



**University
Hospitals Sussex**
NHS Foundation Trust

Ideas for breakfasts that contain 20 to 35g of carbohydrate (carb)

Dietetics

Patient information

You have been given this information because when you are pregnant it is harder to control your blood glucose after breakfast than it is for other meals. This is because the placenta makes high levels of hormones around breakfast time, especially in the third trimester of pregnancy.

Breakfasts that contain 20 to 25g of carbohydrate (carb)	Breakfasts that contain 30 to 35g of carbohydrate (carb)
<p>200g strained Greek yoghurt (10g carb).</p> <p>WITH 80g raspberries and 80g blueberries (8g carb).</p> <p>AND 6 walnut halves (0g carb).</p>	<p>1 plain pancake (44g weight) (12g carb).</p> <p>WITH 100g strained Greek yoghurt (5g carb).</p> <p>AND half a medium banana sliced (10g carb).</p>
<p>1 thick slice of granary toast (24g carb).</p> <p>WITH ham, eggs or both (0g carb).</p>	<p>30g granola (20g carb).</p> <p>WITH 100g milk (5g carb).</p> <p>AND 50g raspberries (5g carb).</p>
<p>1 whole wheat pitta bread (25g carb).</p> <p>WITH cream cheese (0g carb).</p> <p>AND 1 sliced tomato (0g carb).</p>	<p>25g porridge oats with 100ml milk (22g carb).</p> <p>AND 3 strawberries (3g carb).</p> <p>AND half a medium banana (10g carb).</p>
<p>1 thick slice granary or wholemeal toast (24g carb).</p> <p>WITH mushrooms, tomatoes or peanut butter (0g carb).</p>	<p>2 slices of medium sliced granary bread (30g carb).</p> <p>WITH smashed avocado and chopped tomato (0g carb).</p>

Breakfasts that contain 20 to 25g of carbohydrate (carb)	Breakfasts that contain 30 to 35g of carbohydrate (carb)
<p>2 egg omelette (0g carb). WITH cheese, tomatoes, onion and spinach (0g carb). AND 1 egg sized potato (10g carb) or 1 slice of medium sliced toast (15g carb).</p>	<p>2 slices of medium sliced granary or wholemeal toast (30g carb). WITH 2 scrambled eggs (0g carb) and bacon (0g carb).</p>
<p>20g Branflakes or Shreddies or Weetabix (15g carb). WITH 100ml milk (5g carb).</p>	<p>1 slice of medium sliced granary or wholemeal toast (15g carb). WITH half a can of baked beans (15g carb).</p>

Table showing breakfasts that contain different amounts of carbohydrates.

How can I make other breakfasts that contain 20 to 35g of carbohydrate?

The table below shows the serving sizes of some foods often eaten for breakfast that contain around 10 or 15g of carbohydrate. You can use it to create your own breakfasts that contain between 20 and 35g of carbohydrate.

For example, two foods from the 10g carbohydrate column and one food from the 15g column would add up to a breakfast containing around 35g of carbohydrate.

Breakfast foods that contain around 10g carbohydrate per serving

- 1 thin slice of bread.
- 20g All Bran, Bran flakes or Special K.
- 75g of cooked porridge made with milk.
- 160g blackberries or strawberries.
- 125g natural yoghurt or 150g low fat Greek yoghurt.
- 2 prunes.
- 80g blueberries.
- 1 large orange.
- 2 apricots.
- 1 apple or pear.
- 1 plain pancake (43g).
- 2 plums.

Breakfast foods that contain around 15g carbohydrate per serving

- 25g porridge oats.
- 1 banana.
- 1 medium slice of bread.
- 250ml of milk.
- 1 oat biscuit.
- 1 cup of plain yogurt.
- One third of a can of baked beans.

Who can I contact if I have any questions after I have read this information?

For further information or to provide feedback please contact:

St. Richard's Hospital Dietitians:

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This information is intended for patients receiving care in Worthing, Southlands and Chichester St.Richard's hospital.

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