NHS
The Queen Elizabeth Hospital King's Lynn
NHS Foundation Trust

Carb Counting

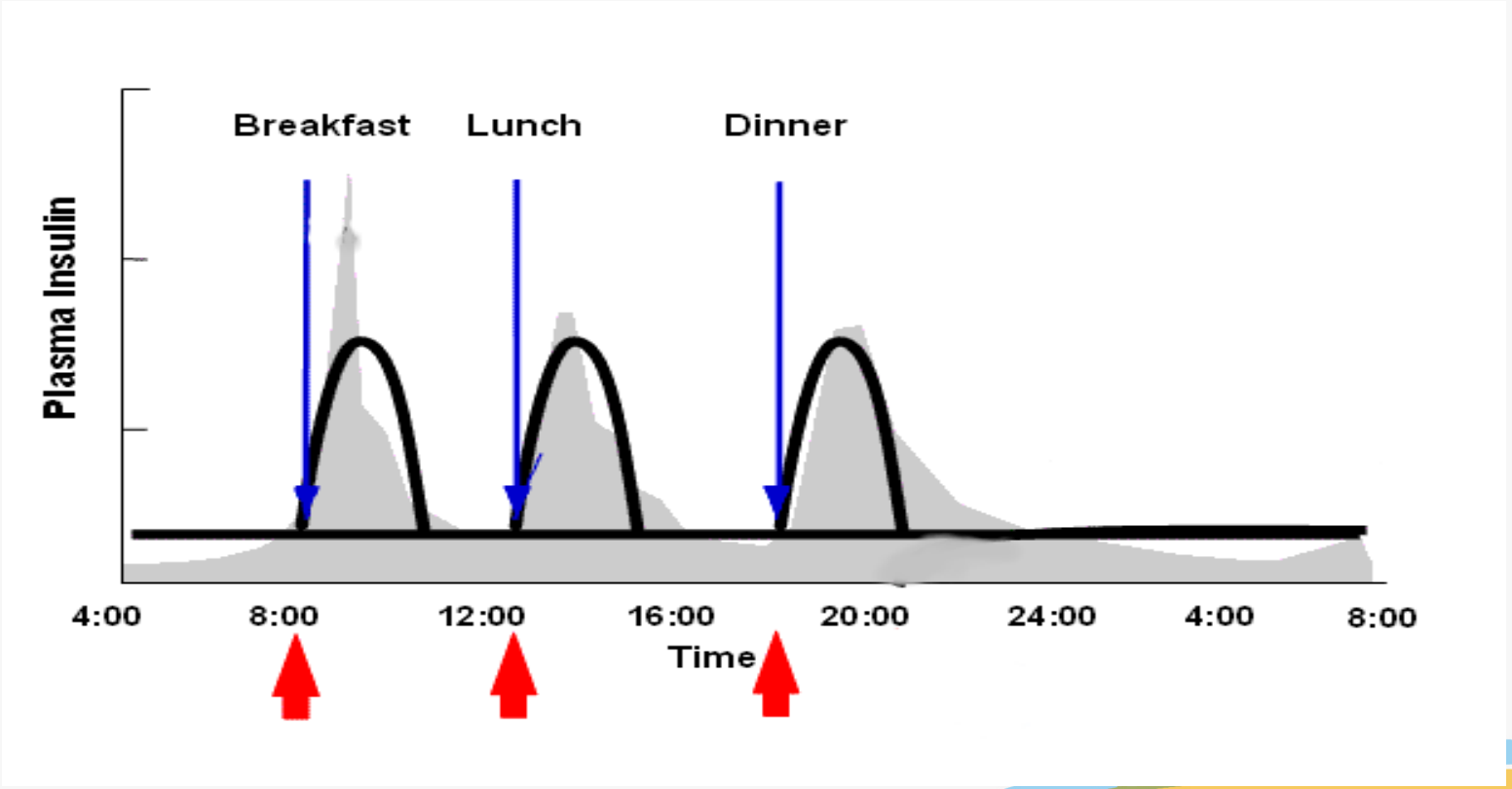
In the Virtual World

EXCELLENCE STARTS HERE

Outline

- Benefits of carb counting
- How do I estimate my carbs
- Homework
- Next session

What are the benefits for me?



