




Easy Carbohydrate Counts

If you need to provide carbohydrate counts for pupils with Type 1 Diabetes, here is a simple guide to the amount of carbohydrates in grams per portion of food in our recipes.

	Primary 4-8 year olds		KS2 9-11 year olds		Secondary 11-18 year olds	
RECIPE ITEM - RAW / DRY						
STARCHY FOODS	PORTION	CARBS	PORTION	CARBS	PORTION	CARBS
Potato - NO OIL (boil, mash, wedge)	120g	19g	150	24g	200g	32g
Roast Potatoes - OIL	100g	26g	100g	26g	150g	39g
Chips - OVEN	100g	30g	100g	30g	150g	45g
Chips - DEEP FRIED	100g	36g	100g	36g	150g	54g
Jacket Potatoes	80s - 200g	42g	60s- 250g	53g	50s - 300g	63g
Pasta - DRY	50g	38g	60g	45g	70g	53g
Rice, Long Grain, Basmati - DRY	45g	38g	55g	46g	65g	55g
Couscous	40	32g	50g	39g	60g	47g
Egg Noodles	50g	37g	60g	44g	70g	51g
Bidfood Garlic Slice					30g	11g
Homemade Garlic Bread	20g	14g	20g	14g	40g	28g


VEGETABLES	PORTION	CARBS	PORTION	CARBS	PORTION	CARBS
Baked Beans	50g	7.5g	70g	10g	100g	15g
Cabbage, Cauli, Broccoli	50g	2g	60g	2.5g	80g	3.2g
Carrot	50g	2.5	60g	3.5	80g	5
Sweetcorn	50g	7.5g	60g	9g	80g	12g
Peas	50g	5.5	60g	6.5g	80g	9g



Mixed Salad (inc leaves, tomato, cucumber)	50g	1g	60g	1g	80g	1.25g
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PROTEIN	PORTION	CARBS	PORTION	CARBS	PORTION	CARBS
Hot wet meat protein dishes such as curry, bolognese - no additional lentils / pulses	55g	4.5g	70g	6g	80g	7g
Hot wet non meat protein dishes such as curry, bolognese	50g	3g	62.5g	4g	100g	6g
Pork Sausage	2*16's	3g	3*16's	4.5g	3*16's	4.5g
Quorn Sausage	50g	4.35g	62.5g	5.5g	100g	8.7g
Beef Burger (plus bun)	57g/2oz	27.3g	85g/3oz	29.1g	113g/4oz	31.3g
Coated Chicken Burger			70g/2.5oz	37g	113g/2.5oz	46g
Quorn Burger (plus bun)	50g	25g				
Fishcake	60g 1*Fishcake	14g	100g 2*Fishcake	23g		
Fish Fingers	50g 2 fish finger	9.3g	75g 3 fish finger	14g		
Battered Fish	60g	9.4g	95g	15g	125g	20g

DESSERTS	PORTION	CARBS	PORTION	CARBS	PORTION	CARBS
Sponge Based - No Fruit	80g	37g	90g	42g	100g	46g
Sponge Based - 50/50 Fruit	80g	26g	90g	29g	100g	32g
Rice Pudding	100g	17g	100g	17g	120g	20g
Fruit Crumble	80g	28g	90g	32g	100g	35g
Fruit Pie	80g	26g	90g	29g	100g	32g
Muffin, Cake, Traybake	40g	20g	50g	25g	60g	30g
Cookie	30g	18g	50g	30g	70g	42g
EasiYo (no added sugar)	80g	0.8g	100g	1g	120g	1.2g



Ice Cream	80g	18g	80g	18g	100g	27g
Fruit salad/ Pots (Melon, Pineapple, Grapes, S.Berry)	65g	6.5g	75g	7.5g	130g	13g

MMB SNACKS						
Breaded or battered shaped chicken and turkey products,	50g (3nuggets)	10g	65g (4nuggets)	13.5g	80g (5nuggets)	16.5g
Pizza Slab	55g (12s)	20g	65g (10s)	24g	82g (8s)	30g
Sausage Roll			120g (6")	32.5g	160g (8")	45g
Vegan Sausage Roll					100g (6")	24.1g
Hash Brown			44g (1)	10g	88g (2)	20g
Potato Waffle			60g (1)	15g	120g (2)	30g
Pasta Pot, Tomato Sauce, Cheese					80g Pasta	66g
Theo's Hot Chicken Wrap					10" Wrap	32.9g
Filled Sandwich	½ Round	21g			1 Round	42g
Filled Baguette			Half (62.5g)	35g	Whole (125g)	70g
Filled Wrap			Half	16g	Whole	32g
Filled Bagel					Whole (115g)	60g
Sugar Ring Doughnut					Whole (60g)	22.3g
Sweet Waffle					Whole (55g)	32g