

Carbs & Cals

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



Type 1 Diabetes ☒

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☐

Bread

Bread is a staple of many people's diets. It is an excellent source of carbohydrate and the wholegrain varieties are rich in dietary fibre. Depending on the ingredients used to make bread, it can contain a range of vitamins and minerals, such as B-vitamins, calcium and iron.

Bagel

45g CARBS	227 CALS	8g PROTEIN	1g FAT
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3g FIBRE	Weight: 86g	0g SAT FAT
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Ciabatta

50g CARBS	263 CALS	10g PROTEIN	4g FAT
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3g FIBRE	Weight: 97g	1g SAT FAT
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Granary Bread

16g CARBS	78 CALS	3g PROTEIN	1g FAT
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2g FIBRE	Weight: 33g (medium slice)	0g SAT FAT
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Naan

30g CARBS	171 CALS	5g PROTEIN	4g FAT
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2g FIBRE	Weight: 60g	1g SAT FAT
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Pitta Bread

38g CARBS	176 CALS	6g PROTEIN	1g FAT
--------------	-------------	---------------	-----------

2g FIBRE	Weight: 69g	0g SAT FAT
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White Bread

15g CARBS	72 CALS	3g PROTEIN	1g FAT
--------------	------------	---------------	-----------

1g FIBRE	Weight: 33g (medium slice)	0g SAT FAT
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Wholemeal Bap

24g CARBS	124 CALS	5g PROTEIN	2g FAT
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3g FIBRE	Weight: 51g	0g SAT FAT
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Chapatti

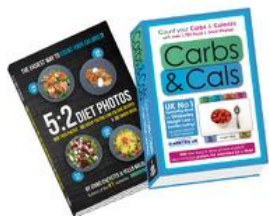
39g CARBS	182 CALS	7g PROTEIN	1g FAT
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3g FIBRE	Weight: 90g	0g SAT FAT
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Baguette

48g CARBS	224 CALS	8g PROTEIN	2g FAT
--------------	-------------	---------------	-----------

3g FIBRE	Weight: 85g	0g SAT FAT
-------------	-------------	---------------



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Buffet

Buffets are great for enjoying a little of all your favourite foods. Often they include many foods high in fat, so fill a balanced plate by including vegetables or salad and keep track of how many visits you make to the buffet table.

Quiche

20g CARBS	369 CALC	15g PROTEIN	26g FAT
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1g FIBRE	Weight: 100g	11g SAT FAT
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Pork Pie

28g CARBS	432 CALC	13g PROTEIN	31g FAT
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1g FIBRE	Weight: 119g	12g SAT FAT
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Vegetable Samosa

23g CARBS	163 CALC	4g PROTEIN	7g FAT
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3g FIBRE	Weight: 75g	1g SAT FAT
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Houmous

3g CARBS	56 CALC	2g PROTEIN	4g FAT
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1g FIBRE	Weight: 30g	0g SAT FAT
-------------	-------------	---------------

Chicken Drumsticks

0g CARBS	259 CALC	36g PROTEIN	13g FAT
-------------	-------------	----------------	------------

0g FIBRE	Weight: 140g	4g SAT FAT
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Cheddar

0g CARBS	104 CALC	6g PROTEIN	9g FAT
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0g FIBRE	Weight: 25g	5g SAT FAT
-------------	-------------	---------------

Cream Cracker

6g CARBS	33 CALC	1g PROTEIN	1g FAT
-------------	------------	---------------	-----------

0g FIBRE	Weight: 8g	0g SAT FAT
-------------	------------	---------------

Celery

1g CARBS	6 CALC	0g PROTEIN	0g FAT
-------------	-----------	---------------	-----------

1g FIBRE	Weight: 80g	0g SAT FAT
-------------	-------------	---------------

Fruit Cake

36g CARBS	206 CALC	2g PROTEIN	7g FAT
--------------	-------------	---------------	-----------

1g FIBRE	Weight: 60g	1g SAT FAT
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Festive food suggestions from

Carbs & Cals

Count your Carbs & Cals at Christmas!

Christmas is almost here and it's the perfect time to celebrate with family, friends and colleagues!

Good food is something we all look forward to in this festive season, so this year we've put together some Christmas menu suggestions to help you enjoy the celebrations!