Step 1 – identifying sources of Carbs

Protein

Carbohydrate

Fat

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1040kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
13%	LOW 4%	LOW 7%	HIGH 38%	MED 15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat less often and in small amounts

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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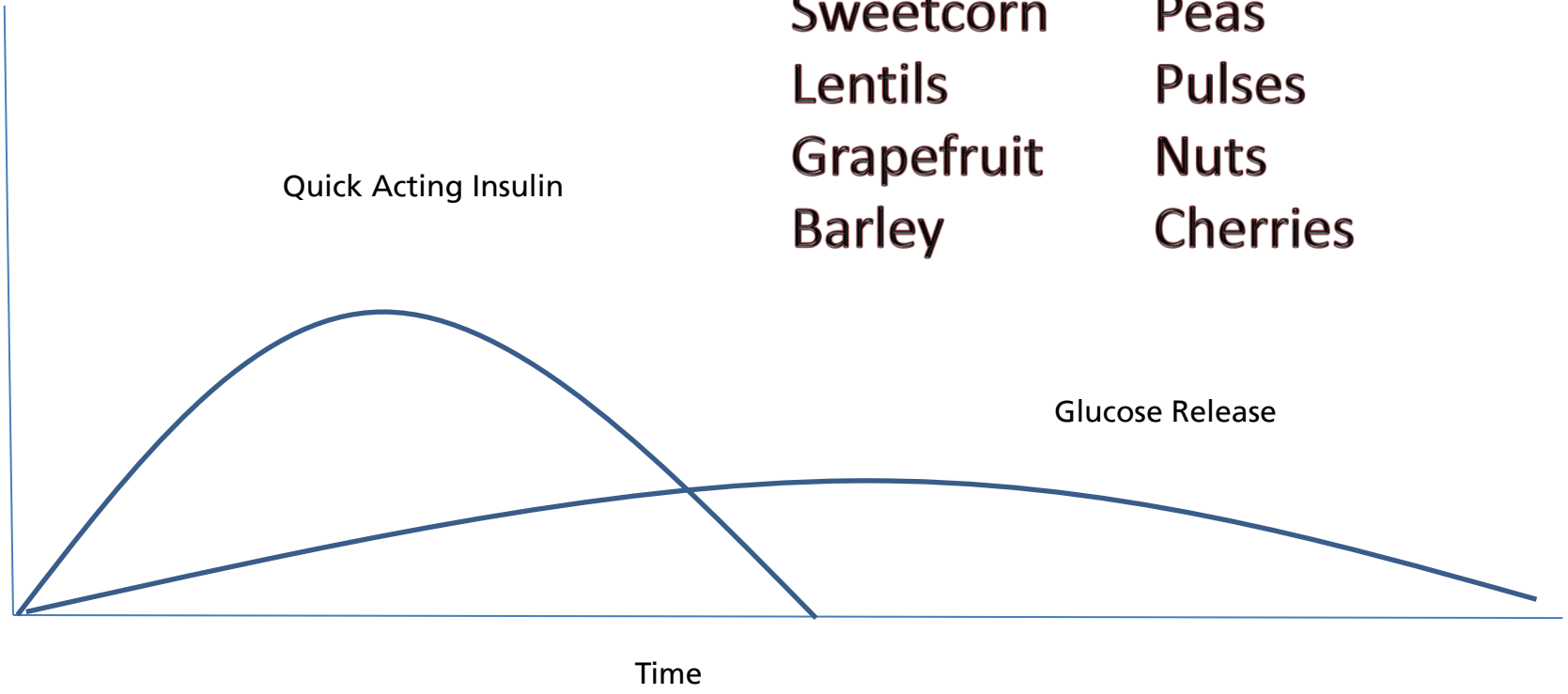
Focus on carbohydrates

