Carbs & Cals

CARB & CALORIE COUNTER

Count your carbs & calories with over 1,700 food photos!
The UK's #1 bestselling book for diabetes & weight loss

by Chris Cheyette & Yello Balolia
Authors of the #1 bestselling series

Supported by
DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

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For more information, please visit:

www.carbsandcals.com

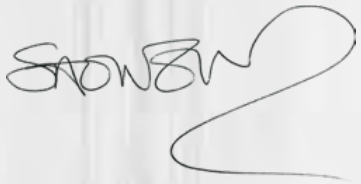
Contents

Foreword

Carbohydrate counting is an important part of diabetes management, especially for people with Type 1 diabetes.

Carbs & Cals is a great tool for those people with diabetes who count carbohydrates as part of the management of their condition. This easy-to-use visual reference guide allows you to compare what is on your plate with the pictures in the book, to find out the amount of carbohydrate and calories in the food you are eating. Knowing how many calories are in a portion of food is also really helpful information for people who are trying to lose weight, and may let you know that you need to eat a smaller portion or opt for something a little healthier.

Having all of this information at your fingertips, in an easy to understand format, will help to give you greater control over your diabetes and also give you the information you need to help you make healthier choices at meal times. Whatever your goals, we are sure that you will find Carbs & Cals a great help in achieving them.



Simon O'Neill
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DIABETES UK
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www.diabetes.org.uk

Introduction

Welcome to *Carbs & Cals*. This book contains over 1,700 photos of a wide range of popular food and drink items. The carbohydrate, calorie, protein, fat, saturated fat and fibre values are clearly displayed in colour-coded circles below each photo. This highly visual approach makes it incredibly quick and easy to see the nutrient content of the food and drink you consume. *Carbs & Cals* is the perfect support tool for carbohydrate counting in diabetes, weight management, portion control and general healthy eating.

Healthy Eating Principles

A healthy, balanced diet is important for maintaining good health, as it improves general wellbeing, helps with weight management and reduces the risk of long-term conditions such as heart disease, type 2 diabetes and cancer.

What does 'healthy eating' really mean?

Nutrients such as proteins, fats, vitamins and minerals are the building blocks for good health. Foods within our diet are grouped together according to the main nutrients they provide e.g. meat, fish, eggs and nuts are grouped as high quality proteins whilst milk, cheese and yogurt are grouped as dairy foods and are a rich source of calcium. Healthy eating means eating a wide variety of nutrient dense foods in the right proportions to achieve and maintain a healthy balanced weight and provide a range of nutrients such as:

- Antioxidants, vitamins and minerals from fruit and vegetables
- Calcium from dairy foods such as milk and yogurt
- B vitamins and fibre from wholegrain carbohydrates such as oats, pearl barley and brown rice
- Good quality protein from meat, fish, nuts, eggs and quinoa
- Omega-3 oils from oily fish and nuts

Tips for Healthy Eating

Aim for three meals each day

Avoid skipping meals and spread breakfast, lunch and dinner across the day to keep your energy levels topped up and help you avoid snacking.

Reach your 5-a-day fruit & veg!

The World Health Organisation recommends eating a minimum of 5 portions of fruit and vegetables each day to reduce the risk of long-term conditions such as heart disease and type 2 diabetes. They are packed with vitamins and minerals, are excellent sources of dietary fibre and are low in fat and calories. When choosing fruit & veg, select a rainbow of colours, as this will provide a wider variety of vitamins and minerals.

Dried Apricots 30g — 1 5-a-day

Grilled Salmon 130g — 34g Protein

Eat more fish!

Fish is a good source of protein. It is recommended to have at least 2 portions of fish per week, including 1 portion of oily fish, such as mackerel, salmon, fresh tuna or trout. Oily fish contains a type of polyunsaturated fat called omega-3, which lowers triglyceride levels and helps protect against heart disease. People with diabetes are advised to have at least 2 portions of oily fish per week.

Eat more plant based proteins such as beans and lentils

Pulses such as beans, peas and lentils are a cheap source of protein and have many nutritional benefits, including:

- Count as one of your 5-a-day
- Low in fat and calories
- High in soluble fibre (known to improve cholesterol levels)
- If you have diabetes, pulses have minimal effect on your blood glucose levels

1 5-a-day — 7g Fibre

Kidney Beans **80g**

Choose wholegrain carbohydrates

Wholegrain carbohydrates provide energy, are a good source of B vitamins and a great source of fibre. Examples of wholegrain foods include wholegrain breakfast cereals such as porridge, whole wheat pasta, wholegrain bread, and brown rice.

2g Fibre

Brown Rice **155g**

Limit sugar and sugary foods

Latest guidelines are to limit our added sugar ('free sugar') intake to 30g per day, to address the increasing obesity and type 2 diabetes epidemic. You can enjoy a small amount of sugar as part of your healthy diet, but choose sugar free options where possible, for example sugar free or diet fizzy drinks/squash. Cutting down your sugar intake will help with weight maintenance, weight loss and dental health.

Choose lower fat dairy products

Milk, yogurts and cheese are a great source of calcium, which is important for keeping our bones and teeth strong. Aim for 3 portions of dairy per day (one portion is 200ml milk, 125g pot yogurt or matchbox size cheese.

1g Fat

Natural Yogurt (low fat) **125g**

Choose healthy fats

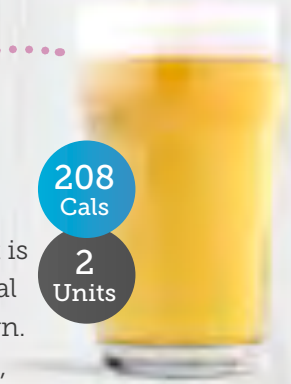
Choose foods high in monounsaturated fats (such as avocado, olive oil and nuts) and polyunsaturated fats (oily fish and seeds). Limit saturated fat, to maintain healthy cholesterol levels and for heart health. Good suggestions include:

Almonds 10g

- Choose lean meat cuts and limit the amount of processed meat, such as burgers and sausages
- Remove the visible fat from meat, and skin from chicken
- Use olive oil in cooking and salad dressings
- Nuts are a great nutritious snack compared to chocolate or crisps

Drink alcohol in moderation

New guidelines (currently in consultation) recommend that men and women do not drink more than 14 units of alcohol per week and that it is best spread evenly across the week. Having several alcohol free days a week is a good way to cut down. If weight maintenance or weight loss is your goal, cutting back on alcohol will help, as alcohol is high in calories and these calories have no nutritional value.



Limit salt intake to 6g per day

A diet that is high in salt can raise your blood pressure, increasing the risk of stroke and heart disease. Use herbs and spices, instead of salt, for flavour and where possible aim to cook fresh rather than relying on processed foods. Read labels to choose lower salt options where possible.

Diabetic products

Diabetic foods are of no benefit to people with diabetes. They tend to be more expensive than the conventional products, can be high in fat and calories, often still affect blood glucose levels and may have a laxative effect.

Nutrients in our food

Carbohydrate

The term carbohydrate encompasses a variety of foods, from the sugar we put in our hot drinks to the humble potato. Carbohydrate has become a forbidden word in recent times, in part due to the rise of celebrity fad diets. However, our bodies need it! It is the body's main source of glucose for energy and the brain's preferred source of energy!

The two main types are starchy carbohydrates and sugars. Starchy carbohydrates include bread, pasta, chapatis, potatoes, yam and cereals. Sugars can be categorised as natural sugars and added sugars (or 'free sugars'). Free sugars include those added to food by manufacturers, cooks or consumers (such as granulated sugar) and those naturally present in honey, syrups and unsweetened fruit juice.

Natural Sugars	Free Sugars	
Fruit sugar (known as fructose) is present in all types of whole fruit	Table sugar (sucrose)	Honey
Milk sugar (known as lactose) is present in milk and yogurt	Glucose syrup	Unsweetened fruit juice

How much carbohydrate should I eat each day?

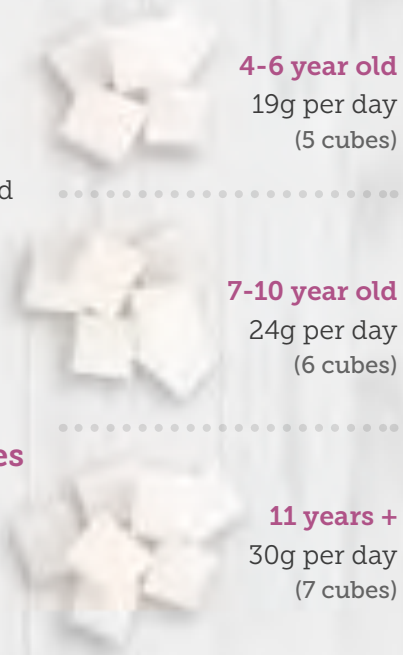
Carbohydrate requirements vary depending on:

- gender
- age
- weight
- physical activity

Science does not support the popular belief that starchy foods cause more weight gain than other foods. Starchy foods, fruit and vegetables should probably contribute around 50% of your energy needs. Some people may prefer to get more of their calories from other food groups and thus have a lower carbohydrate intake. For people with diabetes, there is a lot of debate in support of a lower carbohydrate intake to improve long-term blood glucose control. However, this may not be appropriate for everyone, and there is no evidence that this approach is better than others in the long term, which is why Diabetes UK guidelines encourage the need for an individualised approach.

Sugar should not play such a significant role in our diets!

In 2015, the Scientific Advisory Committee on Nutrition (SACN) updated its recommendations on the amount of free sugars in our diet, to address the growing obesity and diabetes crisis and reduce the risk of tooth decay.



4-6 year old
19g per day
(5 cubes)

7-10 year old
24g per day
(6 cubes)

11 years +
30g per day
(7 cubes)

What are the new recommendations and what does that mean to your daily diet?

SACN advises that free sugars should account for no more than 5% of a person's daily energy intake.

The NHS Change4Life campaign has introduced 'Sugar Swaps' to help people reduce their sugar intake and reach these new recommendations. Simple practical sugar swap ideas include:

- Replacing a sugary drink with a diet drink
- Choosing a plain oatcake or crackers instead of a sweet biscuit
- Replace sugar coated breakfast cereals with wholegrain plain cereals such as wheat biscuits

change 4 life

Protein

Why do you need protein?

Sources of protein include meat, fish, eggs, pulses, nuts and tofu. Protein has a number of uses in the human body:

- Cell growth
- Maintenance and repair of cells
- Proper functioning of the immune system
- Production of hormones and enzymes

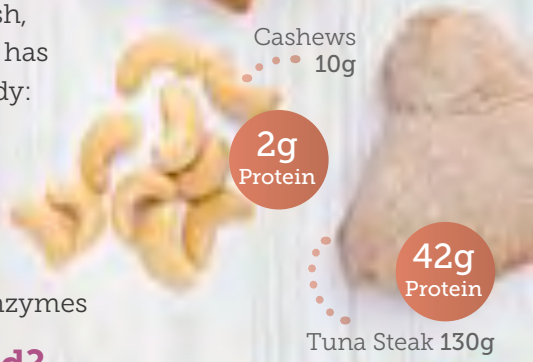
How much do you need?

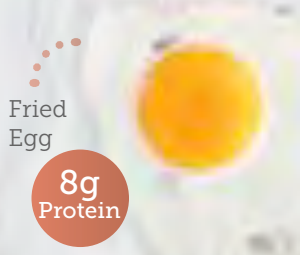
For most adults, 1g of protein per kg of body weight is enough to meet the daily requirements. If you weigh 70kg, for example, a protein intake of 70g is sufficient. In the UK, protein intake is usually in excess of requirements.

Endurance and strength athletes are likely to require higher amounts of protein in their diet (up to 1.7g per kg of body weight per day). Protein acts as an additional source of fuel and also provides the building blocks for muscle repair and development.

Can I eat more than the recommendations?

Some high protein foods (such as full fat dairy products and meat) are high in saturated fat, which is not good for heart health. Eating larger quantities of protein has not been shown to improve sports performance or increase muscle mass. The body is only able to use a certain amount of protein and eating large amounts offers no additional nutritional benefit. Excess intake of protein is not advisable for people with kidney disease.

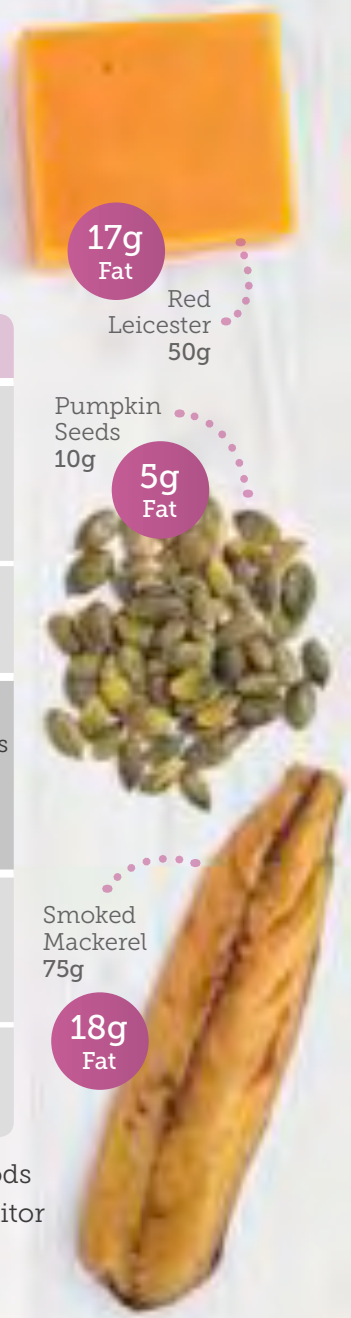




Fat

Why is fat is an essential part of our diet?

- It is a major source of energy for the body
- It is essential for the absorption of the fat-soluble vitamins A, D, E and K
- It insulates the body and provides a protective layer around the essential organs
- It is a structural component of all cell membranes



Main types of fat

Type / Source	Effect on body
Saturated fat Animal sources, such as meat fat and processed meat, milk, cheese and butter, and also in vegetable sources, such as coconut oil and palm oil	Raises total cholesterol levels and unhealthy LDL cholesterol levels, increasing the risk of heart disease
	May impair glucose control by increasing insulin resistance
Monounsaturated fat Olive and rapeseed oil, some nuts and seeds, avocados and in some spreads	Lowers unhealthy LDL cholesterol levels, but does not lower healthy HDL levels, thus decreasing the risk of heart disease
Polyunsaturated fat Sunflower oil and spreads, corn oil, oily fish (such as mackerel), nuts and seeds	Lowers unhealthy LDL cholesterol levels, but may also lower healthy HDL cholesterol levels
	Omega-3, found in oily fish, lowers blood triglyceride levels

Information on the fat and saturated fat content of foods and drinks is included in this book to help you to monitor your fat intake and stay within your requirements.

The table below shows the adult reference intake (RI, formerly known as GDA) for fat and saturated fat. The RIs for an adult are based on the requirements for an average female with no special dietary requirements and an assumed energy intake of 2000 calories. Your individual needs may be higher or lower, depending on your calorie requirements and your specific nutritional goals.

Energy or nutrient	Reference Intake
Energy	2000 calories
Total Fat	70g
Saturated Fat	20g

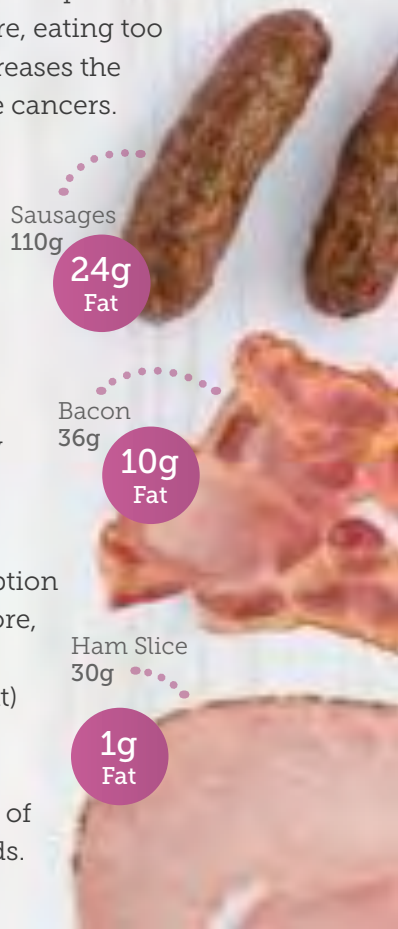
Why should we watch our intake of fat?

Fat contains the most calories per gram when compared to carbohydrate, protein and alcohol. Therefore, eating too much of it can lead to weight gain, which increases the risk of heart disease, type 2 diabetes and some cancers.

A word on processed foods

The term 'processed' applies to any food that has been altered from its natural state in some way, either for safety reasons or convenience. Meats including salami, bacon, sausages, ham and pâté all come under the umbrella of processed meats. When meat is preserved by smoking, curing or salting, or by the addition of preservatives, cancer-causing substances (carcinogens) can be formed.

There is strong evidence linking the consumption of processed meat with bowel cancer. Therefore, the Department of Health has advised that people who eat more than 90g (cooked weight) of red and processed meat a day cut down to 70g (500g per week) and choose unprocessed meat where possible, or turn to a plant source of protein instead e.g. beans, soya, nuts and seeds.



Fibre

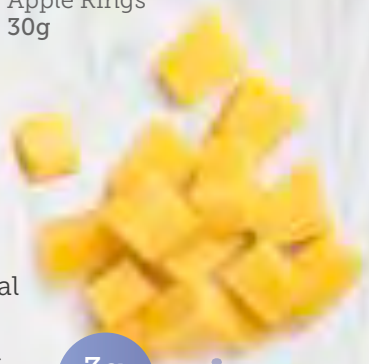
What is all the fuss about fibre?

Dietary fibre is only found in foods of plant origin, such as fruit, vegetables, cereals and pulses. It has no calories and it passes through the gut largely undigested. There are two types of fibre, soluble and insoluble, and most foods containing fibre have a mixture of the two.

Why should we eat it?

Strong evidence shows that increasing total fibre intake, particularly cereal grains and wholegrains, is associated with a lower risk of cardio-metabolic disease and colo-rectal cancer. Increasing fibre intake can help with weight loss, as it slows down the rate at which the stomach is emptying, helping to keep you fuller for longer. The proven benefits of fibre have led to the SACN revising its recommendations and advising people to increase their daily intake of fibre.

4g Fibre
Apple Rings 30g



3g Fibre
Mango 80g

The new recommendations are:

Age Range	Fibre Intake per day
2 - 5	15g
5 - 11	20g
11 - 16	25g
16 - 18 and older	30g

7g Fibre
Soya Beans 80g

How can we reach our 30g fibre per day?

The National Diet and Nutrition Survey in 2011 found that the most commonly consumed food type was bread. This would explain why the average fibre intake is only 19g per day. If we are to meet these new recommendations, we need to change our eating habits. This book can help you work out if you are meeting your daily fibre requirement.

3g Fibre
Muesli 30g

Simple swaps

Corn Flakes v Muesli

Oats and fruit boost the intake of soluble fibre, to help slow down the rate at which glucose enters the bloodstream.

1g Fibre
Corn Flakes 30g

V

3g Fibre
Muesli 30g

Rice v Pearl Barley

Soluble fibre forms a gel-like substance in the stomach, keeping us feeling full for longer.

0g Fibre
Basmati Rice 96g

V

3g Fibre
Pearl Barley 80g

Crisps v Nuts

Soluble fibre in nuts can help lower cholesterol, reducing the risk of heart disease and stroke.

1g Fibre
Crisps 18g

V

2g Fibre
Hazelnuts 20g

White Bread v Granary Bread

Increases the intake of insoluble fibre, which speeds up the time it takes for food to pass through your gut, so aids a healthy, regular digestive system.

1g Fibre
White Bread (medium slice) 33g

V

2g Fibre
Granary Bread (medium slice) 33g

Important note: Any increase in dietary fibre consumption should be accompanied by an increase in fluid intake.

Alcohol

Although most people can enjoy moderate consumption of alcohol safely, exceeding the recommended limit of 14 units per week and/or binge drinking can contribute to a number of health problems, such as liver disease, cancer, high blood pressure and obesity.

Do you know the limit?

This is what 14 units looks like:

6 Pints
4% Beer

Lager
568ml (pint)

6 Glasses
13% Wine

Red Wine
175ml

14 Shots
40% Spirits

Gin
25ml

Over the years, the alcohol content of most drinks has risen and a drink may therefore contain more units of alcohol than you think. The number of units each alcoholic drink portion contains has been included in this book to make it easier for you to monitor your alcohol intake.

Does alcohol provide any nutritional benefit?

Alcohol contains 7 calories per gram and these are usually 'empty calories', meaning they are of no nutritional value – an important consideration for weight management.

To keep on top of your calorie intake, choose sugar free mixers instead of sugary ones or fruit juice.

Calories

Calories are not nutrients in themselves; they are actually the units used to measure the amount of energy in food and drink. The number of calories varies according to the nutritional composition of each item of food and drink we consume. The calorie content per gram of carbohydrate, protein, fat and alcohol is as follows:

- 1g carbohydrate = 4 cals
- 1g protein = 4 cals
- 1g fat = 9 cals
- 1g alcohol = 7 cals

Fat has twice the amount of calories per gram compared to carbohydrate and protein, which explains why if you eat foods that are high in fat, you are likely to consume more calories and gain weight.

How many calories should I aim for each day?

Age, gender, physical activity levels and weight goal (maintenance, weight loss or gain) all affect your calorie requirements. A registered dietitian can help give you a more accurate idea. The reference intake for calories is 2,000 for an average adult, who has no special dietary needs.

Why count calories?