Our extensive selection includes typical Christmas fayre as well as tasty and satisfying alternatives for anyone who is counting carbs or calories, watching their fat intake, or simply interested in keeping an eye on what they're eating.

Take your pick from our tempting starters, main courses, desserts, snacks and drinks...and next week we'll be adding all the food and drinks shown below (plus some special Christmas ones too) to the [Carbs & Cals Android app](#)!

Merry Christmas from Carbs & Cals!



Starters

Classic:

Pate on Toast

38g
CARBS

313
CALS

11g
PROTEIN

14g
FAT



80g bread, 40g pate

Alternative:

Pumpkin & Chestnut Soup

16g
CARBS

92
CALS

2g
PROTEIN

3g
FAT



Weight: 300g

Choosing the alternative saves you **221 calories** and **11g fat**.

Classic:

Prawn Cocktail

13g
CARBS

341
CALS

8g
PROTEIN

28g
FAT



Weight: 160g

Alternative:

Smoked Mackerel Salad

0g
CARBS

208
CALS

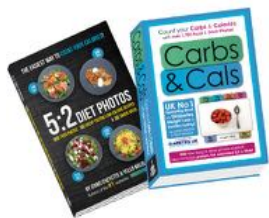
15g
PROTEIN

17g
FAT



66g mackerel, 17g salad

Choosing the alternative saves you **133 calories** and **11g fat**.



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Take your pick from our tempting starters, main courses, desserts, snacks and drinks...and next week we'll be adding all the food and drinks shown below (plus some special Christmas ones too) to the [Carbs & Cals Android app](#)!

Merry Christmas from Carbs & Cals!



Starters

Classic:

Pate on Toast

38g
CARBS

313
CALS

11g
PROTEIN

14g
FAT



80g bread, 40g pate

Alternative:

Pumpkin & Chestnut Soup

16g
CARBS

92
CALS

2g
PROTEIN

3g
FAT



Weight: 300g

Choosing the alternative saves you **221 calories** and **11g fat**.

Classic:

Prawn Cocktail

13g
CARBS

341
CALS

8g
PROTEIN

28g
FAT



Weight: 160g

Alternative:

Smoked Mackerel Salad

0g
CARBS

208
CALS

15g
PROTEIN

17g
FAT



66g mackerel, 17g salad

Choosing the alternative saves you **133 calories** and **11g fat**.

Main Course

Classic:
**Traditional
Christmas Dinner**

87g
CARBS

916
CALS

60g
PROTEIN

38g
FAT



Weight: 693g

- 150g roast turkey (with skin)
- 60g carrots (roasted)
- 3 sprouts (boiled)
- 3 roast potatoes
- 1½ Yorkshire puddings
- 3 sausage & bacon rolls
- 3 parsnip wedges (roasted)
- 60g stuffing & 45g gravy
- 1 tablespoon cranberry sauce

Alternative:
**Alternative
Christmas Dinner**

66g
CARBS

549
CALS

56g
PROTEIN

9g
FAT



Weight: 536g

- 150g roast turkey (without skin)
- 60g carrots (roasted)
- 3 sprouts (boiled)
- 150g sweet potatoes (roasted)
- 3 parsnip wedges (roasted)
- 1 tablespoon apple sauce
- 30g gravy

Choosing the alternative saves you **367 calories** and **29g fat**.

Desserts

Classic:

Christmas Pudding with Brandy Cream

106g
CARBS

727
CALS

6g
PROTEIN

33g
FAT



200g pudding, 2 tbsp cream

Alternative:

Fruit Salad with Creme Fraiche

15g
CARBS

141
CALS

2g
PROTEIN

8g
FAT



160g fruit, 50g creme fraiche

Choosing the alternative saves you **586 calories** and **25g fat**.

Classic:

Mince Pies with Cream

80g
CARBS

639
CALS

6g
PROTEIN

35g
FAT



130g pies, 20g cream

Alternative:

Chocolate Mousse

20g
CARBS

149
CALS

4g
PROTEIN

7g
FAT



Weight: 100g

Choosing the alternative saves you **490 calories** and **28g fat**.

