Pizza	Per whole	350	90	Tortilla crisps	Handful	15	9
Popcorn, natural	Handful	10	7	Yoghurt, full fat	1 bowl	150	5
Popcorn, sweet	Handful	10	8	Yoghurt, half fat	1 bowl	150	6