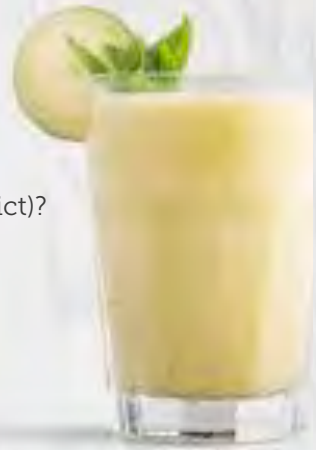
Calorie counting helps you understand the number of calories in food and drink you consume. You can then choose appropriate food to avoid excess, select healthier options (usually lower fat options) and maintain a healthy weight. If you are currently gaining weight, this indicates that you are consuming more calories than you burn through physical activity and while doing your everyday activities. This can easily happen:

100 cals per day extra = **36,500 cals** over a year = Weight gain of around **5kg / 10lb** in one year

This book makes it easier to see where you can reduce portion sizes or make lower fat and calorie choices in order to lose weight. It can also help you to identify where you can make small changes that actually make a big overall difference.

Chocolate Digestive
15g
73 Cals

Guide to Weight Loss



Take a moment to ask yourself:

- Why do I want to lose weight?
- What is my weight goal (realistic goal)?
- What have I tried before that has worked?
- What hasn't worked before in the past (e.g. diet too strict)?
- What support do I need? Is it the right time for me?

Losing weight in a healthy way is a big challenge. Setting yourself realistic expectations is key! Evidence shows us that short term 'quick fix' diets don't usually work, as they are unsustainable and may even be dangerous to health. Losing weight gradually is more beneficial in the long term.

Studies have shown that losing 5-10% of your body weight can bring significant health benefits, including a reduction in blood pressure, cholesterol and triglyceride levels and a lowered risk of type 2 diabetes, to name just a few.

Keeping the weight off can be even harder. Some words of support:

- If you don't achieve your target/re-gain some of the weight you lost, do not despair! Accept the occasional slip up as a learning experience, focus on your aim and always remember your hard work and the progress you have made.
- Whatever your goals may be, it is important to discuss your diet plan and what you want to get out of it with your healthcare team. Let them know your main aim and they will help you set realistic short-term goals to help you get there.

What is a healthy weight?

Your Body Mass Index (BMI) is a measure of your weight in relation to your height, and tells you whether you are a healthy weight. You can use our online BMI calculator at www.carbsandcals.com/BMI, ask your healthcare team, or work it out yourself using the following equation:

BMI = Weight (kg) ÷ Height (m)^2

For example, if your weight is 72kg and your height is 1.68m, then your BMI = 72 ÷ (1.68 x 1.68) = 25.5 kg/m^2. Once you have your BMI, you can see which range it falls into by comparing it to this table:

BMI (kg/m^2)	Category
Under 18.5	Underweight
18.5 - 24.9 Asian: 18.5 - 22.9	Healthy weight
25 - 29.9	Overweight
30 - 35	Obese
Over 35	Morbidly obese

Important note: If you have a large amount of muscle, your BMI may be in the overweight range, even though you have little body fat. People from black, Asian and minority ethnic backgrounds should aim for low BMI cut-offs.

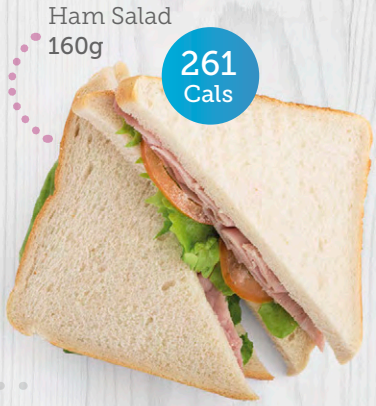
Waist circumference, an indication of body fat distribution, is another way to check your weight. Measure the circumference of your waist at the midway point between the bottom of your ribs and the top of your hips.

The table below shows the waist sizes that increase the risk of a number of health conditions, such as type 2 diabetes, cardiovascular disease, cancer and stroke. Having a BMI of 25 or over increases your risk too.

	At Increased Risk	At High Risk
Men	Over 94cm / 37 inches Asian: Over 90cm / 35.5 inches	Over 102cm / 40 inches
Women	Over 80cm / 31.5 inches	Over 88cm / 34.5 inches

How to lose weight safely

A safe weight loss rate is 0.5-1kg (1-2 lbs) of body weight each week. Losing more weight than this may place you at risk of nutrient deficiencies. Reducing your dietary intake by about 600 calories per day (4,200 calories per week) can help you achieve weight loss at this safe rate. This reduction could be by diet alone or by a combination of diet and increased physical activity.

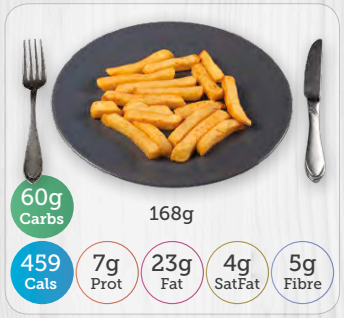


Does 600 calories sound unrealistic? Try breaking it up into smaller 100–200 calorie reductions. For example, eat a smaller portion at a meal, or choose a lower-calorie drink, and you can easily save yourself 100 calories. Small changes like these can make a big difference! A simple sandwich swap could save over 180 calories.

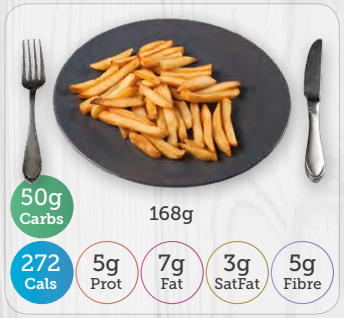
This book makes it easier to see which foods to eat in smaller quantities or avoid altogether if you are trying to cut down on calories or reduce your fat intake.

For example, you could consider swapping deep fried chips with oven chips and thus save 187 calories and 16g fat.

Chips (deep fried)



Chips (oven)



Calories matter:
Evidence shows that different diets can work, if you stick to them! For success, find the right diet that suits you and your lifestyle.

Which diet is right for me?

Calorie reduction and weight loss can be achieved in a number of ways, and different types of diet suit different people. Some diets aren't considered to be nutritionally balanced because they don't provide all the nutrients your body requires. They usually involve cutting out whole food groups entirely, for example carbohydrates or dairy foods. It is unnecessary to avoid whole food groups to lose weight and this could even be dangerous. A Registered Dietitian can give you individualised advice about which diets may suit you best.

★ Low Calorie

Low calorie diets are defined as 800 to 1,600 calories per day. This can be achieved through careful selection of foods and controlling portion sizes.

★ Low Fat

Fat contains more calories per gram than any other nutrient, so reducing the fat content of foods is a great way to lower calorie intake.

★ Very Low Calorie

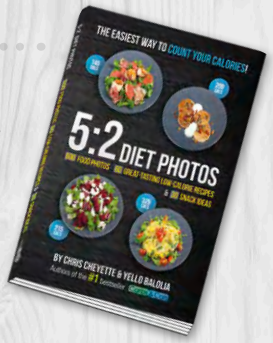
This involves eating under 800 calories per day for up to 12 weeks and often relies on commercial meal-replacement products. Very Low Calorie diets should only be followed under supervision, ideally from a Registered Dietitian, and may require medical monitoring.

★ Low Carbohydrate / High Protein

Foods high in protein help you to feel fuller for longer, so increasing the proportion of protein in the diet and reducing the amount of carbohydrate may help to lower overall calories. Depending on the level of carbohydrate restriction and on careful selection of foods, it should be possible to achieve a healthy balance with this diet.

★ Intermittent Fasting / 5:2 Diet

The 5:2 diet works by fasting on 2 days of the week and eating a healthy balanced diet on the remaining 5 days. This achieves a 25% reduction in calories. Other forms of fasting include alternate day fasting. Check out our 5:2 Diet Photos book at www.carbsandcals.com/5-2



Diabetes

Diabetes is a condition where glucose levels in the blood are too high, because the body cannot use the glucose properly. Diabetes can lead to heart disease, eye and kidney problems, which can be prevented by keeping blood glucose, blood fats and blood pressure levels within the normal range and maintaining a healthy active lifestyle.

Type 1 diabetes

Type 1 diabetes develops when the body's immune system destroys the cells of the pancreas that produce insulin. The pancreas is then unable to produce insulin, leading to increased blood glucose levels. It is treated by daily insulin administration, through injections or a pump.

Type 2 diabetes

Type 2 diabetes is more common than type 1. It develops when the pancreas does not produce enough insulin, or when the body can't use it effectively (known as insulin resistance). Type 2 is often associated with being overweight and usually occurs after the age of 40 (or from 25 for people of South Asian origin). It is also becoming more common in younger people of all ethnicities, due to rising levels of obesity.

Type 2 diabetes is primarily treated with a healthy diet and increased physical activity. However, it is a progressive condition and following a healthy eating plan and being physically active are often not enough to control blood glucose levels. If this is the case, your healthcare team may advise you to take diabetes medication and/or insulin.

Is it possible to prevent type 2 diabetes?

There is strong evidence that lifestyle changes, including weight loss strategies such as calorie restriction, can prevent type 2 diabetes in high-risk individuals. Every 1kg lost can lead to a 16% reduction in the risk of developing type 2 diabetes in overweight people.

Carbohydrate counting

Carbohydrate is the main nutrient that affects the rise in blood glucose levels and therefore carbohydrate counting has a key role in the management of type 1 diabetes. Carbohydrate counting is also being incorporated into the education and management of type 2 diabetes and diabetes in pregnancy.

Carb counting for type 1 diabetes

For people with type 1 diabetes, carbohydrate counting allows them to adjust their insulin dose according to their carbohydrate intake (in meals and snacks) and manage everyday life including:

- alcohol intake
- stress
- illness
- activity levels including sports and hobbies

There is strong evidence that matching insulin doses to carbohydrate intake improves blood glucose levels. Understanding and learning the carbohydrate in food and drink allows insulin doses to be adjusted accurately, to keep blood glucose levels as near normal as possible. Healthy dietary principles already discussed at the beginning of this book and regular physical activity are also important in the management of type 1 diabetes.

Carb counting for type 2 diabetes

In type 2 diabetes, the evidence about the effect of carbohydrate counting, even in those treated with insulin, is still inconclusive. What we do know is the larger the carbohydrate intake, the greater the rise in blood glucose levels after eating. Therefore, carbohydrate counting can help people with type 2 diabetes manage their carbohydrate intake at mealtimes and snacks, and may be an effective strategy in controlling blood glucose levels and weight maintenance/loss.

People with type 2 diabetes on a flexible insulin regimen may find that matching their insulin dose to carbohydrate improves their blood glucose levels. Your healthcare team will be able to provide you with the appropriate advice on which treatment is best for you.

Learning to count carbs

If you are new to carb counting, the following is a good place to start:

1. Learn what carb counting is and how to estimate the amount of carbs in food and drinks you consume in your diet by using this book, along with other methods such as weighing food and checking labels.
2. Understand how food, drink, diabetes medication, alcohol and exercise affects blood glucose levels and learn to manage these factors.
3. If you have diabetes and are on multiple daily injections (basal bolus) or use an insulin pump, this book can help you with insulin dose adjustment, i.e. how to match your quick-acting insulin to carbohydrate using your personal insulin-to-carbohydrate ratio.

The carb content of food and drink can be estimated either in grams or as carb portions (CPs). Use the method that works best for you.

This book shows the carb content in grams. To convert to CPs:

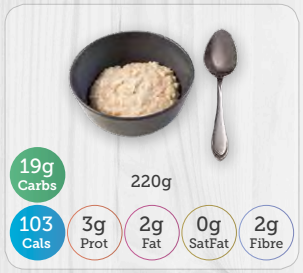
$$\frac{\text{Total carb content (g)}}{10}$$

For example 100g chips contains 30g carbs:

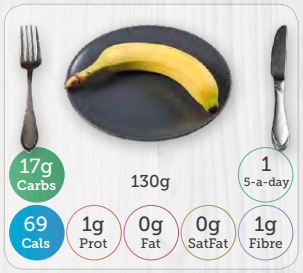
$$\frac{30g}{10} = 3CPs$$

You can use this book to calculate the total carbs in a meal:

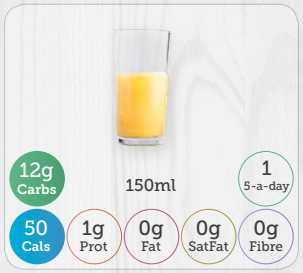
Porridge (with water)



Banana



Orange Juice



Porridge: 19g + Banana: 17g + Juice: 12g = 48g Carbs or 5CPs

Learning to estimate the carbohydrate content of food and drink is a valuable skill that is worth mastering. It will become easier with practice and in time second nature to you. Build your confidence up by calculating the carbohydrate content of foods you eat regularly in your diet, as these will have the greatest impact on your blood glucose levels and overall diabetes control. Calculating the carbohydrate in meals when eating out/with friends or in a takeaway will be difficult and will involve some estimating. By reflecting back upon your experience you can see if your calculations were right or if adjustments need to be made next time.

By focusing on carbohydrate only, it is easy to lose sight of the overall nutrient composition of the diet. For example, focusing on carbohydrate only and forgetting the calorie and fat content of food may lead to undesirable weight gain and increased risk of complications, such as heart disease. Remember the tips for healthy eating already discussed, as these still apply:

- Aim for three meals each day.
- Reach your 5-a-day!
- Eat more fish!
- Eat more pulses
- Limit sugar and sugary foods
- Drink alcohol in moderation
- Cut down on fat, particularly saturated fat
- Choose lower fat dairy products
- Limit salt intake to 6g a day

This book makes carbohydrate counting easier when at home or out and about, and helps you keep an eye on the overall nutrient composition and calorie content of your diet too!

Example: A portion of crème brûlée only contains 19g carbs, but it has 27g fat and 333 cals. A portion of basmati rice contains 51g carbs, 233 cals and only 1g fat.

Crème Brûlée

Basmati Rice

Carbohydrate counting and insulin dose adjustment

The development of insulin has enabled people with diabetes to effectively adjust insulin doses to the carbohydrate content of their meals. This offers more flexible eating, reduces the risk of hypoglycaemia and improves blood glucose control.

As mentioned earlier, the carbohydrate from the food and drink we consume is digested and broken down into glucose. This glucose enters the blood, from where it is then carried into the cells of the body by the hormone insulin.

- **Long-acting insulin** (basal) deals with the glucose produced by the liver and influences the blood glucose levels between meals.
- **Quick-acting insulin** (bolus) deals with the glucose produced from the carbohydrate in the food and drink that is consumed.

The amount of quick-acting insulin needed is directly related to the total amount of carbohydrate consumed. Meals with little or no carbohydrate e.g. omelette and salad generally do not need any quick-acting insulin, as your long-acting insulin will deal with the glucose that is produced by the liver, if the dose is correct for you.

V

V

91g Carbs = **More quick-acting insulin** Spaghetti Bolognese

50g Carbs = **Lower quick-acting insulin** Lasagne

0g Carbs = **No insulin** Omelette

If you are on multiple daily injections of insulin (basal-bolus or MDI regimen) or on an insulin pump, carbohydrate counting can help you decide how much insulin to use. If you are on 2 insulin injections a day, you may also find it useful to count carbohydrate in order to aim for consistent amounts of carbohydrate at meals and minimise big fluctuations in blood glucose.

Calculating how much quick acting insulin to give

The amount of insulin that is required (known as insulin-to-carbohydrate ratio) varies from person to person and can also vary at different times of the day. Typically, most people start with 1 unit of quick-acting insulin for every 10g carbohydrate or 1CP. Your diabetes team will work with you to help you understand the appropriate insulin-to-carbohydrate ratio for you.

Learning how to adjust insulin doses and how to count carbohydrates can be a complex process. This book is not designed to teach you how to adjust your insulin, but to help you work out how much carbohydrate is in your diet. It is important that you have the support of appropriately trained healthcare professionals, such as a diabetes specialist nurse and diabetes specialist dietitian.

There are many structured education programmes offered in the UK, such as:

Type 1 diabetes	Type 2 diabetes	**Type 1, 2** and those at risk of developing diabetes
DAFNE, BERTIE	Desmond	X-PERT HEALTH

Alcohol and carbohydrate counting

This book includes a variety of alcoholic drinks and displays their carbohydrate values. People who are carbohydrate counting and adjusting their insulin should use these values as a reference guide only, as it is usually not recommended to take additional insulin for the carbohydrate found in most alcoholic drinks. Extreme caution should be taken when giving additional units of insulin with alcohol, as alcohol is associated with an increased risk of hypoglycaemia. Your diabetes team can advise you on this in greater detail.

Glycaemic Index

The rate at which carbohydrate is broken down depends on the type of carbohydrate consumed; this is known as the Glycaemic Index (GI).

Food or drinks with a high GI are broken down quickly, causing a rapid rise in blood glucose levels.

Foods with a low GI are broken down slowly, giving a more gradual rise in blood glucose levels.

For people with diabetes, having an idea of the GI of food and drink can be helpful in predicting blood glucose fluctuations after eating or drinking. A registered dietitian can help you with more information on this subject.

It is important to bear in mind that GI does not take into account the other nutrients in a meal (protein, fat and fibre, which can slow down the absorption of glucose in the blood) or the amount of carbohydrate in the meal, which is a much better predictor of how high the blood glucose levels will go.

A note of caution: It is important to note that certain foods release glucose at a very slow rate and may not require insulin, or may require a reduced or delayed dose. Examples include foods such as pearl barley, peas, beans and lentils, and some vegetables such as sweetcorn, squash/pumpkin and parsnips. It is advisable to speak to your diabetes team about your insulin requirements for these foods as they may vary from person to person and depend on the portion size consumed.

Cola Bottles
27g

Oats **20g**

Sweetcorn
40g

Diabetes & Weight Management

Weight loss is the primary strategy to control blood glucose levels, especially in overweight or obese people with type 2 diabetes. People with type 1 diabetes should also keep to a healthy weight, as being overweight may put them at a higher risk of complications, such as heart disease.

Avocado
70g

Reducing the total calorie content of the diet and increasing physical activity levels are the best ways of losing weight healthily and keeping it off for good. To date, it is still unclear which is the most effective weight loss plan and which proportion of carbohydrate, protein and fat those with diabetes should consume in order to lose weight. Some people lose weight by following a low fat diet, while others do well on a low carbohydrate diet.

Recent evidence has shown that a very low calorie diet of under 800 calories per day for two months could reverse the insulin resistance that is common in type 2 diabetes and slow down the progressive decline of the insulin-producing cells of the pancreas. However, more research is required to show the long-term benefit and it is important to discuss this kind of diet with your healthcare team before considering it as an option for weight loss.

Commercial diet programmes utilise a variety of weight loss methods, such as dietary advice, personalised meal plans, physical activity and group therapy. The evidence about the effect of such programmes on people with diabetes is still unknown. Fad diets, which usually promise quick weight loss by following a restrictive, nutrient-deficient diet of an unusual combination of foods, offer no benefit in the long term and most people put the weight back on.

How to use this book

This book has been written with complete practicality in mind. Simply follow the steps outlined below:

1. Decide what you want to eat or drink and find the meal, drink or snack in the book.
2. Look at the circles below the photo for the values you are interested in. These show the values for carbs, calories, protein, fat, saturated fat and fibre and 5-a-day.
3. Choose your portion size and assemble your meal.
4. Add up the carbs, cals, protein, fat, sat fat, fibre and 5-a-day values for the different food components, to give the totals for your meal.

Orange Juice **150ml**

Toast with Peanut Butter

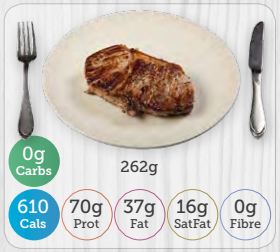
Banana **130g**

Key points when using this book

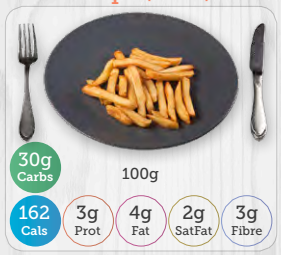
- To help with scale, each food photo displays either a knife and fork, or a dessert spoon. You may find it useful to measure your own dinnerware and compare against the dinnerware in the photos. Alternatively, you may wish to use plates and bowls that are the same size as the ones in the book.
- The weight of each portion is stated below each photo, just in case you want to double check the weight of your own portion. This is always the cooked/prepared weight.
- Values for carbohydrate, protein, fat, saturated fat and fibre are given to the nearest gram. Therefore, if a food has 0.4g of fat, the fat value will be listed as 0g. If a food has 0.6g of fat, the fat value will be listed as 1g.

- If you are eating a meal with more than one component (e.g. steak, chips and salad), you will need to find each component in the book and add them up separately. For example, your steak, chips and salad meal:

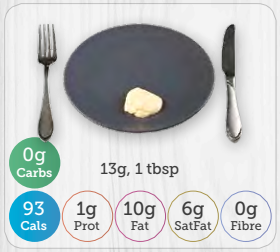
Sirloin Steak (fried)



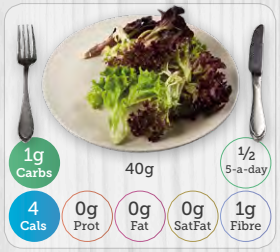
Chips (oven)



Hollandaise Sauce



Mixed Salad Leaves



- All foods in the book are displayed on either a plate or bowl as shown below (the size is displayed at the top of each page as a reminder):


26cm Dinner Plate


20cm Side Plate

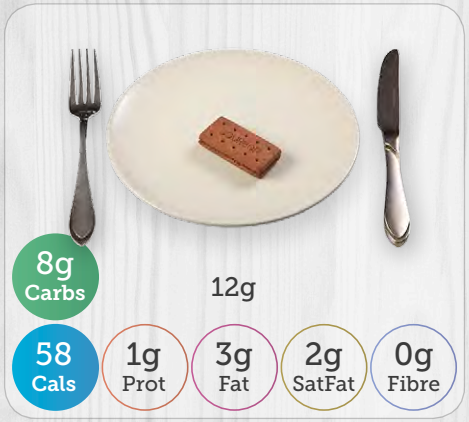

22cm Large Bowl


14cm Cereal Bowl

- Each food in the book has between 1 and 6 portion photos to help you easily judge the nutrient and calorie content of your particular portion, simply by looking at the different photos. For example, a digestive biscuit is always the same size and therefore only 1 photo has been included. However, there are 6 different portion pictures of lasagne included, so that you can choose the portion that is closest to the portion on your plate.

