



Carbs & Cals

Bestselling Book & Award-winning App for Diabetes & Weight Loss



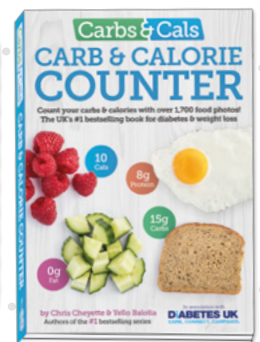
✓ Type 1 Diabetes

CALCULATING CARBS IN A RECIPE

Carbohydrate counting is an essential skill for people with Type 1 diabetes, so that the amount of insulin and carbohydrate can be matched to manage blood glucose levels.

Most purchased or ready-made foods display nutrition information, including carbs, on the label. Meals prepared in the home vary considerably in their carbohydrate content.

Understanding how to calculate the carbohydrate in recipes is a useful skill to develop. The Carbs & Cals book and app can help you to do this by providing the calorie content for over 1,700 foods and drinks.



HOW TO CALCULATE CARBS IN A RECIPE:

- 1. Identify** each item from the ingredients list in the Carbs & Cals book. Use the index at the back to find items quickly.
- 2.** Look at the **photos** and choose the **portion size** that matches the quantity of that ingredient.
- 3.** Read the carbohydrate **value** from the tab above the photograph.
- 4. Add together** the carbohydrate values for each ingredient.
- 5. Divide** the total carbohydrate by the number of servings.

You will notice many recipes with some ingredients that do not contain any carbohydrate. As you become more experienced you will get to know what to count, and what not to count, so estimating the carbohydrate in recipes will become much easier.

EXAMPLE: CHICKEN STIR FRY

Serves 2


Total Carbs: **97***

Carbs per serving: **49**

* This recipe also contains 13g carbs from the vegetables. Normally when matching insulin to carbs you would not count the carbs in vegetables as this is very slowly broken down into glucose.

Ingredient	Carbs
80g Onions	6g
80g Mushrooms	0g
120g Peppers	2g
80g Bean Sprouts	3g
80g Pak Choi	2g
200g Chicken Breast (grilled)	0g
15g, 1 tbsp Soy Sauce	3g
12g, 1 tbsp Vegetable Oil	0g
228g Egg Noodles	81g

Onions



6g Carbs
80g
1 5-a-day

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


Mushrooms



0g Carbs
80g
1 5-a-day

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

Peppers



2g Carbs
120g
1 5-a-day

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


Bean Sprouts



3g Carbs
80g
1 5-a-day

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

Pak Choi



2g Carbs
80g
1 5-a-day

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


Chicken Breast (grilled)



0g Carbs
200g

296 Cals
64g Prot
4g Fat
1g SatFat
0g Fibre


Soy Sauce



3g Carbs
15g, 1 tbsp

12 Cals
0g Prot
0g Fat
0g SatFat
0g Fibre

Vegetable Oil



0g Carbs
12g, 1 tbsp

108 Cals
0g Prot
12g Fat
2g SatFat
0g Fibre

Egg Noodles



81g Carbs
228g

378 Cals
13g Prot
2g Fat
0g SatFat
7g Fibre