Snacks

Classic:
Cheese & Biscuits

26g
CARBS

385
CALS

18g
PROTEIN

25g
FAT



60g cheese, 36g crackers

Alternative:
Low Fat Houmous & Dippers

19g
CARBS

165
CALS

6g
PROTEIN

8g
FAT



80g veg, 14g bread, 50g houmous

Choosing the alternative saves you **220 calories** and **17g fat**.

Classic:
Crisps & Nuts

20g
CARBS

341
CALS

8g
PROTEIN

26g
FAT



30g crisps, 30g nuts

Alternative:
Dried Fruit Selection

35g
CARBS

157
CALS

1g
PROTEIN

0g
FAT



Weight: 60g

Choosing the alternative saves you **184 calories** and **26g fat**.

Drinks

Don't forget to count the calories and alcohol units in your drinks!

Lager, Red Wine & White Wine

8g CARBS 189 CALS 0g FAT 2.3 UNITS



568ml (pint)

1g CARBS 170 CALS 0g FAT 3 UNITS



250ml (large glass)

2g CARBS 165 CALS 0g FAT 3 UNITS



250ml (large glass)

Champagne, Whisky & Irish Cream

2g CARBS 95 CALS 0g FAT 1.5 UNITS



125ml

0g CARBS 56 CALS 0g FAT 1 UNITS



25ml

12g CARBS 163 CALS 8g FAT 1 UNITS



50ml

Orange Juice, Cranberry Juice & Cola

25g CARBS 103 CALS 1g PROTEIN 0g FAT



284ml (half pint)

41g CARBS 175 CALS 0g PROTEIN 0g FAT



284ml (half pint)

31g CARBS 118 CALS 0g PROTEIN 0g FAT



284ml (half pint)

ALCOHOL GUIDELINES

Men: maximum of 3-4 units per day
Women: maximum of 2-3 units per day

(Make sure to have at least 2 alcohol-free days per week, preferably more!)

Have a happy & healthy Christmas!

Carbs & Cals



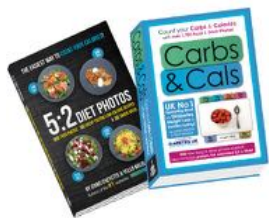
For details of the Carbs & Cals Books & App, please visit:

www.carbsandcals.com



Chris Chettye & Yello Balolia (Authors, Carbs & Cals)
www.carbsandcals.com - info@carbsandcals.com

Please note: values in this PDF are to be used as a guide only. The authors cannot accept any liability for any consequences arising from the use of the information contained within this PDF. Every effort has been made to ensure figures represent true and fair values for the nutritional content of food & drinks included, but these values can vary between brands, recipes and food preparation methods.



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Type 1 Diabetes ☒

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☐

Drinks

It's important to stay well hydrated, which means drinking about 1.5 - 2 litres a day, or more in hot weather or when you're exercising. Many drinks can contribute to a nutritious diet, for example milk is an excellent source of calcium and fruit juice provides vitamin C. Tea and coffee count towards our fluid intake too, and drinking about 3 or 4 cups a day is considered healthy for most people. The calorie and carbohydrate content of drinks other than water can vary considerably.

Orange Juice

25g
CARBS

102
CALS

1g
PROTEIN

0g
FAT



0g
FIBRE

284ml
(half pint)

0g
SAT FAT

Tomato Juice

5g
CARBS

21
CALS

1g
PROTEIN

0g
FAT



1g
FIBRE

150ml

0g
SAT FAT

Smoothie (strawberry & banana)

18g
CARBS

78
CALS

1g
PROTEIN

0g
FAT



2g
FIBRE

150ml

0g
SAT FAT

Squash

35g
CARBS

130
CALS

0g
PROTEIN

0g
FAT



0g
FIBRE

284ml
(half pint)

0g
SAT FAT

Cola

62g
CARBS

233
CALS

0g
PROTEIN

0g
FAT



0g
FIBRE

568ml
(pint)

0g
SAT FAT

Milk (semi-skimmed)

7g
CARBS

69
CALS

5g
PROTEIN

3g
FAT



0g
FIBRE

150ml

2g
SAT FAT

Cup of Coffee (with milk)