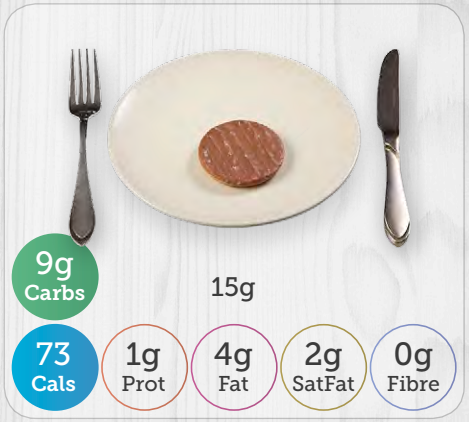
20cm Side Plate

Bourbon Cream



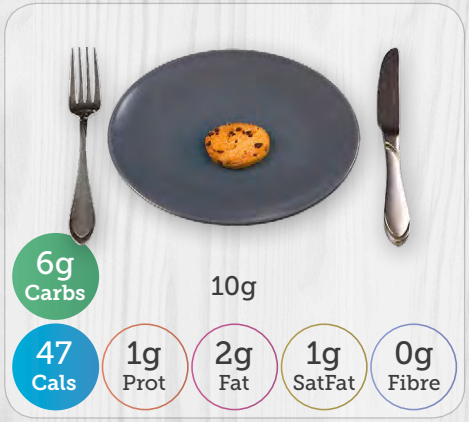
8g Carbs	12g	
58 Cals	1g Prot	3g Fat	2g SatFat	0g Fibre

Chocolate Digestive

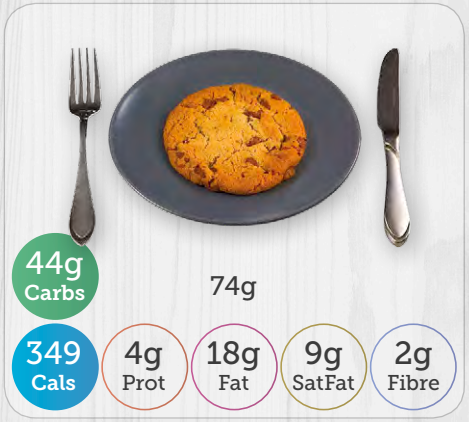


9g Carbs	15g	
73 Cals	1g Prot	4g Fat	2g SatFat	0g Fibre

Chocolate Chip Cookie

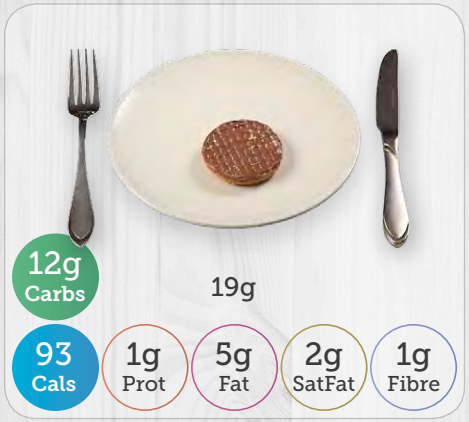


6g Carbs	10g	
47 Cals	1g Prot	2g Fat	1g SatFat	0g Fibre



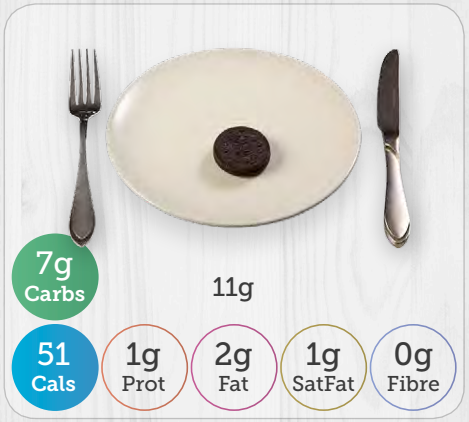
44g Carbs	74g	
349 Cals	4g Prot	18g Fat	9g SatFat	2g Fibre

Chocolate Oat Biscuit



12g Carbs	19g	
93 Cals	1g Prot	5g Fat	2g SatFat	1g Fibre

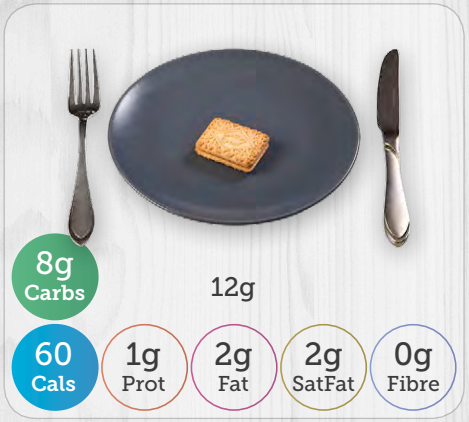
Chocolate Sandwich Biscuit



7g Carbs	11g	
51 Cals	1g Prot	2g Fat	1g SatFat	0g Fibre

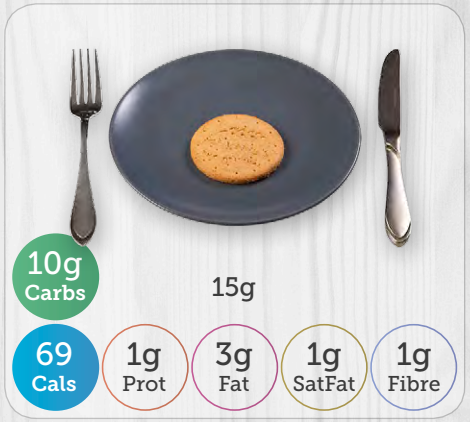
20cm Side Plate

Custard Cream



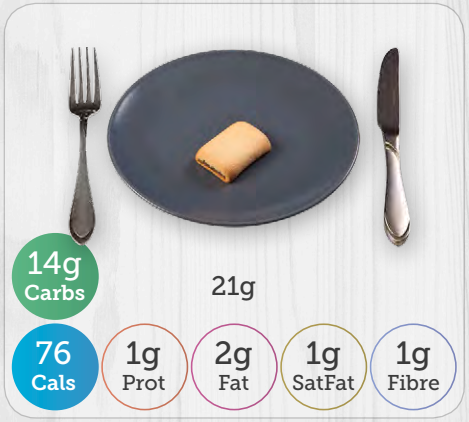
8g Carbs	12g	
60 Cals	1g Prot	2g Fat	2g SatFat	0g Fibre

Digestive



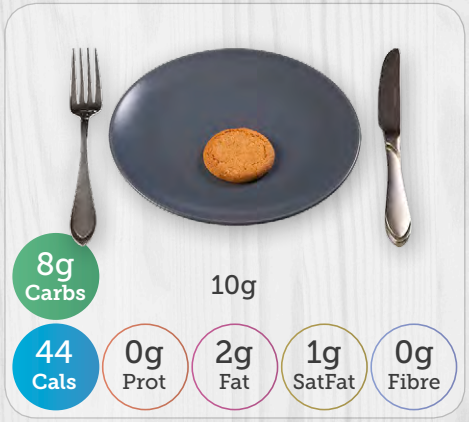
10g Carbs	15g	
69 Cals	1g Prot	3g Fat	1g SatFat	1g Fibre

Fig Roll



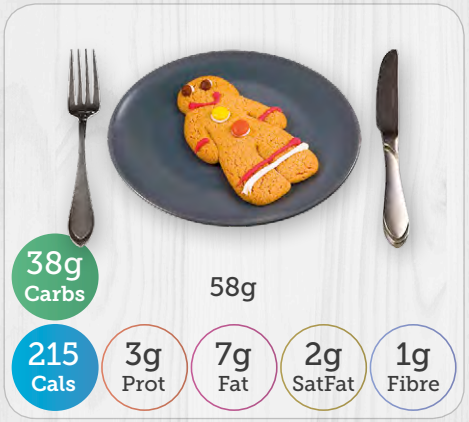
14g Carbs	21g	
76 Cals	1g Prot	2g Fat	1g SatFat	1g Fibre

Ginger Biscuit



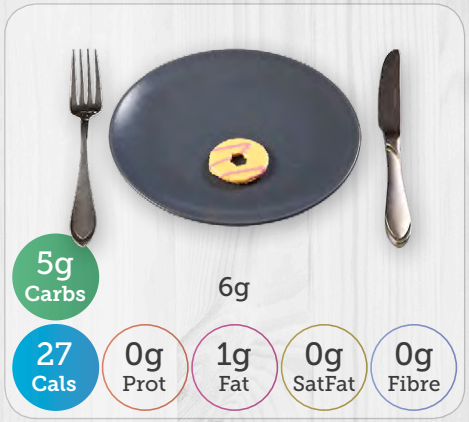
8g Carbs	10g	
44 Cals	0g Prot	2g Fat	1g SatFat	0g Fibre

Gingerbread Man



38g Carbs	58g	
215 Cals	3g Prot	7g Fat	2g SatFat	1g Fibre

Iced Ring



5g Carbs	6g	
27 Cals	0g Prot	1g Fat	0g SatFat	0g Fibre

20cm Side Plate

Burger Bun

40g Carbs	82g			
216 Cals	7g Prot	4g Fat	1g SatFat	2g Fibre

Finger Roll

21g Carbs	41g			
104 Cals	4g Prot	1g Fat	0g SatFat	1g Fibre

Croutons

10g Carbs	15g			
66 Cals	2g Prot	2g Fat	0g SatFat	1g Fibre

20g Carbs	30g			
132 Cals	4g Prot	4g Fat	0g SatFat	1g Fibre

Ciabatta

52g Carbs	100g			
271 Cals	10g Prot	4g Fat	1g SatFat	3g Fibre

Panini

47g Carbs	100g			
277 Cals	10g Prot	5g Fat	1g SatFat	3g Fibre

20cm Side Plate

Baguette

17g Carbs	30g			
79 Cals	3g Prot	1g Fat	0g SatFat	1g Fibre

48g Carbs	85g			
224 Cals	8g Prot	2g Fat	0g SatFat	3g Fibre

Banana Bread

30g Carbs	55g			
182 Cals	2g Prot	7g Fat	2g SatFat	1g Fibre

62g Carbs	115g			
381 Cals	5g Prot	14g Fat	4g SatFat	2g Fibre

Focaccia

31g Carbs	60g			
176 Cals	5g Prot	4g Fat	1g SatFat	1g Fibre

61g Carbs	120g			
352 Cals	11g Prot	9g Fat	2g SatFat	3g Fibre

20cm Side Plate

Toast with Choc Spread & Butter

18g Carbs | 33g bread, 5g butter, 5g choc

137 Cals | 3g Prot | 6g Fat | 3g SatFat | 1g Fibre

Toast with Honey & Butter

19g Carbs | 33g bread, 5g butter, 5g honey

124 Cals | 3g Prot | 5g Fat | 3g SatFat | 1g Fibre

Toast with Jam & Butter

19g Carbs | 33g bread, 5g butter, 5g jam

123 Cals | 3g Prot | 5g Fat | 3g SatFat | 1g Fibre

Toast with Lemon Curd & Butter

18g Carbs | 33g bread, 5g butter, 5g lemon

123 Cals | 3g Prot | 5g Fat | 3g SatFat | 1g Fibre

Toast with Marmalade & Butter

19g Carbs | 33g bread, 5g butter, 5g marmalade

123 Cals | 3g Prot | 5g Fat | 3g SatFat | 1g Fibre

Toast with Peanut Butter & Butter

16g Carbs | 33g bread, 5g butter, 5g peanut

140 Cals | 4g Prot | 7g Fat | 3g SatFat | 1g Fibre

26cm Dinner Plate

Low-carb Cooked Breakfast

2g Carbs | 165g | 1½ 5-a-day

182 Cals | 12g Prot | 14g Fat | 3g SatFat | 1g Fibre

4g Carbs | 335g | 2 5-a-day

369 Cals | 24g Prot | 29g Fat | 7g SatFat | 2g Fibre

Kippers, Spinach & Peppers

3g Carbs | 175g | 1 5-a-day

191 Cals | 12g Prot | 12g Fat | 2g SatFat | 3g Fibre

6g Carbs | 350g | 1½ 5-a-day

382 Cals | 25g Prot | 24g Fat | 5g SatFat | 5g Fibre

Scrambled Eggs, Tomatoes & Halloumi

3g Carbs | 150g | ½ 5-a-day

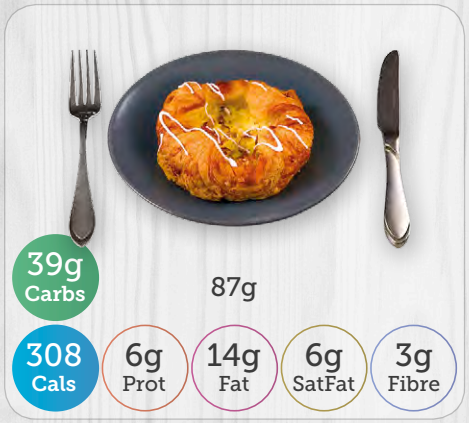
176 Cals | 13g Prot | 13g Fat | 5g SatFat | 1g Fibre

6g Carbs | 300g | 1 5-a-day

353 Cals | 26g Prot | 25g Fat | 9g SatFat | 3g Fibre

20cm Side Plate

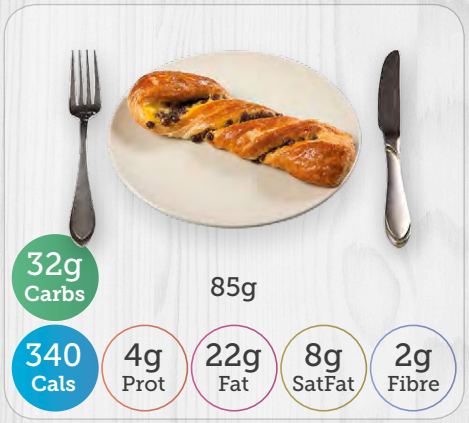
Apple Danish



39g Carbs | 87g

308 Cals	6g Prot	14g Fat	6g SatFat	3g Fibre

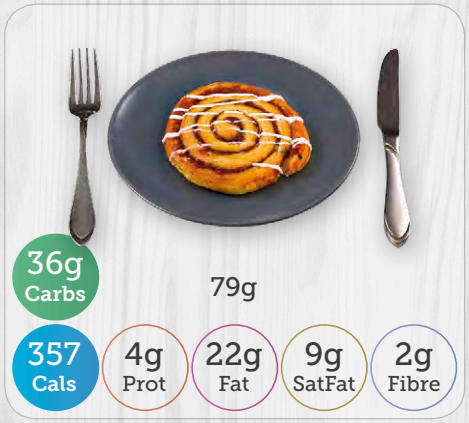
Chocolate Chip Twist



32g Carbs | 85g

340 Cals	4g Prot	22g Fat	8g SatFat	2g Fibre

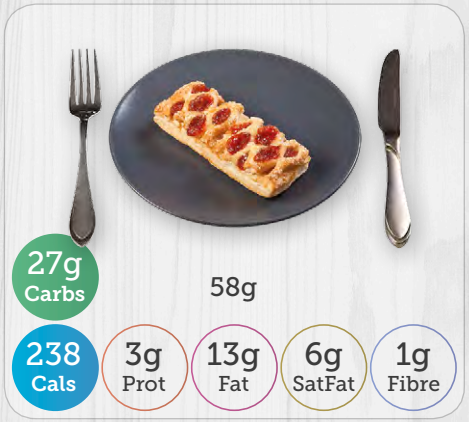
Cinnamon Swirl



36g Carbs | 79g

357 Cals	4g Prot	22g Fat	9g SatFat	2g Fibre

Fruit Trellis



27g Carbs | 58g

238 Cals	3g Prot	13g Fat	6g SatFat	1g Fibre

Pain aux Raisins

37g Carbs | 95g

318 Cals	6g Prot	16g Fat	11g SatFat	2g Fibre

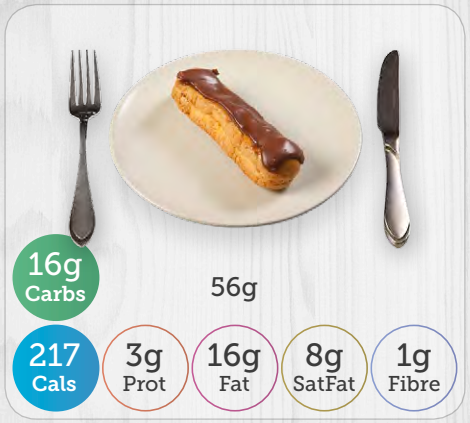
Pecan Plait

36g Carbs | 81g

340 Cals	5g Prot	19g Fat	7g SatFat	1g Fibre

20cm Side Plate

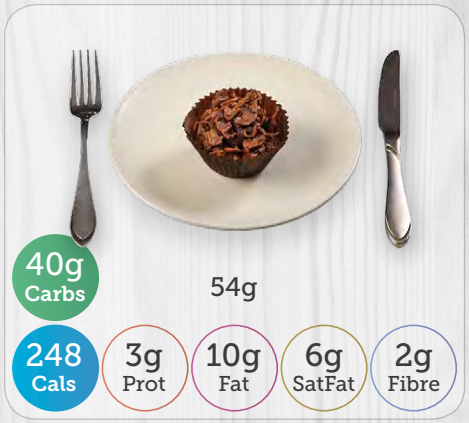
Chocolate Éclair



16g Carbs | 56g

217 Cals	3g Prot	16g Fat	8g SatFat	1g Fibre

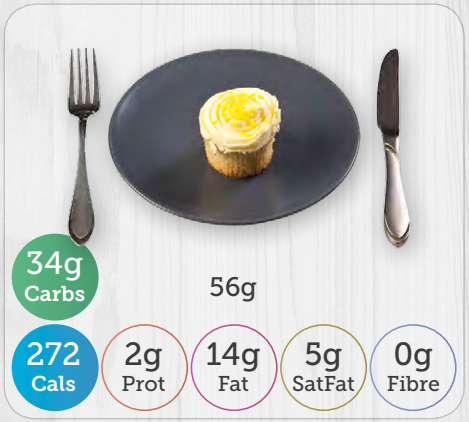
Corn Flake Cake



40g Carbs | 54g

248 Cals	3g Prot	10g Fat	6g SatFat	2g Fibre

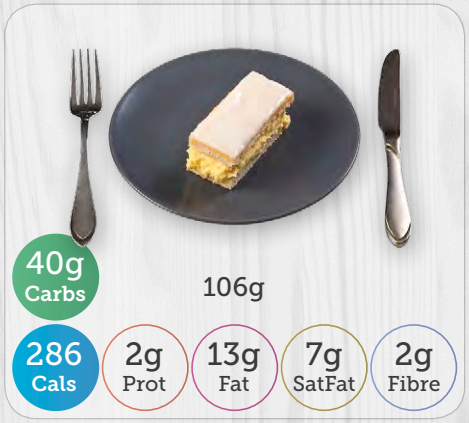
Cup Cake



34g Carbs | 56g

272 Cals	2g Prot	14g Fat	5g SatFat	0g Fibre

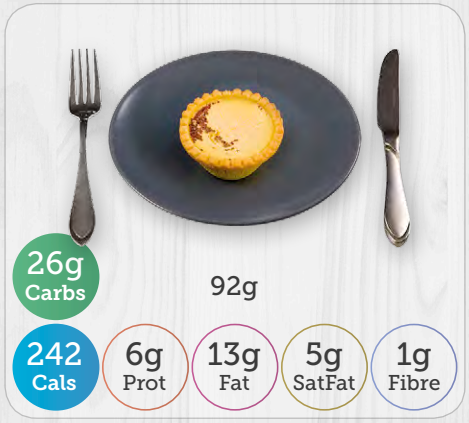
Custard Slice



40g Carbs | 106g

286 Cals	2g Prot	13g Fat	7g SatFat	2g Fibre

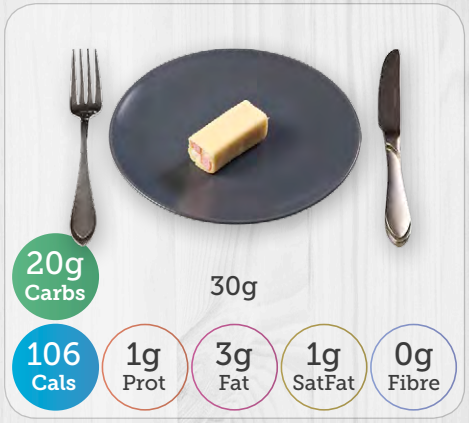
Custard Tart



26g Carbs | 92g

242 Cals	6g Prot	13g Fat	5g SatFat	1g Fibre

Mini Battenburg

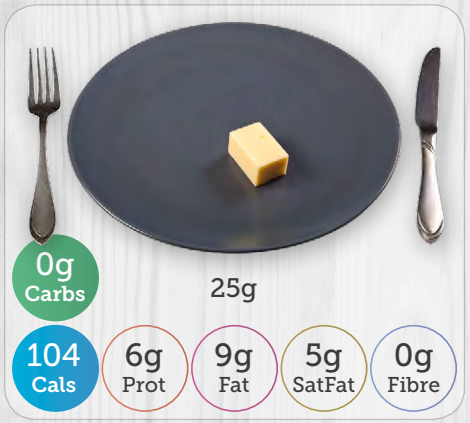


20g Carbs | 30g

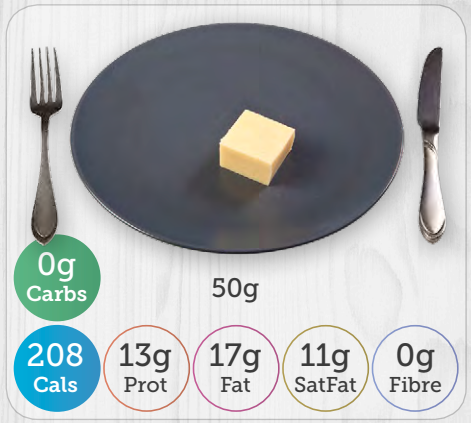
106 Cals	1g Prot	3g Fat	1g SatFat	0g Fibre