What did you have for breakfast

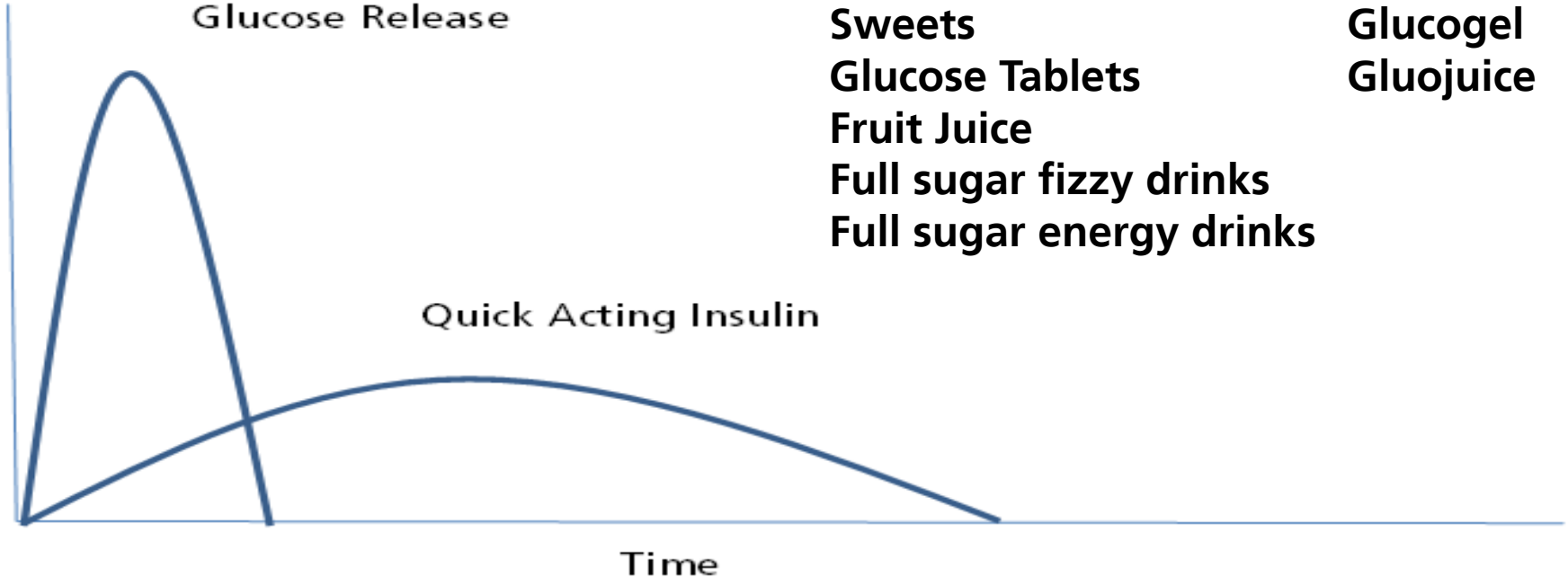
Glycaemic Index

- Speed at which carbohydrates affect BG levels
- Low GI affect BG slowly
- High GI have a fast affect
- Your quick acting insulin only works at one speed.