2g
CARBS

18
CALS

2g
PROTEIN

1g
FAT



0g
FIBRE

260ml

0g
SAT FAT

Cup of Tea (with milk)

2g
CARBS

18
CALS

1g
PROTEIN

1g
FAT



0g
FIBRE

260ml

0g
SAT FAT

Latte (whole milk)

15g
CARBS

172
CALS

9g
PROTEIN

8g
FAT



0g
FIBRE

355ml

5g
SAT FAT

Happy Easter from Carbs & Cals

Small, Medium & Large Chocolate Eggs

49g CARBS	419 CALs	4g PROTEIN	23g FAT	57g CARBS	530 CALs	8g PROTEIN	30g FAT	124g CARBS	1066 CALs	11g PROTEIN	57g FAT
											
Weight: 79g				Weight: 101g				Weight: 200g			

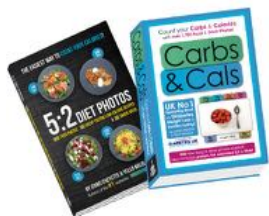
Creme Egg, Mini Eggs & Mini Creme Eggs

29g CARBS	180 CALs	2g PROTEIN	6g FAT	34g CARBS	245 CALs	2g PROTEIN	11g FAT	23g CARBS	150 CALs	1g PROTEIN	6g FAT
											
Weight: 39g				Weight: 50g				Weight: 35g			

Chocolate Orange & Chocolate Bunnies

15g CARBS	138 CALs	2g PROTEIN	8g FAT	28g CARBS	272 CALs	3g PROTEIN	17g FAT	112g CARBS	1108 CALs	13g PROTEIN	67g FAT
											
Weight: 26g				Weight: 50g				Weight: 204g			

See www.carbsandcals.com for more **FREE RESOURCES!**



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Type 1 Diabetes ✓

Type 2 Diabetes ✓

Weight Loss ✓

5:2 Diet ✓

Eggs

Eggs are an excellent source of protein and provide vitamins D and B12, so they're handy as an alternative to meat. One egg typically contains about 80 calories without added fat. Their high protein content means they will help keep you feeling satisfied and their versatile nature means there are many ways to include them in your diet.

Boiled Egg

0g CARBS	88 CALS	8g PROTEIN	6g FAT
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0g FIBRE	Weight: 60g	2g SAT FAT
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Poached Egg

0g CARBS	74 CALS	6g PROTEIN	5g FAT
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0g FIBRE	Weight: 50g	2g SAT FAT
----------	-------------	------------

Scrambled Egg (with milk)

2g CARBS	187 CALS	16g PROTEIN	14g FAT
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0g FIBRE	Weight: 120g (2 eggs)	4g SAT FAT
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Egg & Spinach on Rye

28g CARBS	240 CALS	14g PROTEIN	8g FAT
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5g FIBRE	Weight: 190g	2g SAT FAT
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Fried Egg

0g CARBS	90 CALS	7g PROTEIN	7g FAT
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0g FIBRE	Weight: 50g	2g SAT FAT
----------	-------------	------------

Omelette (plain)

0g CARBS	195 CALS	11g PROTEIN	17g FAT
----------	----------	-------------	---------

0g FIBRE	Weight: 100g (2 eggs)	7g SAT FAT
----------	-----------------------	------------

Omelette (cheese)

0g CARBS	325 CALS	19g PROTEIN	28g FAT
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0g FIBRE	Weight: 120g (2 eggs, 20g cheese)	15g SAT FAT
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Eggs Florentine

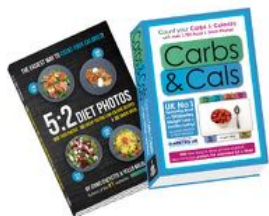
19g CARBS	294 CALS	16g PROTEIN	17g FAT
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1g FIBRE	Weight: 155g	7g SAT FAT
----------	--------------	------------

Spanish Frittata

29g CARBS	325 CALS	20g PROTEIN	15g FAT
-----------	----------	-------------	---------

4g FIBRE	Weight: 365g	4g SAT FAT
----------	--------------	------------



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Type 2 Diabetes ✓

Weight Loss ✓

5:2 Diet ✓

Fruit

Fruit is an important part of a balanced diet and provides vitamins, minerals and fibre, which is important for a healthy digestive system. It's also a source of carbohydrate and the amount of carbohydrate in different fruit can vary considerably. 80g of fruit counts as one portion towards your 5-a-day.