26cm Dinner Plate

Cheddar

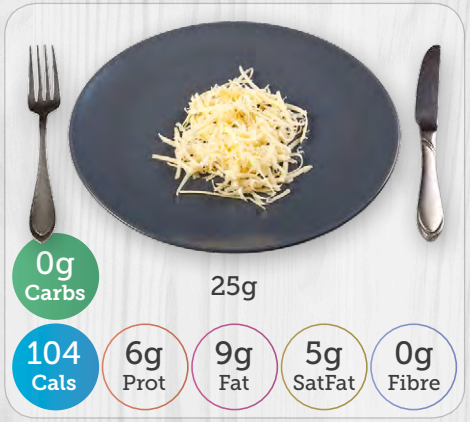


25g	0g Carbs	104 Cals	6g Prot	9g Fat	5g SatFat	0g Fibre

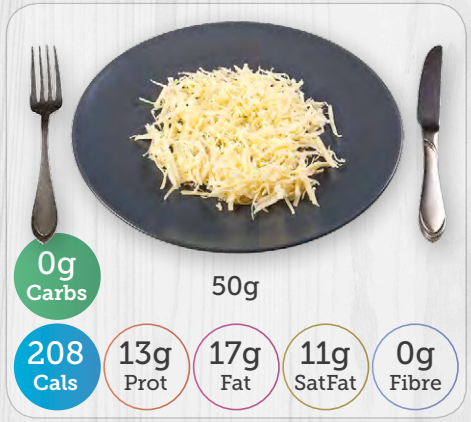


50g	0g Carbs	208 Cals	13g Prot	17g Fat	11g SatFat	0g Fibre

Cheddar (grated)

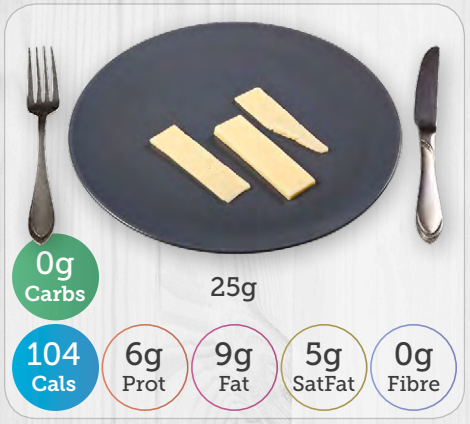


25g	0g Carbs	104 Cals	6g Prot	9g Fat	5g SatFat	0g Fibre

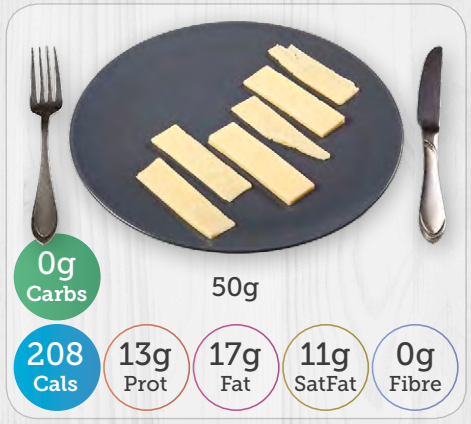


50g	0g Carbs	208 Cals	13g Prot	17g Fat	11g SatFat	0g Fibre

Cheddar (sliced)



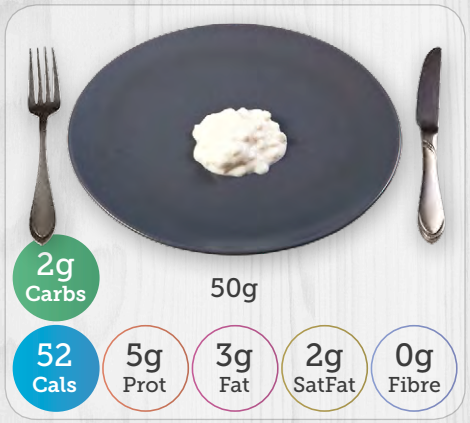
25g	0g Carbs	104 Cals	6g Prot	9g Fat	5g SatFat	0g Fibre



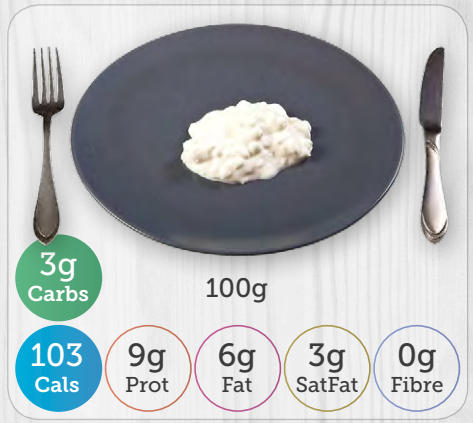
50g	0g Carbs	208 Cals	13g Prot	17g Fat	11g SatFat	0g Fibre

26cm Dinner Plate

Cottage Cheese

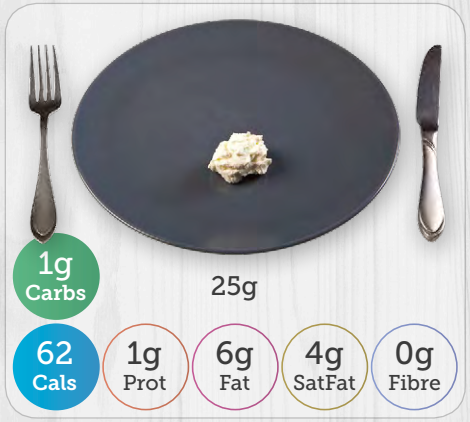


50g	2g Carbs	52 Cals	5g Prot	3g Fat	2g SatFat	0g Fibre

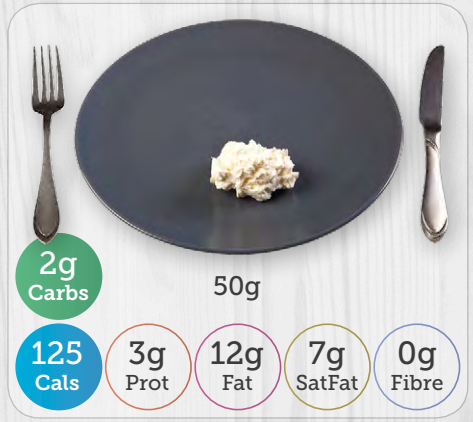


100g	3g Carbs	103 Cals	9g Prot	6g Fat	3g SatFat	0g Fibre

Cream Cheese

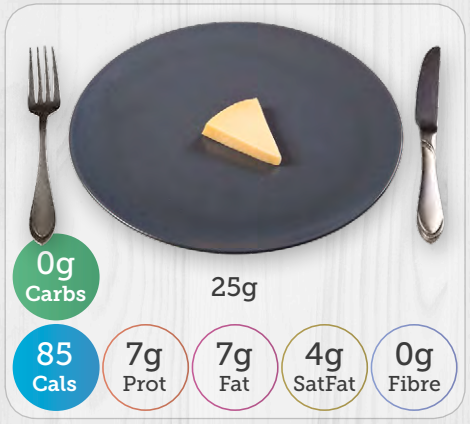


25g	1g Carbs	62 Cals	1g Prot	6g Fat	4g SatFat	0g Fibre

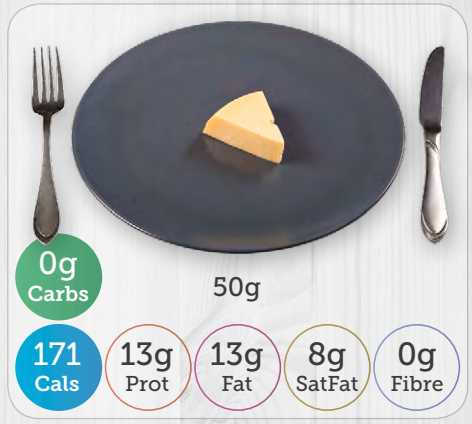


50g	2g Carbs	125 Cals	3g Prot	12g Fat	7g SatFat	0g Fibre

Edam



25g	0g Carbs	85 Cals	7g Prot	7g Fat	4g SatFat	0g Fibre



50g	0g Carbs	171 Cals	13g Prot	13g Fat	8g SatFat	0g Fibre

22cm Large Bowl

22cm Large Bowl

Black Forest Gateau

22g Carbs | 60g

177 Cals	2g Prot	9g Fat	6g SatFat	1g Fibre

45g Carbs | 120g

354 Cals	4g Prot	19g Fat	12g SatFat	2g Fibre

89g Carbs | 240g

708 Cals	8g Prot	38g Fat	25g SatFat	5g Fibre

Bread & Butter Pudding

19g Carbs | 81g

197 Cals	5g Prot	11g Fat	6g SatFat	1g Fibre

39g Carbs | 164g

398 Cals	9g Prot	21g Fat	12g SatFat	1g Fibre

59g Carbs | 246g

598 Cals	14g Prot	32g Fat	19g SatFat	2g Fibre

Brownie

24g Carbs | 45g

228 Cals	3g Prot	14g Fat	7g SatFat	1g Fibre

69g Carbs | 127g

643 Cals	8g Prot	39g Fat	21g SatFat	3g Fibre

113g Carbs | 209g

1058 Cals	13g Prot	64g Fat	34g SatFat	5g Fibre

Cheesecake

35g Carbs | 100g

294 Cals	4g Prot	16g Fat	9g SatFat	1g Fibre

53g Carbs | 150g

441 Cals	6g Prot	24g Fat	14g SatFat	2g Fibre

70g Carbs | 200g

588 Cals	8g Prot	32g Fat	19g SatFat	2g Fibre

Orange Juice

12g Carbs | 150ml | 1 5-a-day

50 Cals | 1g Prot | 0g Fat | 0g SatFat | 0g Fibre

23g Carbs | 284ml, half pint | 1 5-a-day

94 Cals | 2g Prot | 0g Fat | 0g SatFat | 0g Fibre

Pineapple Juice

16g Carbs | 150ml | 1 5-a-day

62 Cals | 0g Prot | 0g Fat | 0g SatFat | 0g Fibre

30g Carbs | 284ml, half pint | 1 5-a-day

116 Cals | 1g Prot | 0g Fat | 0g SatFat | 0g Fibre

Tomato Juice

5g Carbs | 150ml | 1 5-a-day

21 Cals | 1g Prot | 0g Fat | 0g SatFat | 1g Fibre

9g Carbs | 284ml, half pint | 1 5-a-day

40 Cals | 2g Prot | 0g Fat | 0g SatFat | 2g Fibre

Smoothie (strawberry & banana)

18g Carbs | 150ml | 1½ 5-a-day

74 Cals | 1g Prot | 0g Fat | 0g SatFat | 2g Fibre

35g Carbs | 284ml, half pint | 2 5-a-day

139 Cals | 1g Prot | 0g Fat | 0g SatFat | 3g Fibre

Squash

3g Carbs | 120ml water 30ml squash

11 Cals | 0g Prot | 0g Fat | 0g SatFat | 0g Fibre

5g Carbs | 229ml water 55ml squash

20 Cals | 0g Prot | 0g Fat | 0g SatFat | 0g Fibre

Squash (no added sugar)

0g Carbs | 120ml water 30ml squash

2 Cals | 0g Prot | 0g Fat | 0g SatFat | 0g Fibre

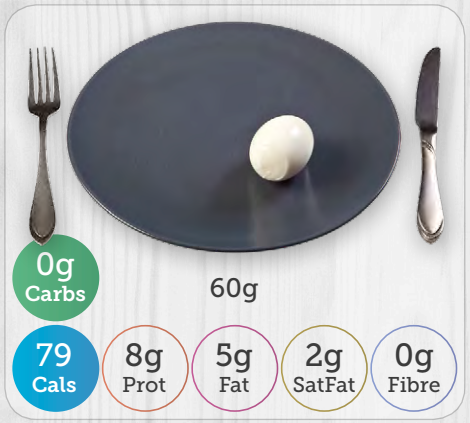
1g Carbs | 229ml water 55ml squash

3 Cals | 0g Prot | 0g Fat | 0g SatFat | 0g Fibre

26cm Dinner Plate

26cm Dinner Plate

Boiled Egg



0g Carbs | 60g | 79 Cals | 8g Prot | 5g Fat | 2g SatFat | 0g Fibre

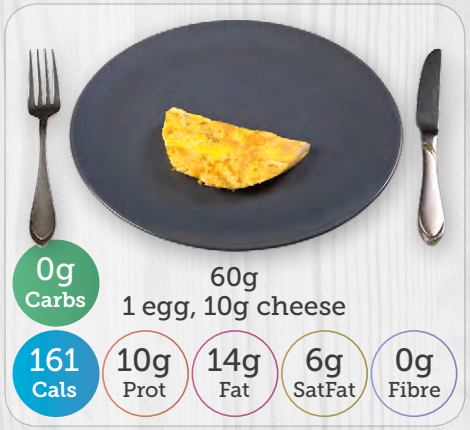
Scrambled Egg (with milk)

1g Carbs | 70g, 1 egg | 125 Cals | 8g Prot | 10g Fat | 4g SatFat | 0g Fibre

Omelette (plain)

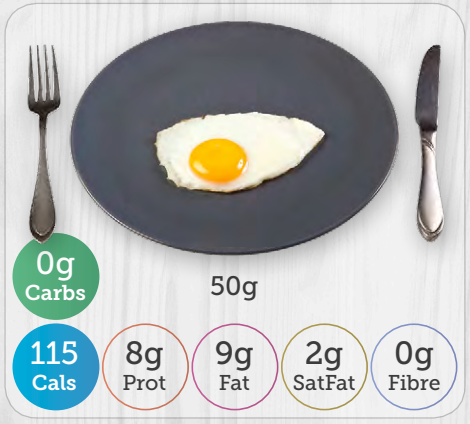
0g Carbs | 50g, 1 egg | 96 Cals | 5g Prot | 8g Fat | 2g SatFat | 0g Fibre

Omelette (cheese)



0g Carbs | 60g
1 egg, 10g cheese | 161 Cals | 10g Prot | 14g Fat | 6g SatFat | 0g Fibre

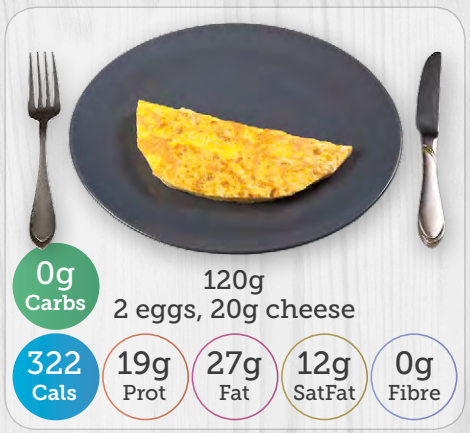
Fried Egg



0g Carbs | 50g | 115 Cals | 8g Prot | 9g Fat | 2g SatFat | 0g Fibre

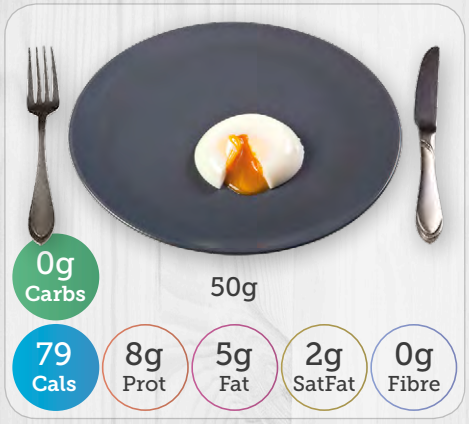
2g Carbs | 120g, 2 eggs | 214 Cals | 14g Prot | 17g Fat | 7g SatFat | 0g Fibre

0g Carbs | 100g, 2 eggs | 191 Cals | 11g Prot | 16g Fat | 3g SatFat | 0g Fibre



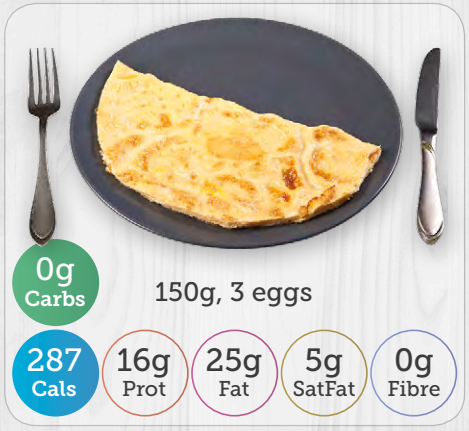
0g Carbs | 120g
2 eggs, 20g cheese | 322 Cals | 19g Prot | 27g Fat | 12g SatFat | 0g Fibre

Poached Egg

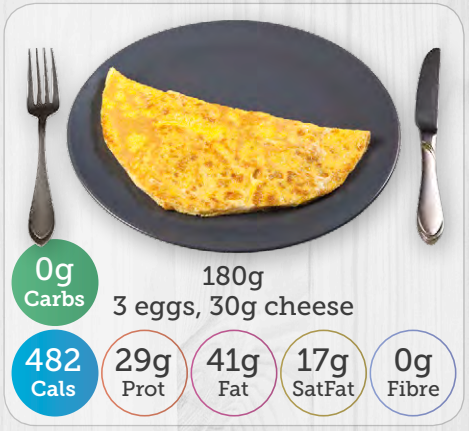


0g Carbs | 50g | 79 Cals | 8g Prot | 5g Fat | 2g SatFat | 0g Fibre

2g Carbs | 180g, 3 eggs | 321 Cals | 21g Prot | 25g Fat | 11g SatFat | 0g Fibre



0g Carbs | 150g, 3 eggs | 287 Cals | 16g Prot | 25g Fat | 5g SatFat | 0g Fibre



0g Carbs | 180g
3 eggs, 30g cheese | 482 Cals | 29g Prot | 41g Fat | 17g SatFat | 0g Fibre

20cm Side Plate / 14cm Cereal Bowl

Peach

10g Carbs	138g	1 5-a-day
46 Cals	1g Prot	0g Fat	0g SatFat	3g Fibre

15g Carbs	200g	1 5-a-day
66 Cals	2g Prot	0g Fat	0g SatFat	4g Fibre

Peaches (tinned in juice)

8g Carbs	80g	1 5-a-day
31 Cals	0g Prot	0g Fat	0g SatFat	1g Fibre

16g Carbs	160g	1 5-a-day
62 Cals	1g Prot	0g Fat	0g SatFat	2g Fibre

Nectarine

7g Carbs	80g	½ 5-a-day
32 Cals	1g Prot	0g Fat	0g SatFat	1g Fibre

15g Carbs	165g	1 5-a-day
66 Cals	2g Prot	0g Fat	0g SatFat	3g Fibre

20cm Side Plate / 14cm Cereal Bowl

Pear

11g Carbs	104g	1 5-a-day
45 Cals	0g Prot	0g Fat	0g SatFat	3g Fibre

21g Carbs	195g	1 5-a-day
84 Cals	1g Prot	0g Fat	0g SatFat	5g Fibre

Pears (tinned in juice)

10g Carbs	115g	1 5-a-day
38 Cals	0g Prot	0g Fat	0g SatFat	2g Fibre

20g Carbs	230g	1 5-a-day
76 Cals	1g Prot	0g Fat	0g SatFat	4g Fibre

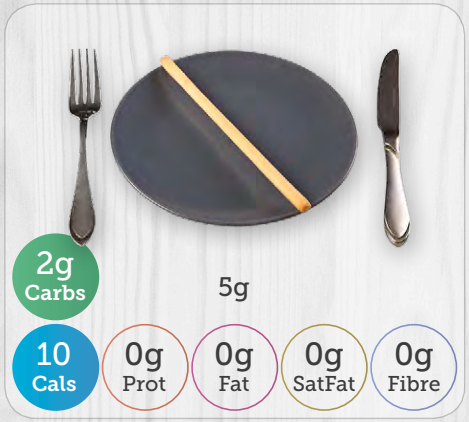
Persimmon

14g Carbs	70g	½ 5-a-day
58 Cals	1g Prot	0g Fat	0g SatFat	1g Fibre

27g Carbs	140g	1 5-a-day
116 Cals	1g Prot	0g Fat	0g SatFat	2g Fibre

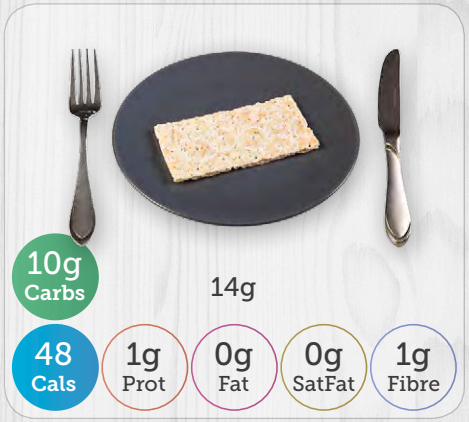
20cm Side Plate / 26cm Dinner Plate

Breadstick GF



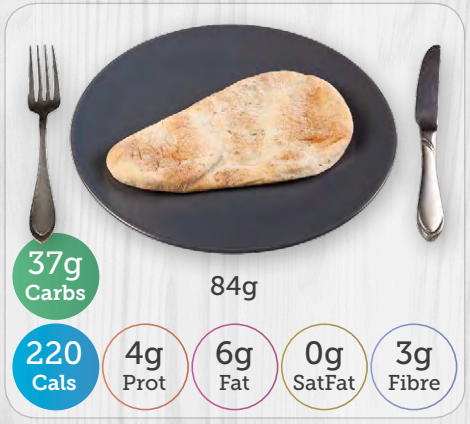
2g Carbs	5g	
10 Cals	0g Prot	0g Fat	0g SatFat	0g Fibre