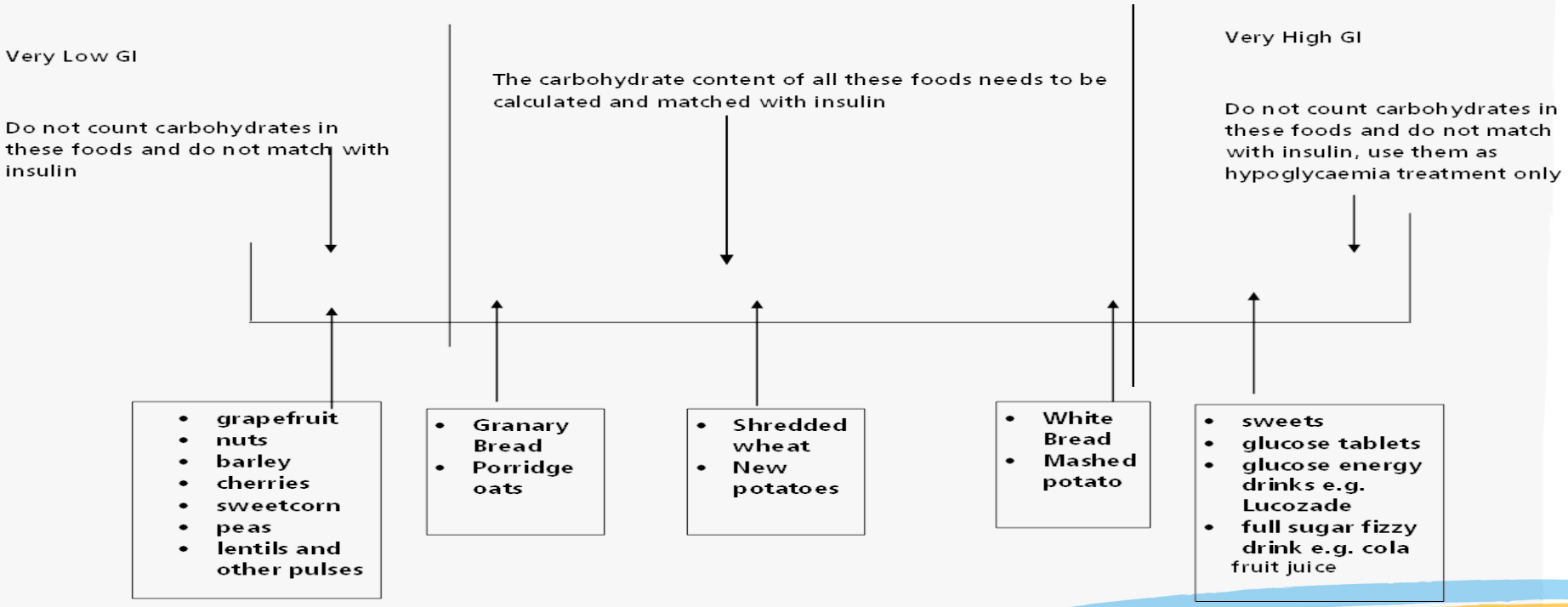
Sweetcorn
Lentils
Grapefruit
Barley

Peas
Pulses
Nuts
Cherries



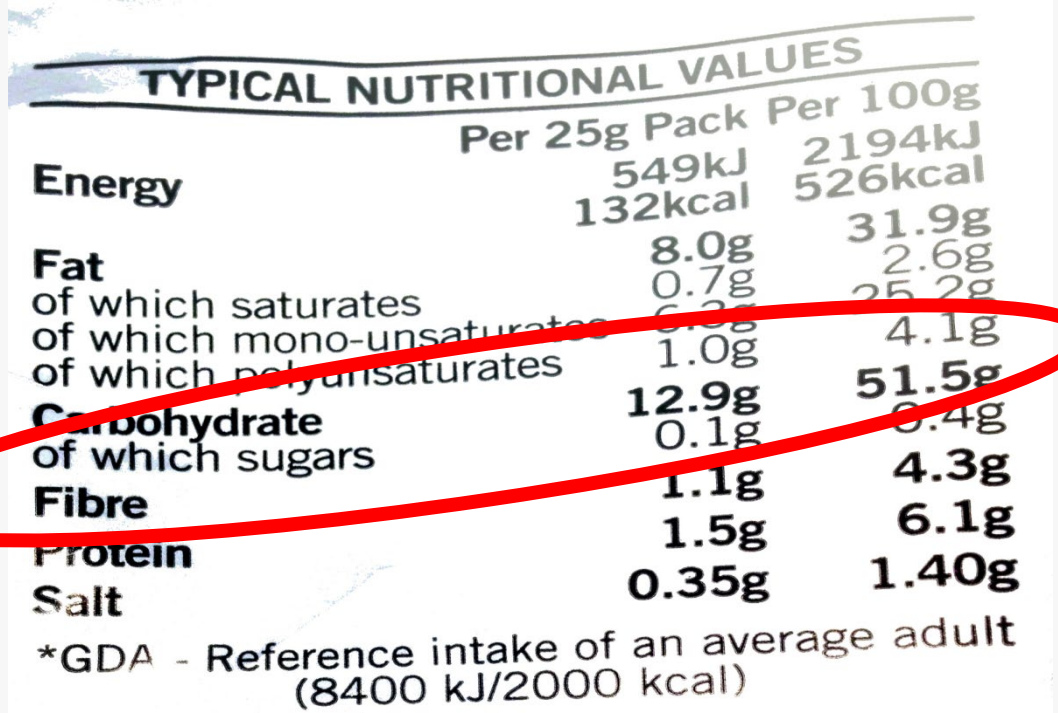
Sweets
Glucose Tablets
Fruit Juice
Full sugar fizzy drinks
Full sugar energy drinks

Glucogel
Gluojuice


Very Low GI
Do not count carbohydrates in these foods and do not match with insulin
The carbohydrate content of all these foods needs to be calculated and matched with insulin
Very High GI
Do not count carbohydrates in these foods and do not match with insulin, use them as hypoglycaemia treatment only
grapefruit
nuts
barley
cherries
sweetcorn
peas
lentils and other pulses
Granary Bread
Porridge oats
Shredded wheat
New potatoes
White Bread
Mashed potato
sweets
glucose tablets
glucose energy drinks e.g. Lucozade
full sugar fizzy drink e.g. cola
fruit juice

Labels
Recipes
Weighing food
Estimating Carbs
Supermarkets websites
Carbs & Cals
Chain restaurants
Apps

Labels



TYPICAL NUTRITIONAL VALUES	Per 25g Pack	Per 100g
Energy	549kJ 132kcal	2194kJ 526kcal
Fat	**8.0g**	31.9g
of which saturates	0.7g	2.6g
of which mono-unsaturates	[illegible]	4.1g
of which polyunsaturates	1.0g	[illegible]
Carbohydrate	**12.9g**	**51.5g**
of which sugars	0.1g	[illegible]
Fibre	**1.1g**	**4.3g**
Protein	**1.5g**	**6.1g**
Salt	**0.35g**	**1.40g**