Apple



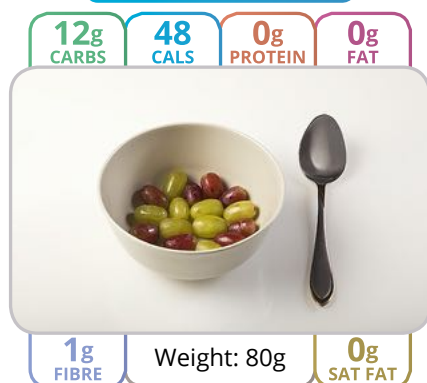
Banana



Orange



Grapes (seedless)



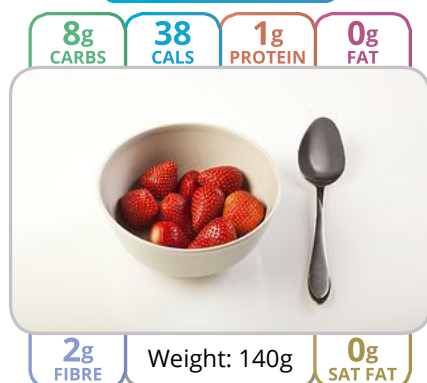
Kiwi



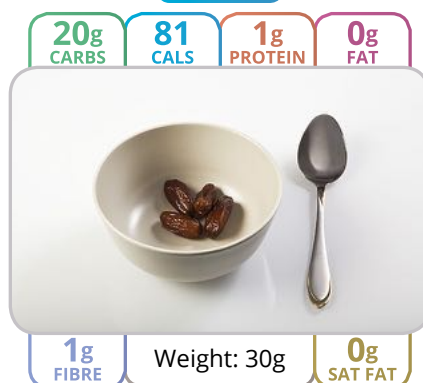
Raspberries



Strawberries

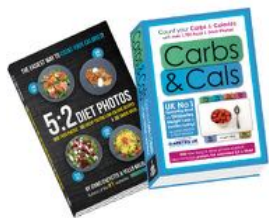


Dates



Cherries





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Gluten-Free

Following a gluten-free diet is essential if you have been diagnosed with coeliac disease. A wide range of gluten-free foods can be purchased in supermarkets, and restaurants are increasingly offering a gluten-free option. The carbohydrate content of gluten-free foods is roughly the same as the gluten-containing equivalents of the same portion size. Choose higher fibre options where you can.

Fibre Flakes

21g
CARBS

106
CALS

2g
PROTEIN

1g
FAT



5g
FIBRE

Weight: 30g

0g
SAT FAT

Porridge (semi-skimmed milk)

33g
CARBS

248
CALS

13g
PROTEIN

7g
FAT



4g
FIBRE

Weight: 220g

3g
SAT FAT

White Bread (home baked)

15g
CARBS

96
CALS

1g
PROTEIN

3g
FAT



1g
FIBRE

Weight: 33g
(medium slice)

0g
SAT FAT

Fibre Roll

32g
CARBS

212
CALS

4g
PROTEIN

7g
FAT



8g
FIBRE

Weight: 85g

2g
SAT FAT

Naan Bread

37g
CARBS

220
CALS

4g
PROTEIN

6g
FAT



3g
FIBRE

Weight: 84g

0g
SAT FAT

Rice Cake

6g
CARBS

31
CALS

1g
PROTEIN

0g
FAT



0g
FIBRE

Weight: 8g

0g
SAT FAT

Pasta Twists

51g
CARBS

228
CALS

4g
PROTEIN

1g
FAT



1g
FIBRE

Weight: 145g

0g
SAT FAT

Spaghetti

54g
CARBS

247
CALS

5g
PROTEIN

1g
FAT



1g
FIBRE

Weight: 158g

0g
SAT FAT

Chocolate Digestive

8g
CARBS

60
CALS

1g
PROTEIN

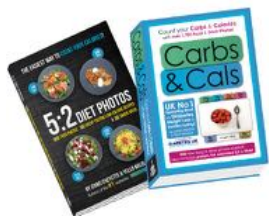
3g
FAT



1g
FIBRE

Weight: 12g

1g
SAT FAT



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Juice

Drinking juice is an easy way of adding extra fruit and vegetables to your diet. Just like fruit and veg, juice is packed with vitamins and minerals, which protect against infection, heart disease and some cancers.