Crispbread GF



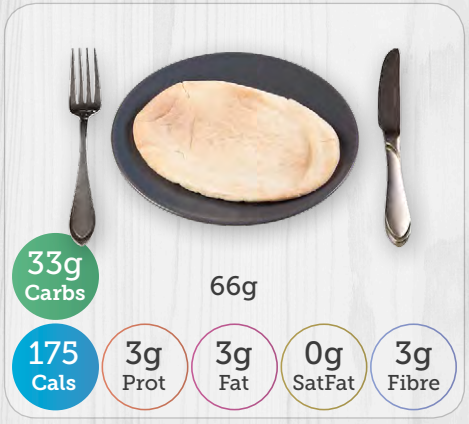
10g Carbs	14g	
48 Cals	1g Prot	0g Fat	0g SatFat	1g Fibre

Naan Bread GF



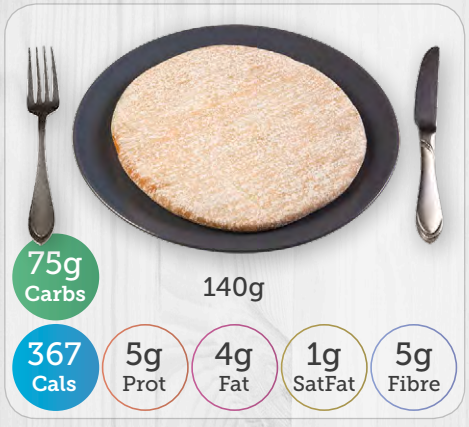
37g Carbs	84g	
220 Cals	4g Prot	6g Fat	0g SatFat	3g Fibre

Pitta Bread GF



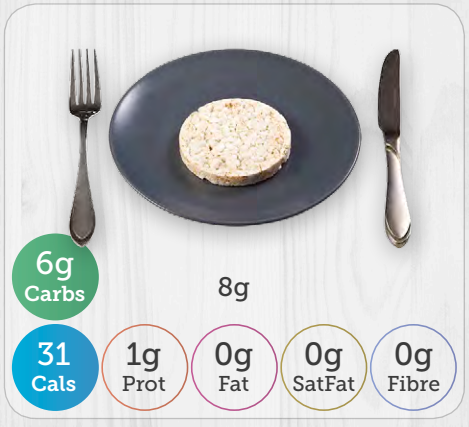
33g Carbs	66g	
175 Cals	3g Prot	3g Fat	0g SatFat	3g Fibre

Pizza Base GF



75g Carbs	140g	
367 Cals	5g Prot	4g Fat	1g SatFat	5g Fibre

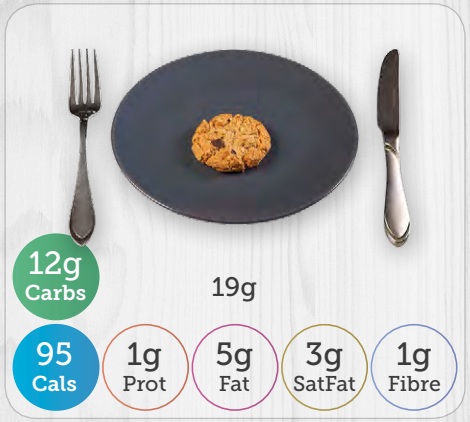
Rice Cake GF



6g Carbs	8g	
31 Cals	1g Prot	0g Fat	0g SatFat	0g Fibre

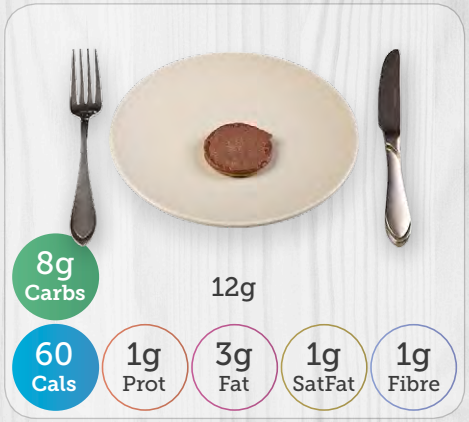
20cm Side Plate

Chocolate Chip Cookie GF



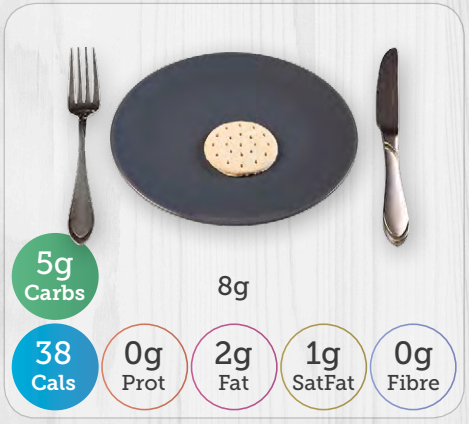
12g Carbs	19g	
95 Cals	1g Prot	5g Fat	3g SatFat	1g Fibre

Chocolate Digestive GF



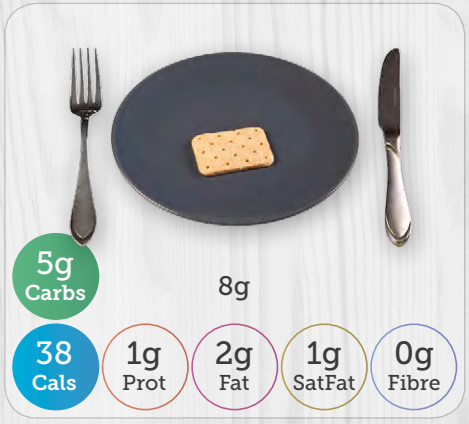
8g Carbs	12g	
60 Cals	1g Prot	3g Fat	1g SatFat	1g Fibre

Digestive GF



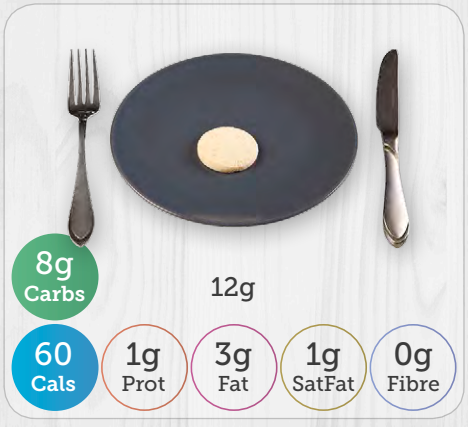
5g Carbs	8g	
38 Cals	0g Prot	2g Fat	1g SatFat	0g Fibre

Savoury Biscuit GF



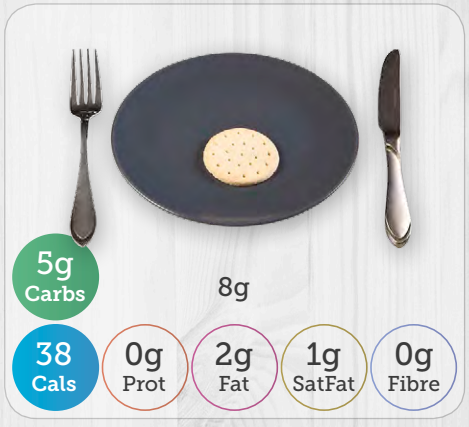
5g Carbs	8g	
38 Cals	1g Prot	2g Fat	1g SatFat	0g Fibre

Sweet Biscuit GF



8g Carbs	12g	
60 Cals	1g Prot	3g Fat	1g SatFat	0g Fibre

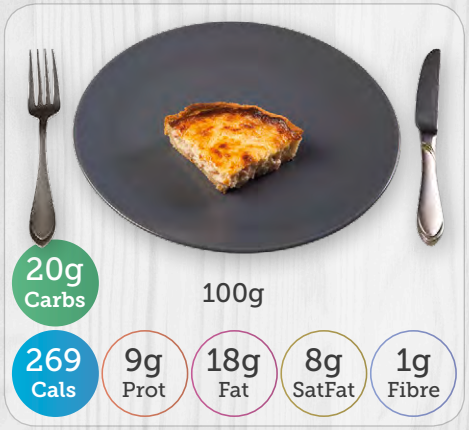
Tea Biscuit GF



5g Carbs	8g	
38 Cals	0g Prot	2g Fat	1g SatFat	0g Fibre

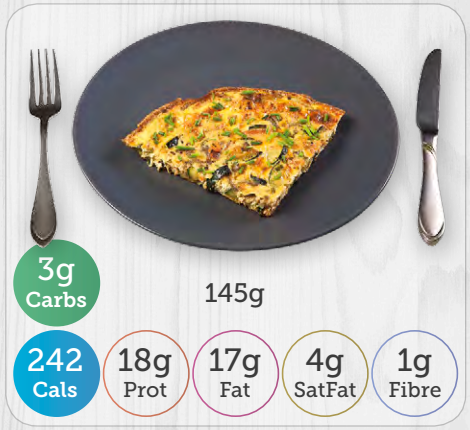
26cm Dinner Plate

Quiche Lorraine



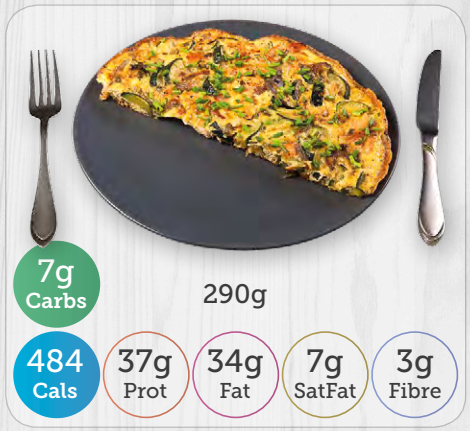
Carbs		Cals	Prot	Fat	SatFat	Fibre
20g	100g	269	9g	18g	8g	1g

Salmon Frittata

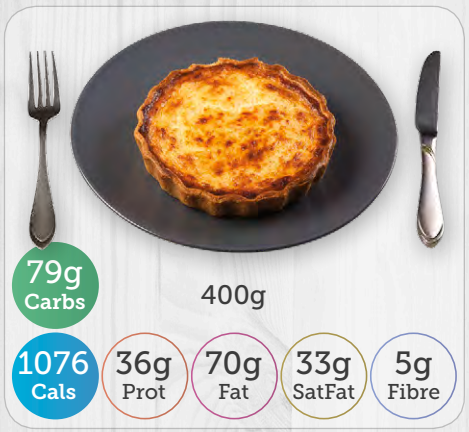


Carbs		Cals	Prot	Fat	SatFat	Fibre
3g	145g	242	18g	17g	4g	1g

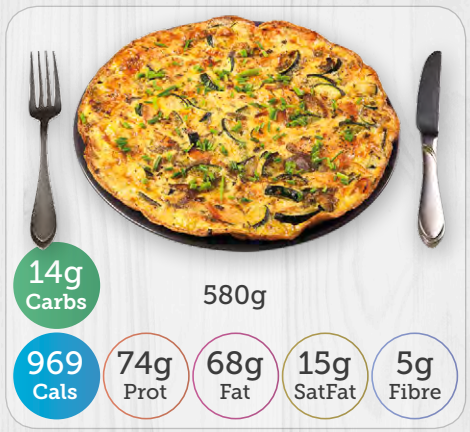
Carbs		Cals	Prot	Fat	SatFat	Fibre
39g	200g	538	18g	35g	17g	3g



Carbs		Cals	Prot	Fat	SatFat	Fibre
7g	290g	484	37g	34g	7g	3g



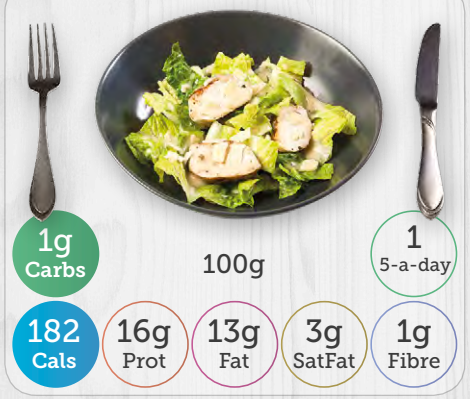
Carbs		Cals	Prot	Fat	SatFat	Fibre
79g	400g	1076	36g	70g	33g	5g



Carbs		Cals	Prot	Fat	SatFat	Fibre
14g	580g	969	74g	68g	15g	5g

22cm Large Bowl / 26cm Dinner Plate

Chicken Caesar Salad



Carbs		5-a-day	Cals	Prot	Fat	SatFat	Fibre
1g	100g	1	182	16g	13g	3g	1g

Carbs		5-a-day	Cals	Prot	Fat	SatFat	Fibre
3g	205g	2½	373	32g	26g	6g	1g

Greek Salad

Carbs		5-a-day	Cals	Prot	Fat	SatFat	Fibre
3g	140g	1½	183	4g	18g	5g	2g

Carbs		5-a-day	Cals	Prot	Fat	SatFat	Fibre
5g	280g	2½	367	8g	35g	9g	3g

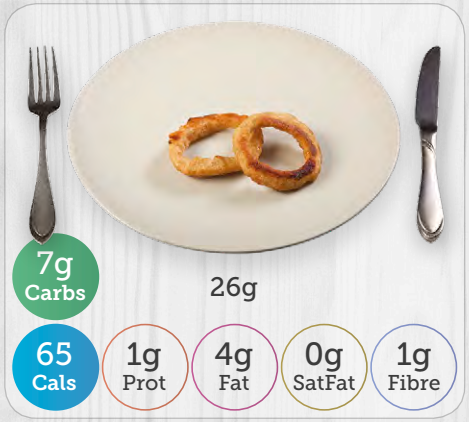
Tuna Niçoise Salad

Carbs		5-a-day	Cals	Prot	Fat	SatFat	Fibre
5g	160g	1	198	7g	17g	3g	3g

Carbs		5-a-day	Cals	Prot	Fat	SatFat	Fibre
10g	315g	2	391	13g	33g	5g	5g

26cm Dinner Plate / 20cm Side Plate

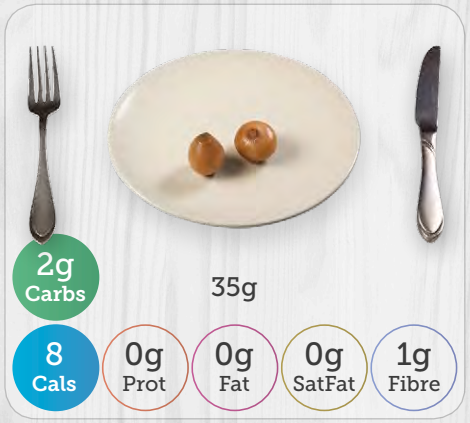
Onion Rings (battered)



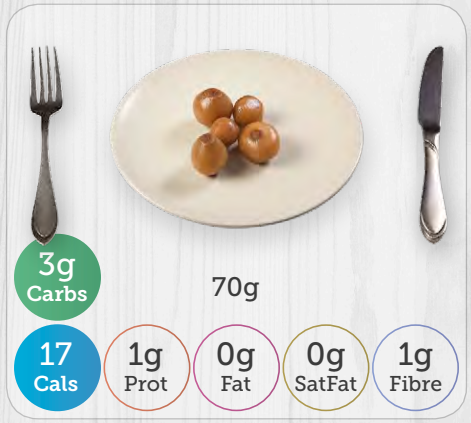
7g Carbs	26g	
65 Cals	1g Prot	4g Fat	0g SatFat	1g Fibre

13g Carbs	52g	
129 Cals	2g Prot	7g Fat	1g SatFat	1g Fibre

Pickled Onions

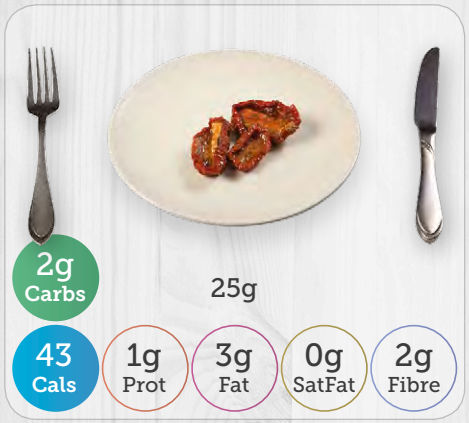


2g Carbs	35g	
8 Cals	0g Prot	0g Fat	0g SatFat	1g Fibre

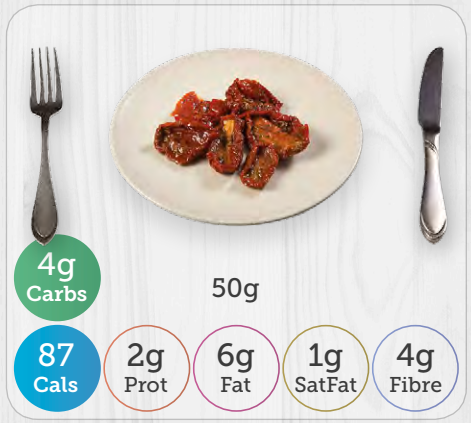


3g Carbs	70g	
17 Cals	1g Prot	0g Fat	0g SatFat	1g Fibre

Sun-dried Tomatoes (in oil, drained)



2g Carbs	25g	
43 Cals	1g Prot	3g Fat	0g SatFat	2g Fibre

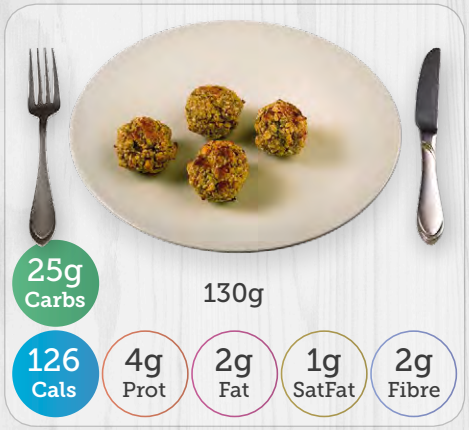


4g Carbs	50g	
87 Cals	2g Prot	6g Fat	1g SatFat	4g Fibre

26cm Dinner Plate

Stuffing (packet mix)

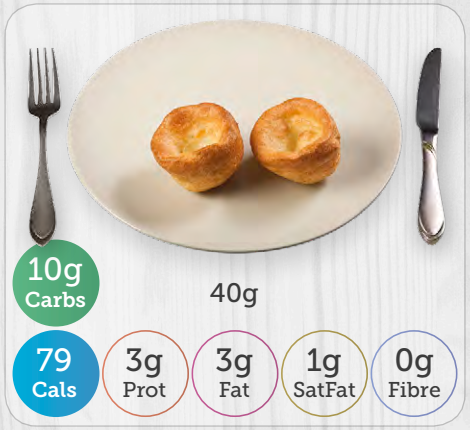
13g Carbs	65g	
63 Cals	2g Prot	1g Fat	1g SatFat	1g Fibre



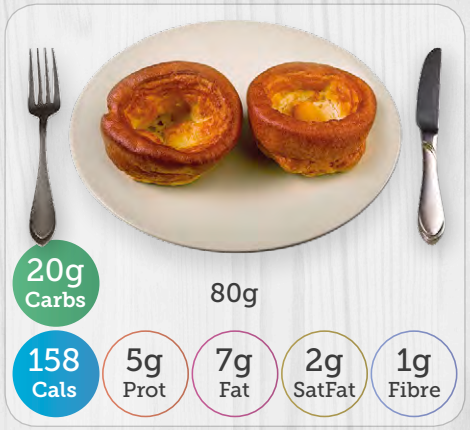
25g Carbs	130g	
126 Cals	4g Prot	2g Fat	1g SatFat	2g Fibre

38g Carbs	195g	
189 Cals	5g Prot	3g Fat	2g SatFat	3g Fibre

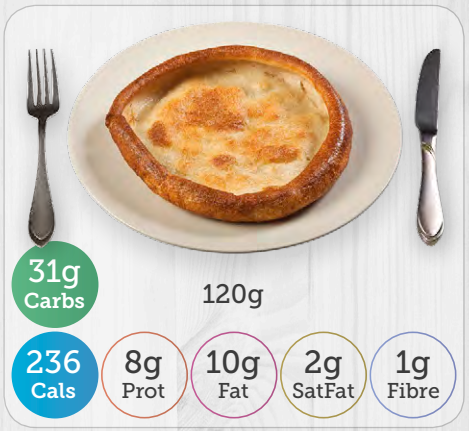
Yorkshire Pudding



10g Carbs	40g	
79 Cals	3g Prot	3g Fat	1g SatFat	0g Fibre



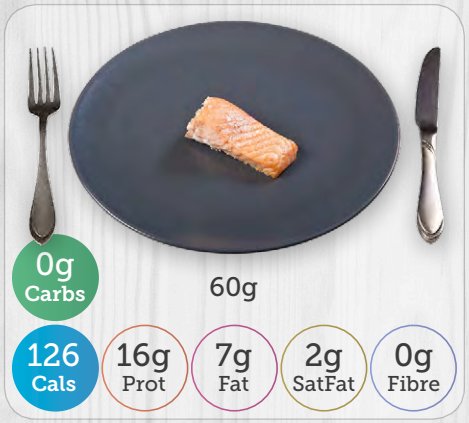
20g Carbs	80g	
158 Cals	5g Prot	7g Fat	2g SatFat	1g Fibre