*GDA - Reference intake of an average adult (8400 kJ/2000 kcal)

Weighing Foods

$$\frac{\text{Carbohydrates in 100g}}{100} \times \text{Weight of food(g)}$$

Refer to:

- Carb portion book
- Food labels
- Ready reckoner

200	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200	200
175	9	17	26	35	44	52	61	70	79	87	96	105	114	122	131	140	149	157	166	175	175
150	7	15	22	30	37	45	52	60	67	75	82	90	97	105	112	120	127	135	142	150	150
140	7	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140	140
130	6	13	19	26	32	39	45	52	58	65	71	78	84	91	97	104	110	117	123	130	130
120	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120	120
110	5	11	16	22	27	33	38	44	49	55	60	66	71	77	82	88	93	99	104	110	110
100	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	100
95	5	10	14	19	24	29	33	38	43	48	52	57	62	67	71	76	81	86	90	95	95
90	5	9	14	18	23	27	32	36	41	45	50	54	59	63	68	72	77	81	86	90	90
85	4	9	13	17	21	26	30	34	38	43	47	51	55	60	64	68	72	77	81	85	85
80	4	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80	80
75	4	8	11	15	19	23	26	30	34	38	41	45	49	53	56	60	64	68	71	75	75
70	4	7	11	14	18	21	25	28	32	35	39	42	46	49	53	56	60	63	67	70	70
65	3	7	10	13	16	20	23	26	29	33	36	39	42	46	49	52	55	59	62	65	65
60	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	60
55	3	6	8	11	14	17	19	22	25	28	30	33	36	39	41	44	47	50	52	55	55
50	3	5	8	10	13	15	18	20	23	25	28	30	33	35	38	40	43	45	48	50	50
45	2	5	7	9	11	14	16	18	20	23	25	27	29	32	34	36	38	41	43	45	45
40	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	40
35	2	4	5	7	9	11	12	14	16	18	19	21	23	25	26	28	30	32	33	35	35
30	2	3	5	6	8	9	11	12	14	15	17	18	20	21	23	24	26	27	29	30	30
25	1	3	4	5	6	8	9	10	11	13	14	15	16	18	19	20	21	23	24	25	25
20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	20
15	1	2	2	3	4	5	5	6	7	8	8	9	10	11	11	12	13	14	14	15	15
10	1	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9	10	10	10
5	/	1	1	1	1	2	2	2	2	3	3	3	3	4	4	4	4	5	5	5	5
0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	0

https://www.carbsandcals.com/app/iphoneinstructions

Carbs & Cals

Using the Carbs & Cals Book/app

- Watch the video at home (slideshow format)

Apps

My fitness pal

Chain Restaurants

Nutritional Information

	per 100g/ml	In-Store (257g)	Take-Out (297g)
Energy (kJ)	246	633	743
Energy (kcal)	59	153	179
Fat (g)	3.5	9	10.5
of which is saturates (g)	2.2	5.7	6.7
Carbohydrate (g)	4.1	10.6	12.4
of which is sugars (g)	4.1	10.4	12.2
Protein (g)	3	7.7	9
Salt (g)	0.1	0.2	0.3

Supermarket Websites

How many times have you thrown away the carton board carton, with all the nutritional information??

Recipes

Oat & Raisin Cookies (Serves 12)

Ingredients

4oz (100g) Plain flour
2 Drops of Vanilla essence
1.5oz (40g) Self raising flour
2tsp Baking powder
2oz (50g) Light brown sugar
2oz (50g) Caster sugar
1 Egg
3tbsp Sunflower oil
1.5oz (40g) Raisins
1tbsp Orange juice
1.5oz (40g) Porridge oats

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Food with carbohydrate	Carbohydrate per 100g	Weight used in recipe (g)	Carbohydrate per weight used in recipe
Plain flour	78	100	78
Self-raising flour	67	40	27
Sugar (light brown & caster)	98	100	
Raisin (dried fruit)	67		
Orange juice			
Porridge oa			
Total grams c			257
Total grams of carbohydrate per serving			21 (257÷12)

$$\frac{\text{Carbs per 100g}}{100} \times \text{Your weight of food (g)}$$

HOMEWORK

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Next Session: How to dose adjust the insulin for carbohydrates

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