One glass (150ml) of 100% unsweetened fruit or veg juice counts as 1 of your 5-a-day. Further juice glasses do not count towards your 5-a-day, as whole fruit and veg contain more dietary fibre than juice.

Apple Juice

15g
CARBS

57
CAL

0g
PROTEIN

0g
FAT



0g
FIBRE

150ml

0g
SAT FAT

Cranberry Juice

22g
CARBS

92
CAL

0g
PROTEIN

0g
FAT



0g
FIBRE

150ml

0g
SAT FAT

Grapefruit Juice

12g
CARBS

50
CAL

1g
PROTEIN

0g
FAT



0g
FIBRE

150ml

0g
SAT FAT

Orange Juice

13g
CARBS

54
CAL

1g
PROTEIN

0g
FAT



0g
FIBRE

150ml

0g
SAT FAT

Smoothie

18g
CARBS

78
CAL

1g
PROTEIN

0g
FAT



2g
FIBRE

150ml

0g
SAT FAT

Tomato Juice

5g
CARBS

21
CAL

1g
PROTEIN

0g
FAT



1g
FIBRE

150ml

0g
SAT FAT

Pineapple Juice

16g
CARBS

62
CAL

0g
PROTEIN

0g
FAT



0g
FIBRE

150ml

0g
SAT FAT

Prune Juice

22g
CARBS

86
CAL

1g
PROTEIN

0g
FAT



2g
FIBRE

150ml

0g
SAT FAT

Vegetable Juice

5g
CARBS

32
CAL

1g
PROTEIN

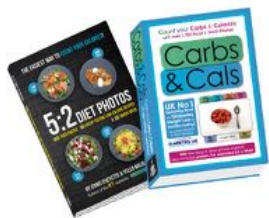
0g
FAT



2g
FIBRE

150ml

0g
SAT FAT



Carbs & Cals

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Type 2 Diabetes ✓

Weight Loss ✓

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Low-Carb Snacks

A snack is anything we choose to eat between meals. We may snack because we are hungry, out of habit or it can be related to emotions such as stress or boredom, so it's worth thinking about why you're snacking and whether you're truly hungry. Traditionally, snacks are based around carbohydrate. These low-carb snacks are lower in calories and may help keep you feeling fuller for longer.

Peppers & Salsa

5g CARBS	25 CALS	1g PROTEIN	0g FAT
----------	---------	------------	--------

2g FIBRE	Weight: 100g	0g SAT FAT
----------	--------------	------------

Olives, Feta & Veg

3g CARBS	50 CALS	2g PROTEIN	3g FAT
----------	---------	------------	--------

2g FIBRE	Weight: 90g	2g SAT FAT
----------	-------------	------------

Roast Tofu Sticks

4g CARBS	50 CALS	5g PROTEIN	1g FAT
----------	---------	------------	--------

1g FIBRE	Weight: 80g	1g SAT FAT
----------	-------------	------------

Mozzarella & Tomato

1g CARBS	70 CALS	5g PROTEIN	5g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 61g	3g SAT FAT
----------	-------------	------------

Celery & Nut Butter

1g CARBS	70 CALS	3g PROTEIN	6g FAT
----------	---------	------------	--------

2g FIBRE	Weight: 70g	0g SAT FAT
----------	-------------	------------

Avocado Salad

5g CARBS	70 CALS	1g PROTEIN	5g FAT
----------	---------	------------	--------

3g FIBRE	Weight: 143g	1g SAT FAT
----------	--------------	------------

Seafood Sticks

14g CARBS	87 CALS	5g PROTEIN	1g FAT
-----------	---------	------------	--------

0g FIBRE	Weight: 80g	0g SAT FAT
----------	-------------	------------

Blueberries

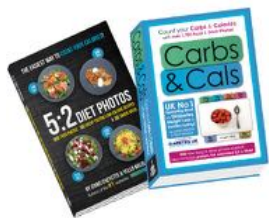
6g CARBS	26 CALS	0g PROTEIN	0g FAT
----------	---------	------------	--------