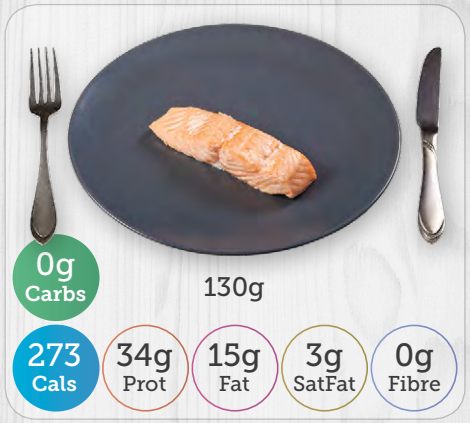
31g Carbs	120g	
236 Cals	8g Prot	10g Fat	2g SatFat	1g Fibre

26cm Dinner Plate

Salmon Steak (grilled)

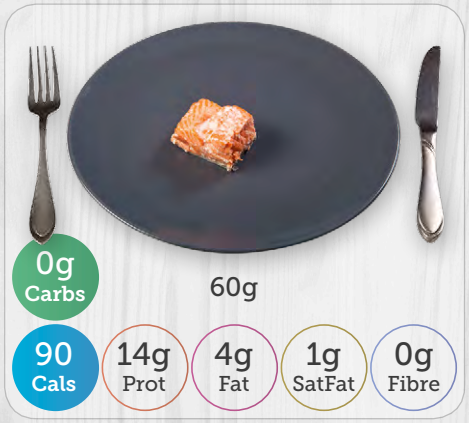


0g Carbs	60g
126 Cals	16g Prot · 7g Fat · 2g SatFat · 0g Fibre

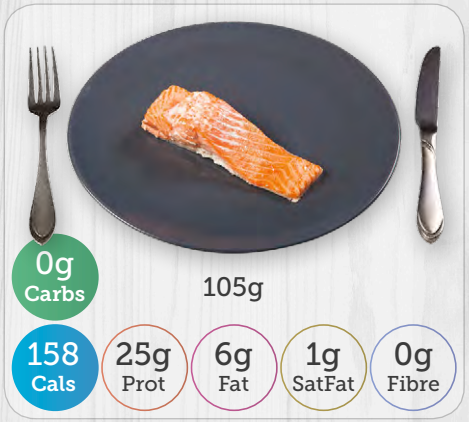


0g Carbs	130g
273 Cals	34g Prot · 15g Fat · 3g SatFat · 0g Fibre

Trout Fillet (baked)

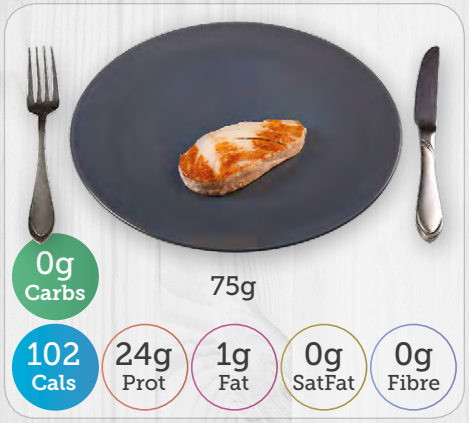


0g Carbs	60g
90 Cals	14g Prot · 4g Fat · 1g SatFat · 0g Fibre

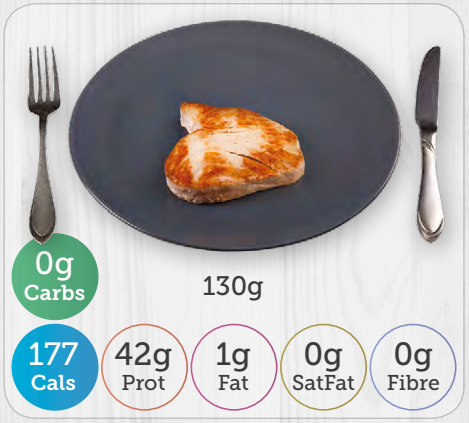


0g Carbs	105g
158 Cals	25g Prot · 6g Fat · 1g SatFat · 0g Fibre

Tuna Steak (grilled)



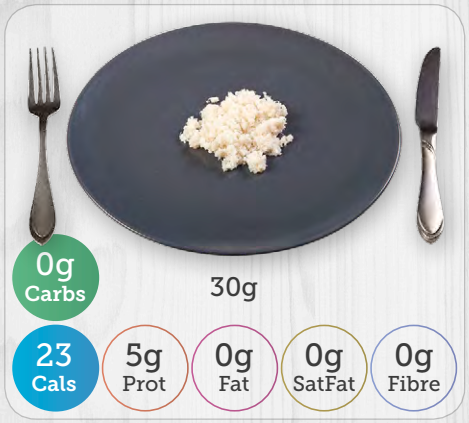
0g Carbs	75g
102 Cals	24g Prot · 1g Fat · 0g SatFat · 0g Fibre



0g Carbs	130g
177 Cals	42g Prot · 1g Fat · 0g SatFat · 0g Fibre

26cm Dinner Plate

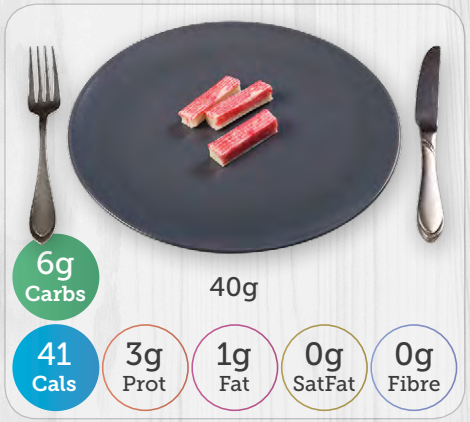
Crab Meat (tinned)



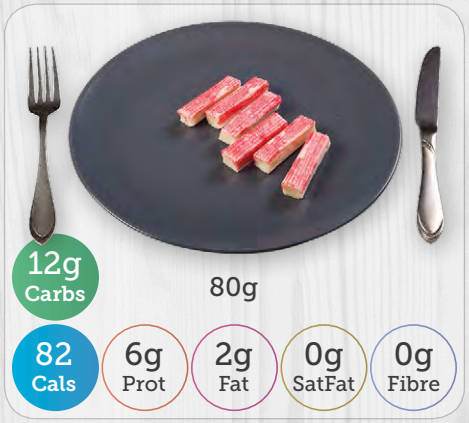
0g Carbs	30g
23 Cals	5g Prot · 0g Fat · 0g SatFat · 0g Fibre

1g Carbs	60g
46 Cals	11g Prot · 0g Fat · 0g SatFat · 0g Fibre

Seafood Sticks

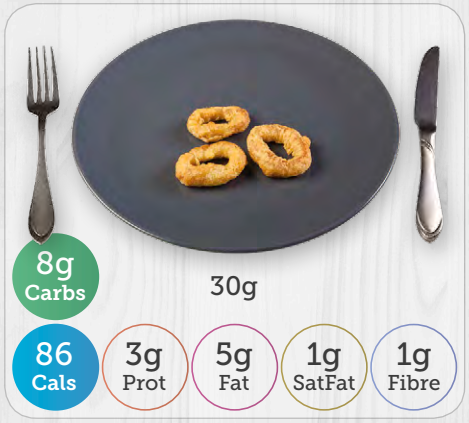


6g Carbs	40g
41 Cals	3g Prot · 1g Fat · 0g SatFat · 0g Fibre

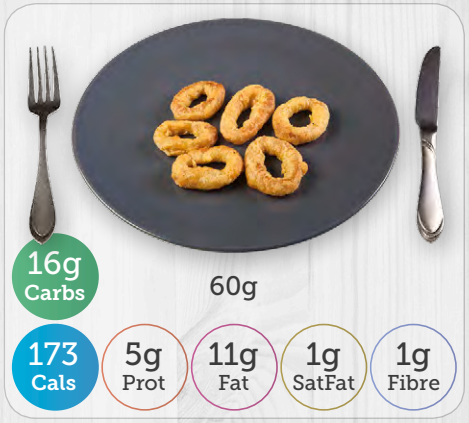


12g Carbs	80g
82 Cals	6g Prot · 2g Fat · 0g SatFat · 0g Fibre

Calamari (fried)



8g Carbs	30g
86 Cals	3g Prot · 5g Fat · 1g SatFat · 1g Fibre



16g Carbs	60g
173 Cals	5g Prot · 11g Fat · 1g SatFat · 1g Fibre

Milk (whole)

7g Carbs	150ml			
95 Cals	5g Prot	5g Fat	3g SatFat	0g Fibre

13g Carbs	284ml, half pint			
179 Cals	10g Prot	10g Fat	7g SatFat	0g Fibre

26g Carbs	568ml, pint			
358 Cals	19g Prot	20g Fat	13g SatFat	0g Fibre

Milk (semi-skimmed)

7g Carbs	150ml			
69 Cals	5g Prot	3g Fat	2g SatFat	0g Fibre

13g Carbs	284ml, half pint			
131 Cals	10g Prot	5g Fat	3g SatFat	0g Fibre

27g Carbs	568ml, pint			
261 Cals	20g Prot	10g Fat	6g SatFat	0g Fibre

Milk (1%)

7g Carbs	150ml			
61 Cals	5g Prot	2g Fat	1g SatFat	0g Fibre

14g Carbs	284ml, half pint			
116 Cals	10g Prot	3g Fat	2g SatFat	0g Fibre

27g Carbs	568ml, pint			
232 Cals	20g Prot	6g Fat	3g SatFat	0g Fibre

Milk (skimmed)

7g Carbs	150ml			
51 Cals	5g Prot	0g Fat	0g SatFat	0g Fibre

14g Carbs	284ml, half pint			
97 Cals	10g Prot	1g Fat	0g SatFat	0g Fibre

27g Carbs	568ml, pint			
193 Cals	20g Prot	2g Fat	1g SatFat	0g Fibre

14cm Cereal Bowl

Dried Fruit & Nuts

5g Carbs	10g

44 Cals	1g Prot	2g Fat	0g SatFat	0g Fibre

14g Carbs	30g

133 Cals	3g Prot	7g Fat	1g SatFat	1g Fibre

Hazelnuts

1g Carbs	10g, 1 tbsp

65 Cals	1g Prot	6g Fat	0g SatFat	1g Fibre

2g Carbs	30g

195 Cals	4g Prot	19g Fat	1g SatFat	2g Fibre

Macadamia Nuts

0g Carbs	10g

75 Cals	1g Prot	8g Fat	1g SatFat	1g Fibre

1g Carbs	30g

224 Cals	2g Prot	23g Fat	3g SatFat	2g Fibre

14cm Cereal Bowl

Peanuts (roasted)

1g Carbs	10g, 1 tbsp

60 Cals	2g Prot	5g Fat	1g SatFat	1g Fibre

2g Carbs	30g

181 Cals	7g Prot	16g Fat	3g SatFat	2g Fibre

Pecans

1g Carbs	10g, 1 tbsp

69 Cals	1g Prot	7g Fat	1g SatFat	1g Fibre

2g Carbs	30g

207 Cals	3g Prot	21g Fat	2g SatFat	2g Fibre

Pine Nuts

0g Carbs	10g, 1 tbsp

69 Cals	1g Prot	7g Fat	0g SatFat	0g Fibre

1g Carbs	30g

206 Cals	4g Prot	21g Fat	1g SatFat	1g Fibre

26cm Dinner Plate

Noodles (rice)

20g Carbs	70g
86 Cals	1g Prot · 0g Fat · 0g SatFat · 0g Fibre

40g Carbs	142g
175 Cals	2g Prot · 0g Fat · 0g SatFat · 1g Fibre

60g Carbs	215g
264 Cals	4g Prot · 0g Fat · 0g SatFat · 2g Fibre

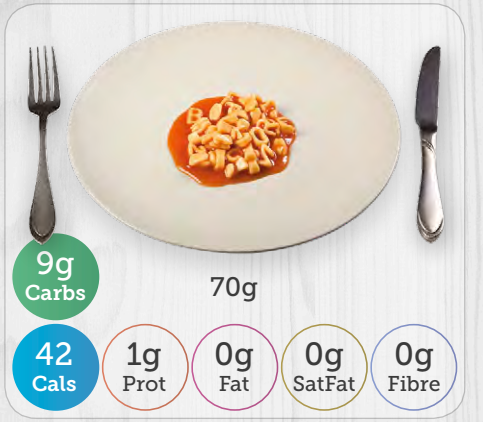
80g Carbs	285g
351 Cals	5g Prot · 0g Fat · 1g SatFat · 2g Fibre

100g Carbs	358g
440 Cals	6g Prot · 0g Fat · 1g SatFat · 3g Fibre

120g Carbs	430g
529 Cals	7g Prot · 0g Fat · 1g SatFat · 3g Fibre

26cm Dinner Plate

Pasta Shapes (tinned)



9g Carbs	70g
42 Cals	1g Prot · 0g Fat · 0g SatFat · 0g Fibre

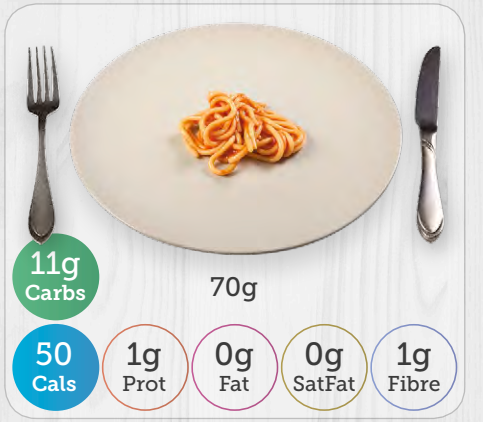
26g Carbs	210g, half tin
126 Cals	4g Prot · 1g Fat · 0g SatFat · 1g Fibre

Ravioli (tinned)

10g Carbs	70g
54 Cals	2g Prot · 1g Fat · 0g SatFat · 1g Fibre

31g Carbs	210g, half tin
162 Cals	5g Prot · 3g Fat · 1g SatFat · 2g Fibre

Spaghetti (tinned)

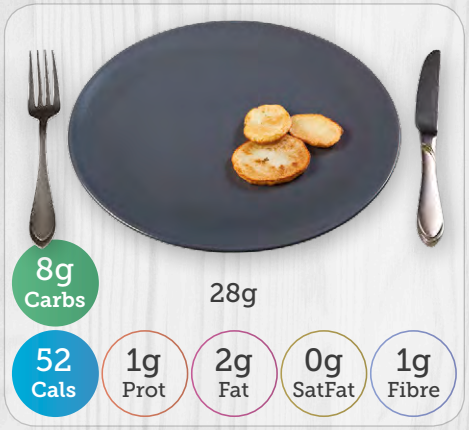


11g Carbs	70g
50 Cals	1g Prot · 0g Fat · 0g SatFat · 1g Fibre

34g Carbs	210g, half tin
151 Cals	4g Prot · 1g Fat · 0g SatFat · 2g Fibre

26cm Dinner Plate

Potato Slices (baked)

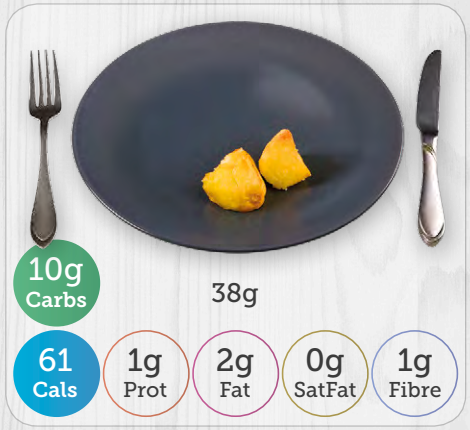


8g Carbs	28g	
52 Cals	1g Prot	2g Fat	0g SatFat	1g Fibre

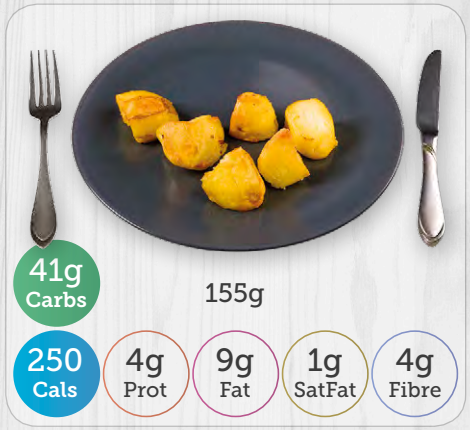
23g Carbs	80g	
148 Cals	2g Prot	5g Fat	1g SatFat	2g Fibre

39g Carbs	135g	
250 Cals	4g Prot	9g Fat	1g SatFat	3g Fibre

Roast Potatoes (in oil)



10g Carbs	38g	
61 Cals	1g Prot	2g Fat	0g SatFat	1g Fibre

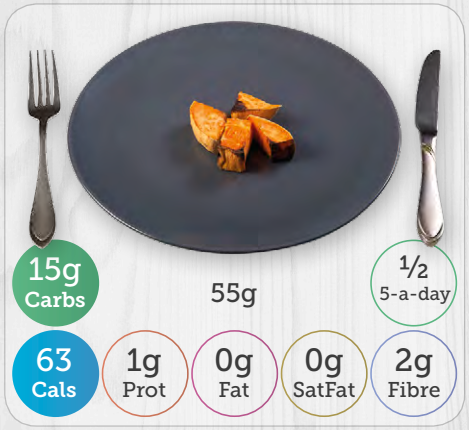


41g Carbs	155g	
250 Cals	4g Prot	9g Fat	1g SatFat	4g Fibre

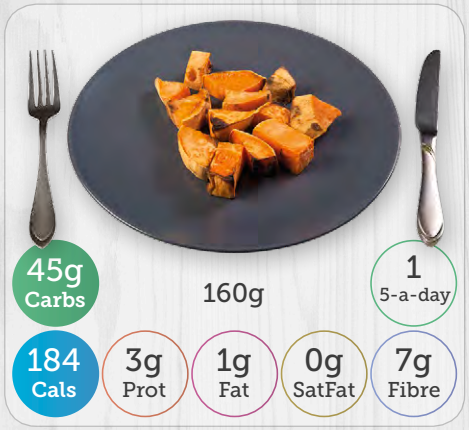
71g Carbs	270g	
435 Cals	7g Prot	15g Fat	1g SatFat	7g Fibre

26cm Dinner Plate

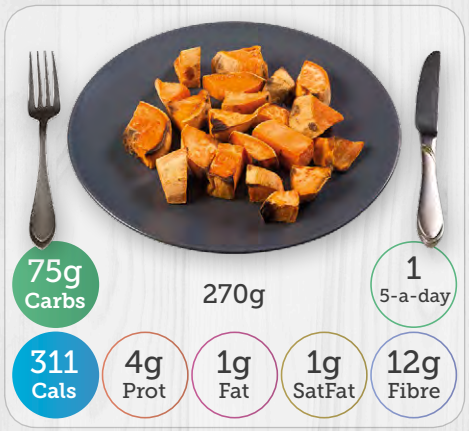
Sweet Potatoes (baked)



15g Carbs	55g	½ 5-a-day
63 Cals	1g Prot	0g Fat	0g SatFat	2g Fibre

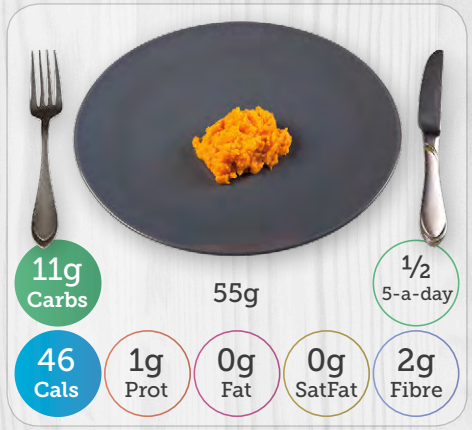


45g Carbs	160g	1 5-a-day
184 Cals	3g Prot	1g Fat	0g SatFat	7g Fibre



75g Carbs	270g	1 5-a-day
311 Cals	4g Prot	1g Fat	1g SatFat	12g Fibre

Mashed Sweet Potato



11g Carbs	55g	½ 5-a-day
46 Cals	1g Prot	0g Fat	0g SatFat	2g Fibre

33g Carbs	160g	1 5-a-day
134 Cals	2g Prot	0g Fat	0g SatFat	5g Fibre

55g Carbs	270g	1 5-a-day
227 Cals	3g Prot	1g Fat	0g SatFat	8g Fibre

26cm Dinner Plate

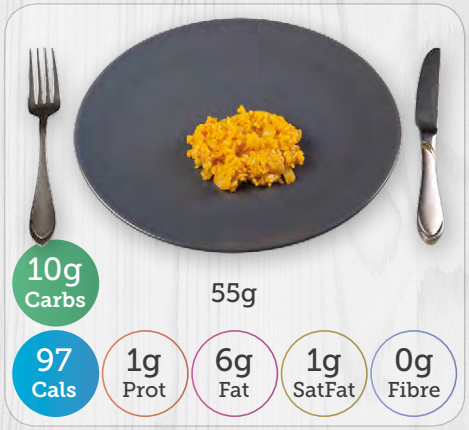
Egg Fried Rice

18g Carbs	55g	
102 Cals	2g Prot	3g Fat	0g SatFat	1g Fibre

57g Carbs	170g	
316 Cals	7g Prot	8g Fat	1g SatFat	2g Fibre

93g Carbs	280g	
521 Cals	12g Prot	14g Fat	2g SatFat	3g Fibre

Jollof Rice



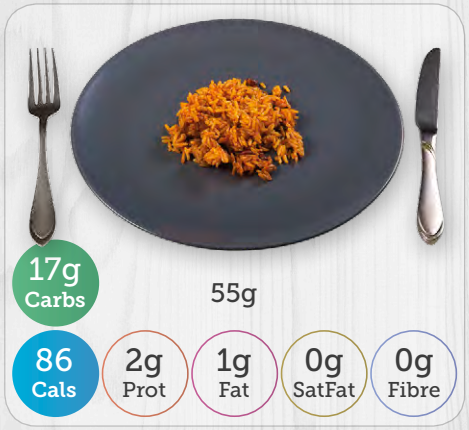
10g Carbs	55g	
97 Cals	1g Prot	6g Fat	1g SatFat	0g Fibre

31g Carbs	170g	
301 Cals	4g Prot	18g Fat	3g SatFat	1g Fibre

50g Carbs	280g	
496 Cals	7g Prot	30g Fat	4g SatFat	2g Fibre

26cm Dinner Plate

Mexican Rice

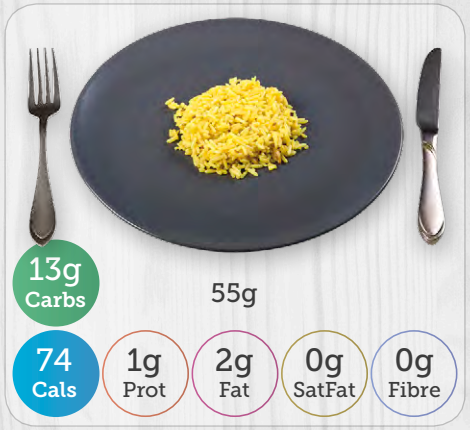


17g Carbs	55g	
86 Cals	2g Prot	1g Fat	0g SatFat	0g Fibre

51g Carbs	170g	
265 Cals	6g Prot	4g Fat	0g SatFat	2g Fibre

84g Carbs	280g	
437 Cals	10g Prot	6g Fat	1g SatFat	3g Fibre

Pilau Rice



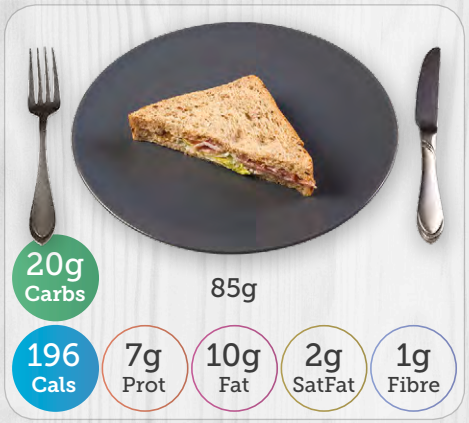
13g Carbs	55g	
74 Cals	1g Prot	2g Fat	0g SatFat	0g Fibre

41g Carbs	170g	
228 Cals	4g Prot	6g Fat	1g SatFat	1g Fibre

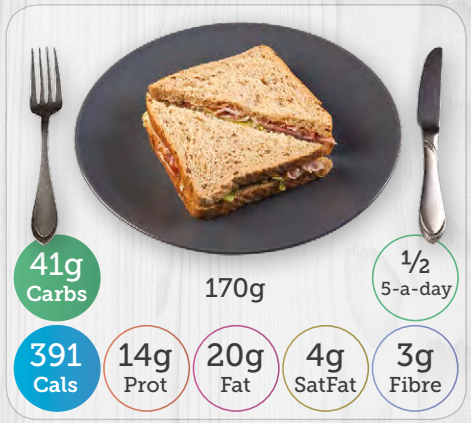
68g Carbs	280g	
375 Cals	7g Prot	10g Fat	1g SatFat	2g Fibre

26cm Dinner Plate

BLT

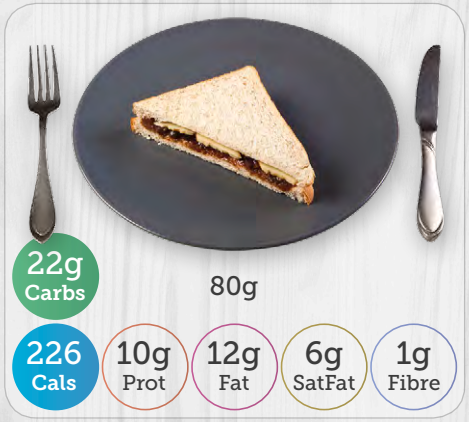


20g Carbs	85g	
196 Cals	7g Prot	10g Fat	2g SatFat	1g Fibre

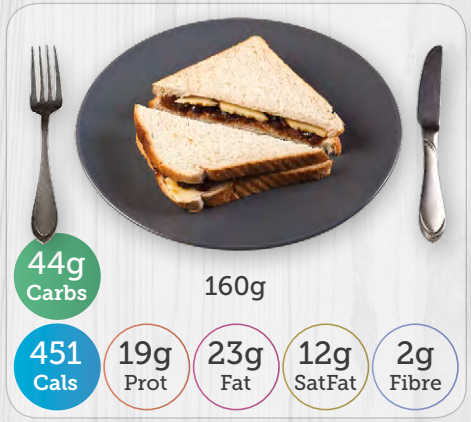


41g Carbs	170g	½ 5-a-day
391 Cals	14g Prot	20g Fat	4g SatFat	3g Fibre

Cheese & Pickle

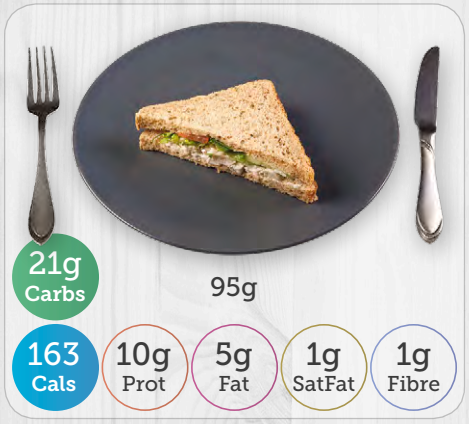


22g Carbs	80g	
226 Cals	10g Prot	12g Fat	6g SatFat	1g Fibre

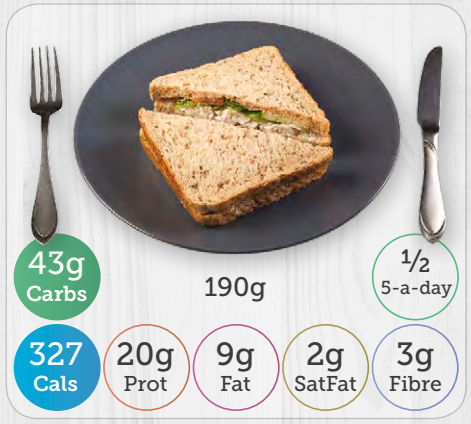


44g Carbs	160g	
451 Cals	19g Prot	23g Fat	12g SatFat	2g Fibre

Chicken Salad



21g Carbs	95g	
163 Cals	10g Prot	5g Fat	1g SatFat	1g Fibre

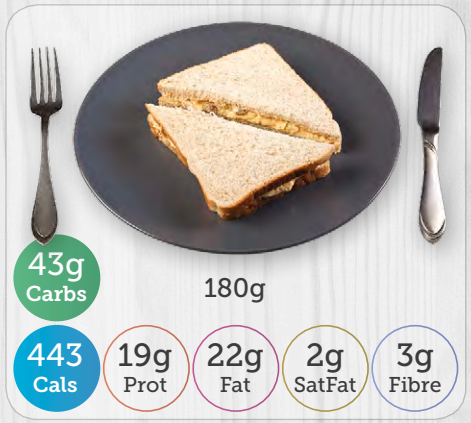


43g Carbs	190g	½ 5-a-day
327 Cals	20g Prot	9g Fat	2g SatFat	3g Fibre

26cm Dinner Plate

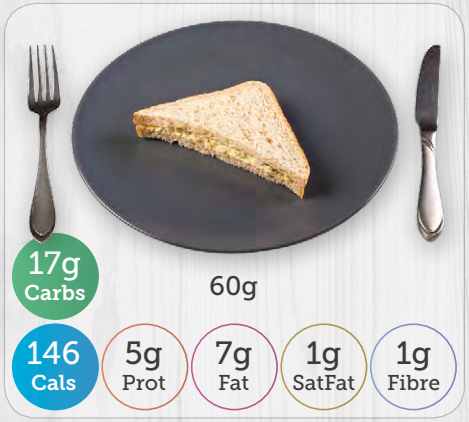
Coronation Chicken

22g Carbs	90g	
221 Cals	9g Prot	11g Fat	1g SatFat	2g Fibre

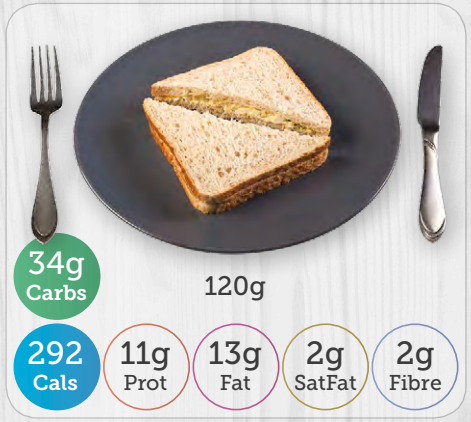


43g Carbs	180g	
443 Cals	19g Prot	22g Fat	2g SatFat	3g Fibre

Egg Mayo



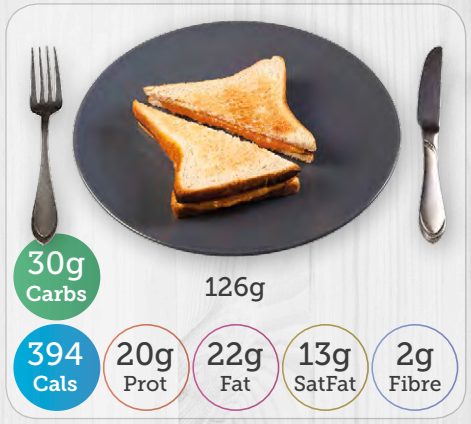
17g Carbs	60g	
146 Cals	5g Prot	7g Fat	1g SatFat	1g Fibre



34g Carbs	120g	
292 Cals	11g Prot	13g Fat	2g SatFat	2g Fibre

Grilled Cheese

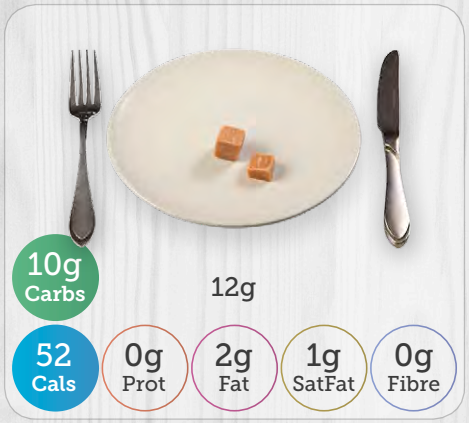
15g Carbs	63g	
197 Cals	10g Prot	11g Fat	7g SatFat	1g Fibre



30g Carbs	126g	
394 Cals	20g Prot	22g Fat	13g SatFat	2g Fibre

20cm Side Plate

Fudge



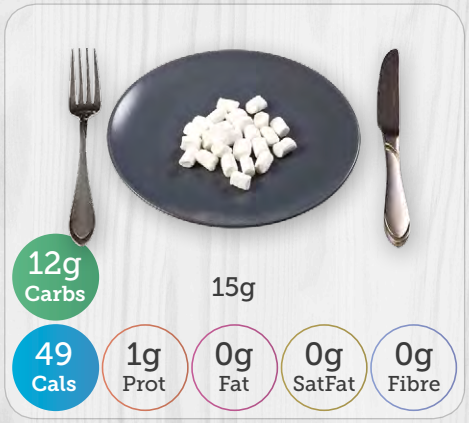
10g Carbs	12g

52 Cals	0g Prot	2g Fat	1g SatFat	0g Fibre

30g Carbs	37g

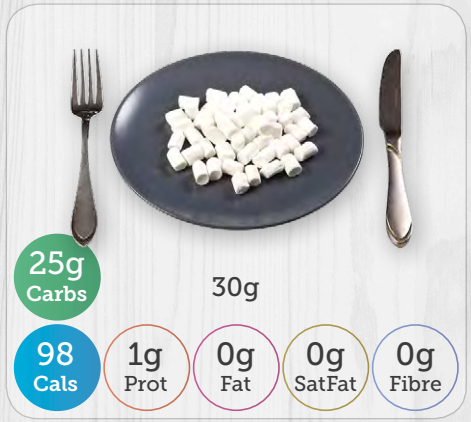
161 Cals	1g Prot	5g Fat	3g SatFat	0g Fibre

Marshmallows (small)



12g Carbs	15g

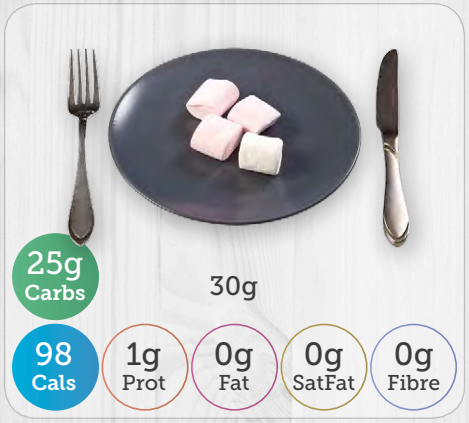
49 Cals	1g Prot	0g Fat	0g SatFat	0g Fibre



25g Carbs	30g

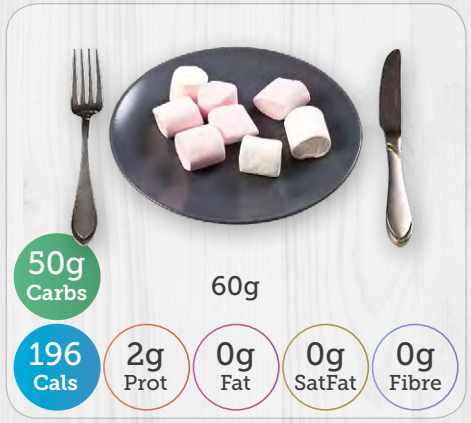
98 Cals	1g Prot	0g Fat	0g SatFat	0g Fibre

Marshmallows (large)



25g Carbs	30g

98 Cals	1g Prot	0g Fat	0g SatFat	0g Fibre

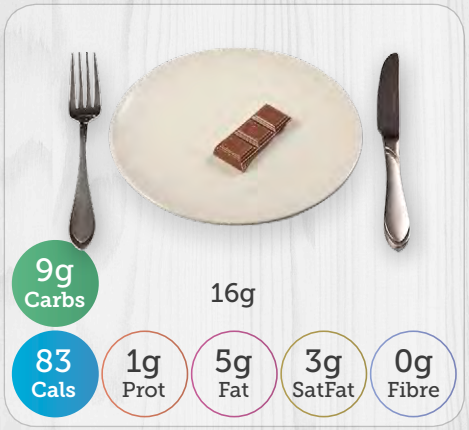


50g Carbs	60g

196 Cals	2g Prot	0g Fat	0g SatFat	0g Fibre

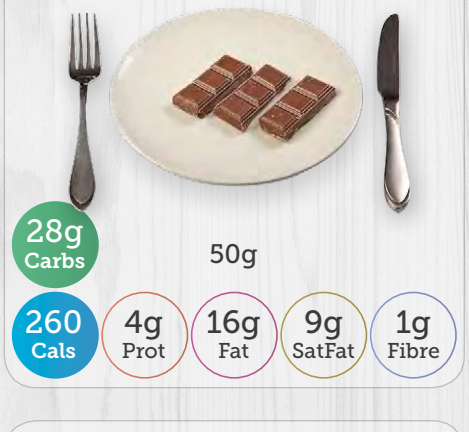
20cm Side Plate

Chocolate (milk)



9g Carbs	16g

83 Cals	1g Prot	5g Fat	3g SatFat	0g Fibre



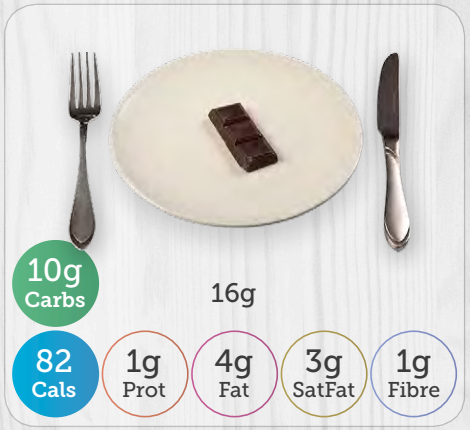
28g Carbs	50g

260 Cals	4g Prot	16g Fat	9g SatFat	1g Fibre

57g Carbs	101g

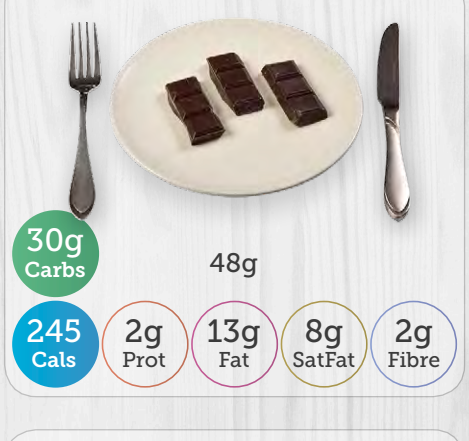
524 Cals	7g Prot	31g Fat	19g SatFat	2g Fibre

Chocolate (dark)



10g Carbs	16g

82 Cals	1g Prot	4g Fat	3g SatFat	1g Fibre



30g Carbs	48g

245 Cals	2g Prot	13g Fat	8g SatFat	2g Fibre

60g Carbs	94g

479 Cals	5g Prot	26g Fat	16g SatFat	3g Fibre

14cm Cereal Bowl

Chunky Veg Soup

Carbs	Cals	Prot	Fat	SatFat	Fibre
10g	51	2g	1g	0g	3g
130g					
19g	101	4g	2g	0g	5g
260g					
30g	156	6g	2g	0g	8g
400g					

Mushroom Soup

Carbs	Cals	Prot	Fat	SatFat	Fibre
5g	60	1g	4g	1g	0g
130g					
10g	120	3g	8g	1g	0g
260g					
16g	184	4g	12g	2g	0g
400g					

14cm Cereal Bowl

Onion Soup

Carbs	Cals	Prot	Fat	SatFat	Fibre
7g	53	1g	3g	0g	2g
130g					
13g	107	2g	6g	1g	3g
260g					
20g	164	4g	9g	1g	5g
400g					

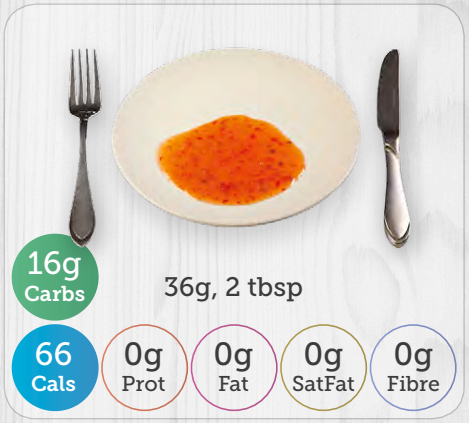
Tomato Soup (cream of)

Carbs	Cals	Prot	Fat	SatFat	Fibre
10g	66	1g	3g	0g	1g
130g					
20g	133	2g	5g	1g	2g
260g					
31g	204	4g	8g	1g	2g
400g					

20cm Side Plate

Sweet Chilli Sauce

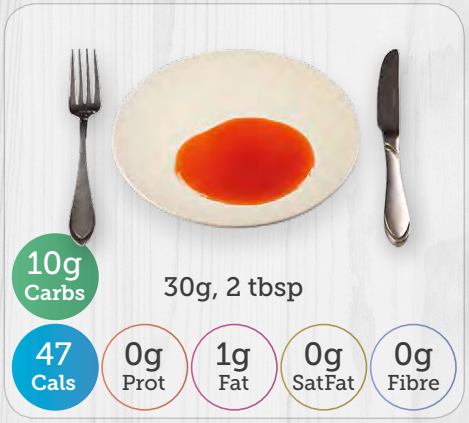
Carbs		Cals	Prot	Fat	SatFat	Fibre
8g	18g, 1 tbsp	33	0g	0g	0g	0g



Carbs		Cals	Prot	Fat	SatFat	Fibre
16g	36g, 2 tbsp	66	0g	0g	0g	0g

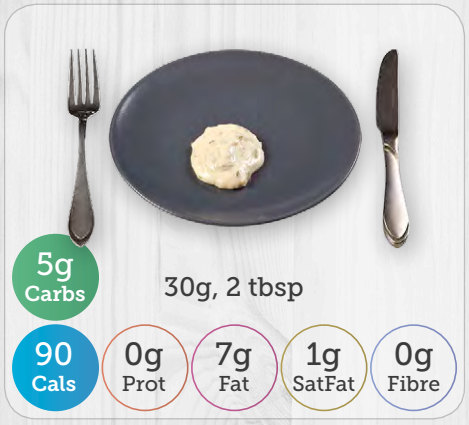
Sweet & Sour Sauce (takeaway)