1g FIBRE	Weight: 40g	0g SAT FAT
----------	-------------	------------

Cashew Nuts

2g CARBS	61 CALS	2g PROTEIN	5g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 10g (tablespoon)	1g SAT FAT
----------	--------------------------	------------



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Meat

Meat is an excellent source of protein, zinc, iron and B vitamins. As protein is filling, you may find it helpful to include meat in your diet if you are trying to lose weight. This will help you meet your protein requirements and keep you feeling full for longer. Choose lean and unprocessed meat to keep the calories to a minimum.

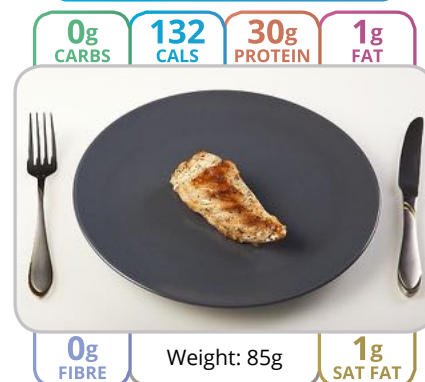
Chicken Breast (grilled without skin)



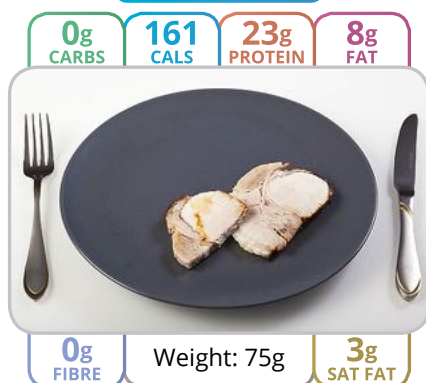
Roast Chicken (with skin)



Turkey Breast (grilled)



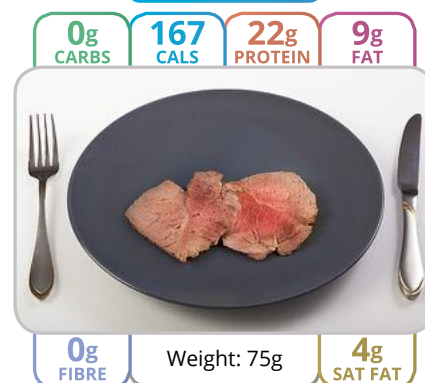
Roast Pork



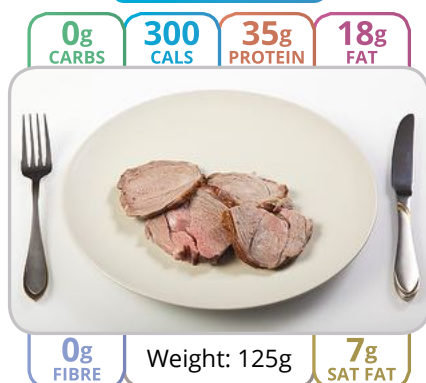
Beef Slice



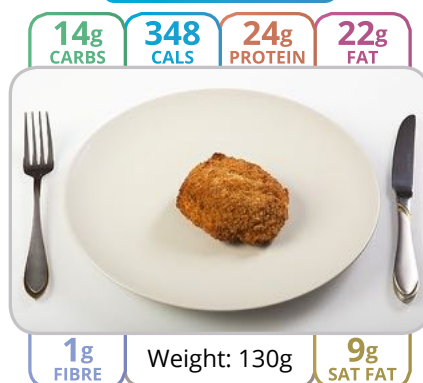
Roast Beef



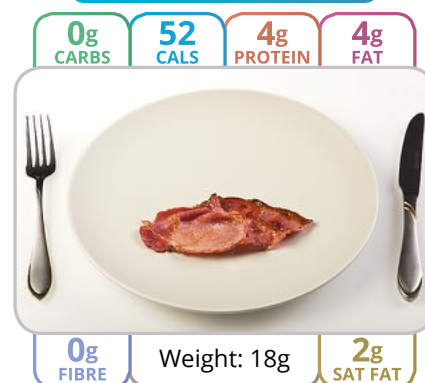
Roast Lamb

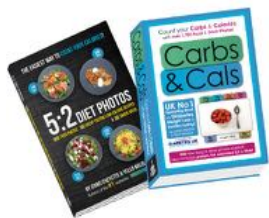


Chicken Kiev



Back Bacon (grilled)





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Weight Loss ✓

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Nuts & Seeds

Nuts and seeds are great sources of protein and unsaturated fat. They are rich in vitamins and minerals, such as calcium in almonds and sesame seeds, selenium in Brazil nuts and omega-3 fatty acids in linseeds.