Carbs		Cals	Prot	Fat	SatFat	Fibre
5g	15g, 1 tbsp	24	0g	1g	0g	0g

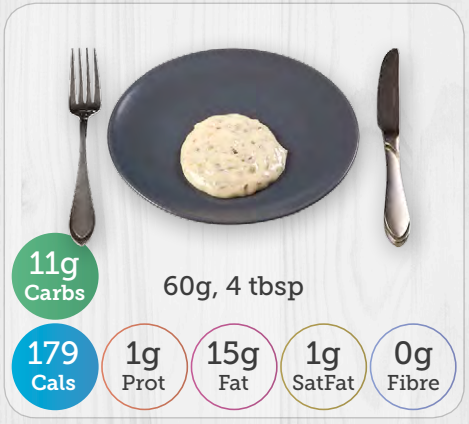


Carbs		Cals	Prot	Fat	SatFat	Fibre
10g	30g, 2 tbsp	47	0g	1g	0g	0g

Tartare Sauce



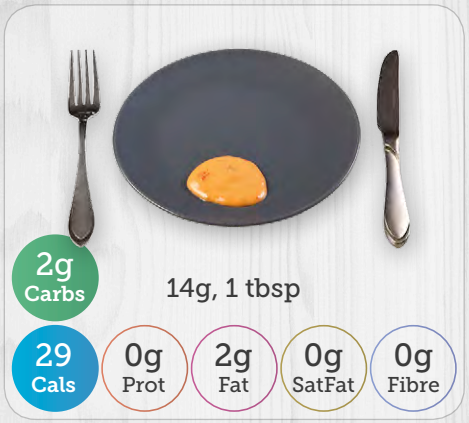
Carbs		Cals	Prot	Fat	SatFat	Fibre
5g	30g, 2 tbsp	90	0g	7g	1g	0g



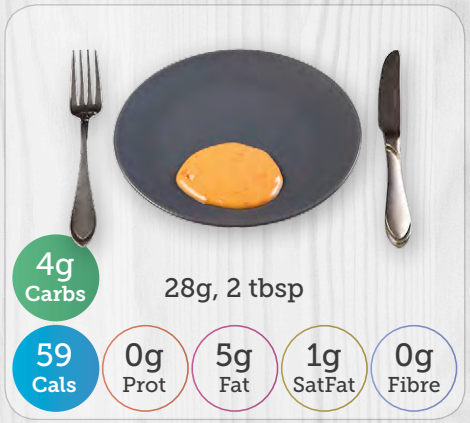
Carbs		Cals	Prot	Fat	SatFat	Fibre
11g	60g, 4 tbsp	179	1g	15g	1g	0g

20cm Side Plate / 26cm Dinner Plate

Thousand Island Dressing

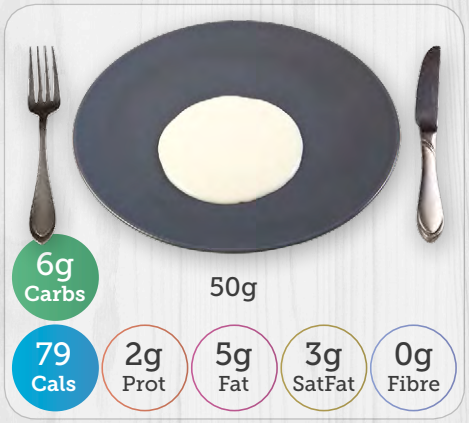


Carbs		Cals	Prot	Fat	SatFat	Fibre
2g	14g, 1 tbsp	29	0g	2g	0g	0g

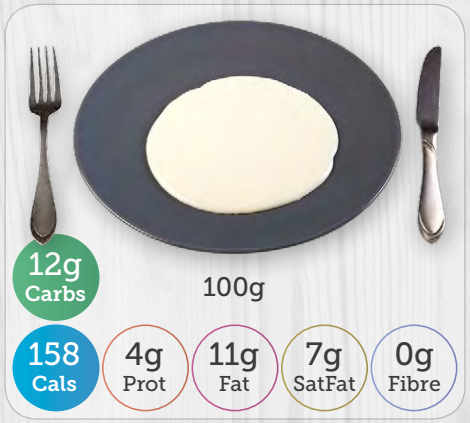


Carbs		Cals	Prot	Fat	SatFat	Fibre
4g	28g, 2 tbsp	59	0g	5g	1g	0g

White Sauce (made with whole milk)



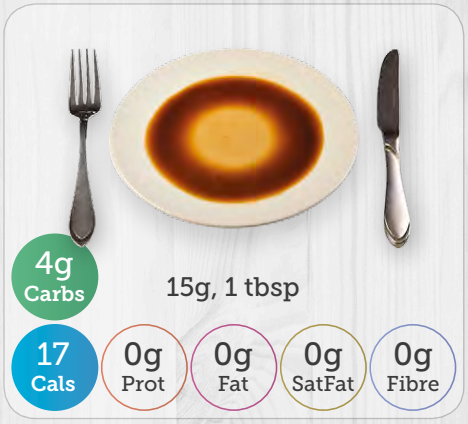
Carbs		Cals	Prot	Fat	SatFat	Fibre
6g	50g	79	2g	5g	3g	0g



Carbs		Cals	Prot	Fat	SatFat	Fibre
12g	100g	158	4g	11g	7g	0g

Worcestershire Sauce

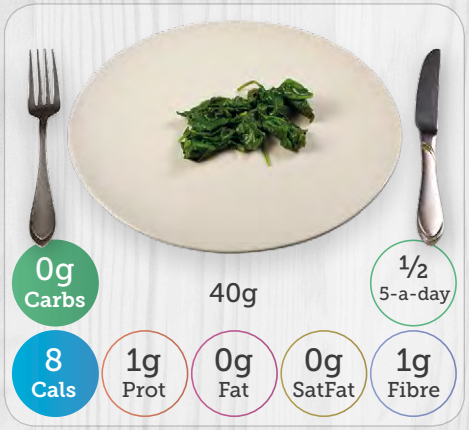
Carbs		Cals	Prot	Fat	SatFat	Fibre
1g	5g, 1 tsp	6	0g	0g	0g	0g



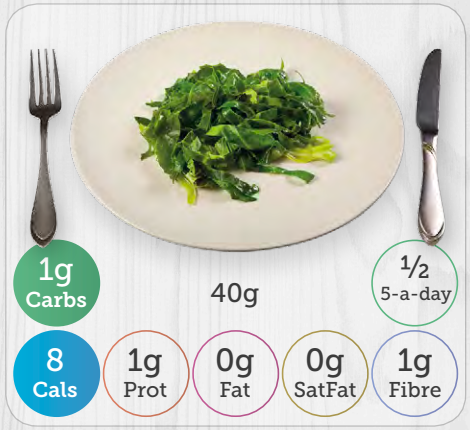
Carbs		Cals	Prot	Fat	SatFat	Fibre
4g	15g, 1 tbsp	17	0g	0g	0g	0g

26cm Dinner Plate

Spinach (boiled)

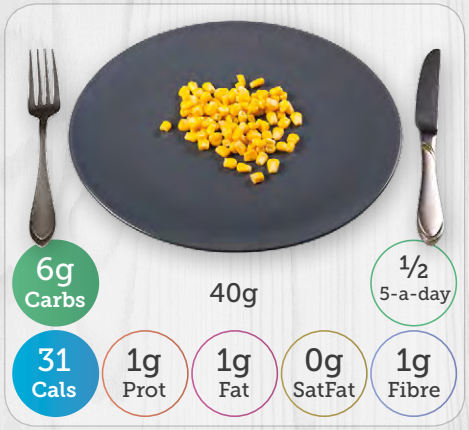


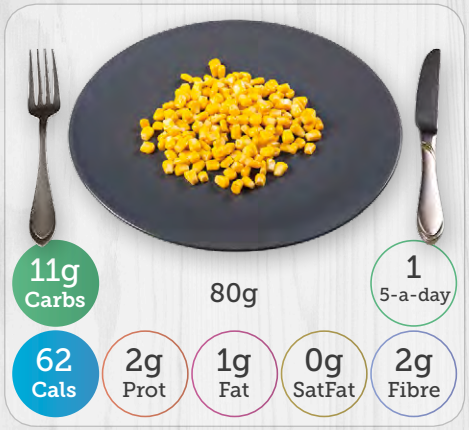
Spring Greens (boiled)

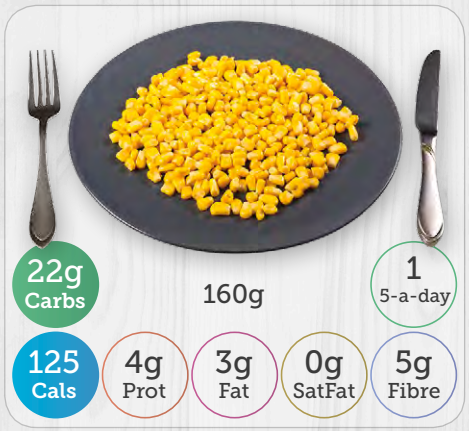


26cm Dinner Plate

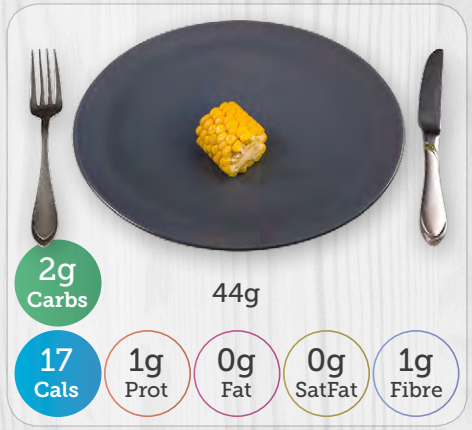
Sweetcorn

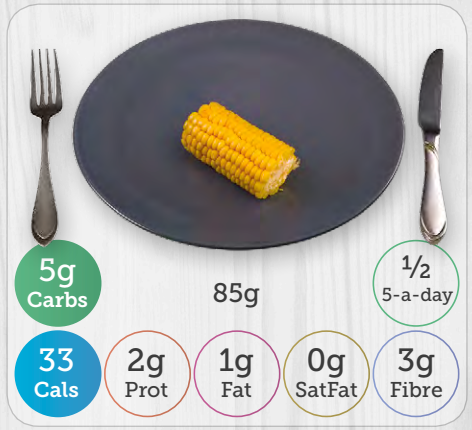


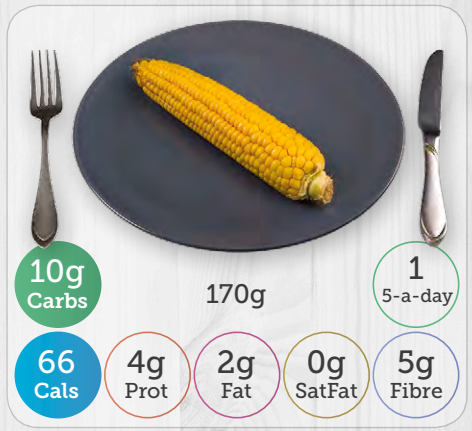




Corn on the Cob (boiled)

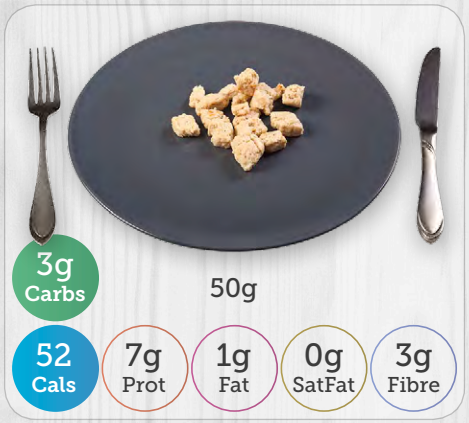






26cm Dinner Plate

Quorn Chicken Pieces



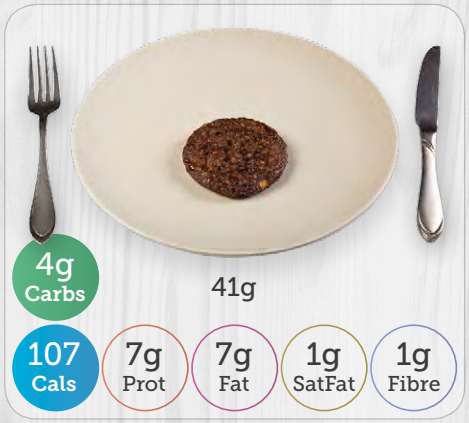
3g Carbs	50g

52 Cals	7g Prot	1g Fat	0g SatFat	3g Fibre

6g Carbs	100g

103 Cals	14g Prot	3g Fat	1g SatFat	6g Fibre

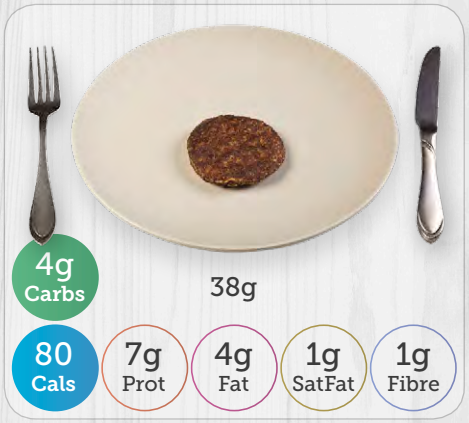
Quorn Burger (fried)



4g Carbs	41g

107 Cals	7g Prot	7g Fat	1g SatFat	1g Fibre

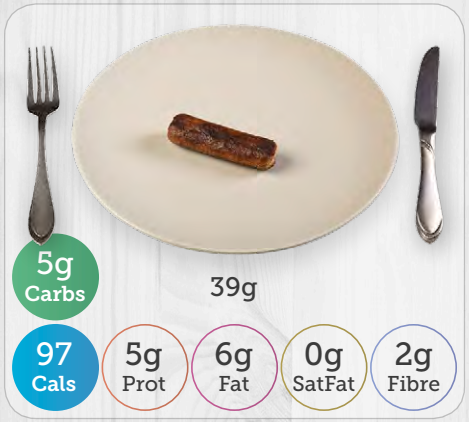
Quorn Burger (grilled)



4g Carbs	38g

80 Cals	7g Prot	4g Fat	1g SatFat	1g Fibre

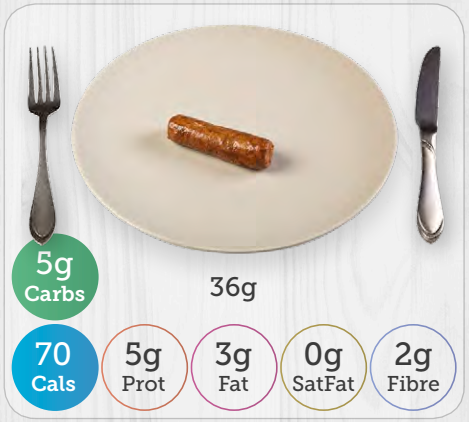
Quorn Sausage (fried)



5g Carbs	39g

97 Cals	5g Prot	6g Fat	0g SatFat	2g Fibre

Quorn Sausage (grilled)

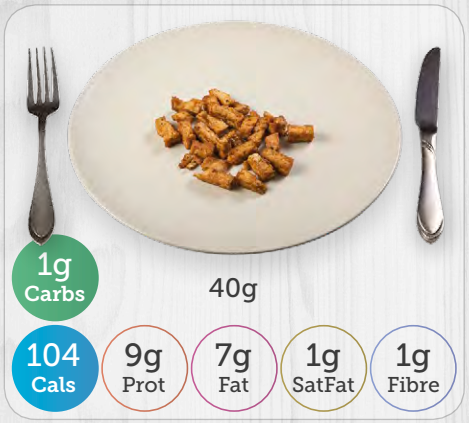


5g Carbs	36g

70 Cals	5g Prot	3g Fat	0g SatFat	2g Fibre

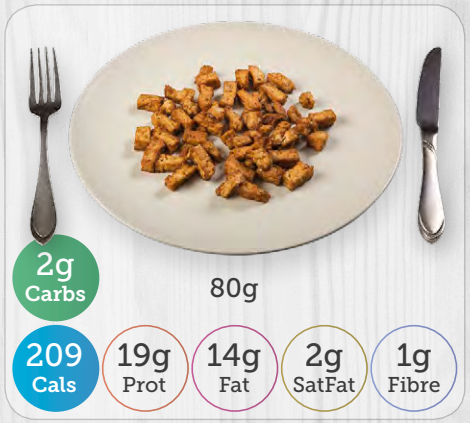
26cm Dinner Plate

Tofu (fried)



1g Carbs	40g

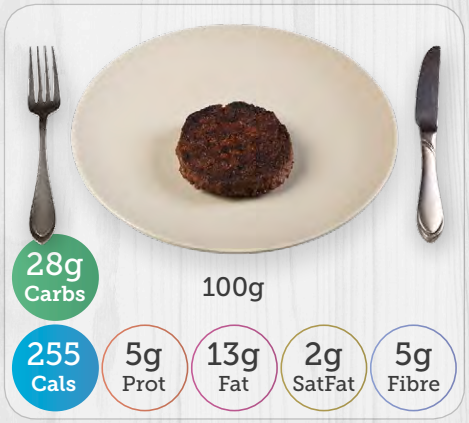
104 Cals	9g Prot	7g Fat	1g SatFat	1g Fibre



2g Carbs	80g

209 Cals	19g Prot	14g Fat	2g SatFat	1g Fibre

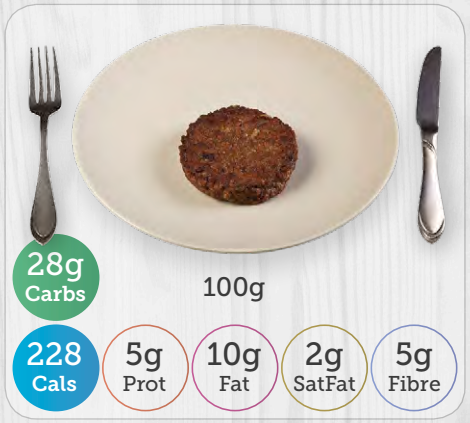
Veggie Burger (fried)



28g Carbs	100g

255 Cals	5g Prot	13g Fat	2g SatFat	5g Fibre

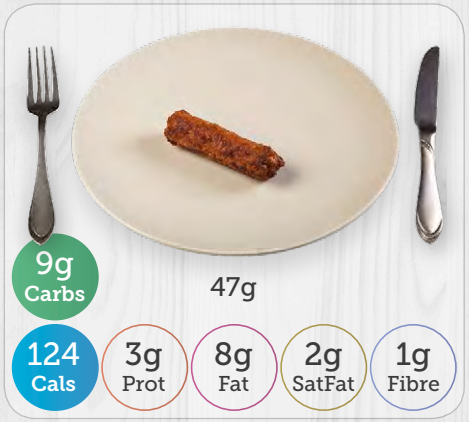
Veggie Burger (grilled)



28g Carbs	100g

228 Cals	5g Prot	10g Fat	2g SatFat	5g Fibre

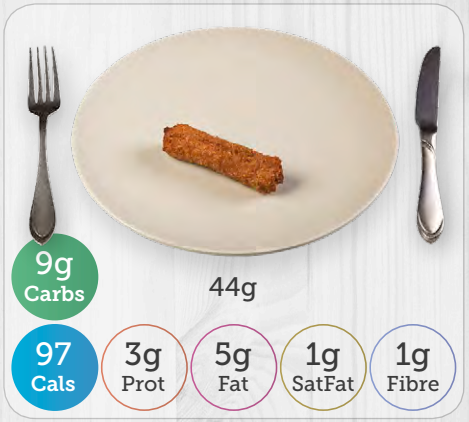
Veggie Sausage (fried)



9g Carbs	47g

124 Cals	3g Prot	8g Fat	2g SatFat	1g Fibre

Veggie Sausage (grilled)



9g Carbs	44g

97 Cals	3g Prot	5g Fat	1g SatFat	1g Fibre

14cm Cereal Bowl

Fruit Yogurt

125g					
17g Carbs	131 Cals	5g Prot	4g Fat	3g SatFat	0g Fibre

250g					
35g Carbs	262 Cals	11g Prot	9g Fat	5g SatFat	1g Fibre

Fruit Yogurt (fat free)

125g					
11g Carbs	72 Cals	6g Prot	0g Fat	0g SatFat	0g Fibre

250g					
23g Carbs	144 Cals	12g Prot	0g Fat	0g SatFat	1g Fibre

Fruit Yogurt Pot

125g					
17g Carbs	124 Cals	5g Prot	4g Fat	2g SatFat	1g Fibre

Fruit Yogurt Pot (fat free)

125g					
11g Carbs	72 Cals	6g Prot	0g Fat	0g SatFat	0g Fibre

14cm Cereal Bowl

Greek Yogurt

125g					
6g Carbs	166 Cals	7g Prot	13g Fat	9g SatFat	0g Fibre

250g					
12g Carbs	333 Cals	14g Prot	26g Fat	17g SatFat	0g Fibre

Greek Yogurt (low fat)

125g					
8g Carbs	96 Cals	9g Prot	3g Fat	2g SatFat	0g Fibre

250g					
16g Carbs	192 Cals	18g Prot	6g Fat	4g SatFat	1g Fibre

Soya Yogurt

125g					
16g Carbs	91 Cals	3g Prot	2g Fat	0g SatFat	1g Fibre

250g					
32g Carbs	183 Cals	5g Prot	5g Fat	1g SatFat	2g Fibre

26cm Dinner Plate

Chicken Korma

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
10g	225g	286	33g	11g	2g	2g

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
21g	450g	572	66g	23g	5g	3g

Chicken Tandoori

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
4g	175g	375	48g	19g	6g	1g

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
6g	305g	653	84g	33g	10g	2g

Chicken Tikka Masala

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
9g	185g	289	23g	18g	6g	3g

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
18g	370g	577	46g	36g	12g	5g

26cm Dinner Plate

King Prawn Bhuna

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
3g	175g	210	15g	15g	2g	4g

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
6g	350g	420	30g	30g	5g	9g

Lamb Biryani

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
47g	225g	439	16g	21g	4g	2g

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
94g	450g	878	32g	41g	8g	4g

Lamb Rogan Josh

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
7g	175g	261	25g	16g	6g	3g

Carbs	Weight	Cals	Prot	Fat	SatFat	Fibre
14g	350g	522	50g	32g	13g	6g

Index

■ = Gluten Free ■ = per 100g

■ = Gluten Free ■ = per 100g

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■ = Gluten Free ■ = per 100g

V

W

Y

How many carbs and calories are on *your* plate?

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- NEW! Tables showing nutritional values per 100g for selected foods

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