Almonds

2g CARBS	185 CALS	7g PROTEIN	16g FAT
-------------	-------------	---------------	------------

3g FIBRE	Weight: 30g	1g SAT FAT
-------------	-------------	---------------

Brazil Nuts

1g CARBS	205 CALS	4g PROTEIN	20g FAT
-------------	-------------	---------------	------------

2g FIBRE	Weight: 30g	5g SAT FAT
-------------	-------------	---------------

Walnuts

1g CARBS	206 CALS	4g PROTEIN	21g FAT
-------------	-------------	---------------	------------

1g FIBRE	Weight: 30g	2g SAT FAT
-------------	-------------	---------------

Pumpkin Seeds

2g CARBS	57 CALS	2g PROTEIN	5g FAT
-------------	------------	---------------	-----------

1g FIBRE	Weight: 10g	1g SAT FAT
-------------	-------------	---------------

Linseeds

2g CARBS	55 CALS	2g PROTEIN	4g FAT
-------------	------------	---------------	-----------

3g FIBRE	Weight: 11g	0g SAT FAT
-------------	-------------	---------------

Sesame Seeds

0g CARBS	60 CALS	2g PROTEIN	6g FAT
-------------	------------	---------------	-----------

1g FIBRE	Weight: 10g	0g SAT FAT
-------------	-------------	---------------

Cashew Nuts

6g CARBS	183 CALS	6g PROTEIN	15g FAT
-------------	-------------	---------------	------------

1g FIBRE	Weight: 30g	3g SAT FAT
-------------	-------------	---------------

Peanuts (roasted)

2g CARBS	181 CALS	7g PROTEIN	16g FAT
-------------	-------------	---------------	------------

2g FIBRE	Weight: 30g	3g SAT FAT
-------------	-------------	---------------

Sunflower Seeds

6g CARBS	174 CALS	6g PROTEIN	14g FAT
-------------	-------------	---------------	------------

2g FIBRE	Weight: 30g	2g SAT FAT
-------------	-------------	---------------



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Snacks

A snack is anything we choose to eat between meals. We may snack because we are hungry, out of habit or it can be related to emotions such as stress or boredom, so it's worth thinking about why you're snacking and whether you're truly hungry. Some snacks are high in fat and calories, but there are many nutritious snacks that can complement a healthy balanced diet.

Milk Chocolate

29g CARBS 260 CALS 4g PROTEIN 15g FAT



1g FIBRE Weight: 50g 9g SAT FAT

Tortilla Chips

30g CARBS 230 CALS 4g PROTEIN 11g FAT



4g FIBRE Weight: 50g 2g SAT FAT

Popcorn (with butter)

10g CARBS 119 CALS 1g PROTEIN 9g FAT



1g FIBRE Weight: 20g 1g SAT FAT

Cashew Nuts

2g CARBS 61 CALS 2g PROTEIN 5g FAT



0g FIBRE Weight: 10g 1g SAT FAT

Seafood Sticks

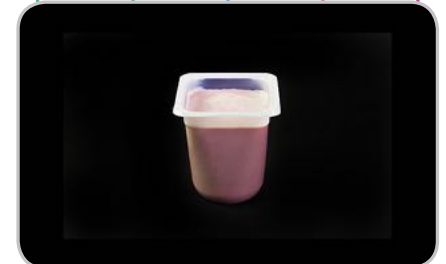
14g CARBS 87 CALS 5g PROTEIN 1g FAT



0g FIBRE Weight: 80g 0g SAT FAT

Fruit Yogurt Pot (fat free)

11g CARBS 72 CALS 6g PROTEIN 0g FAT



0g FIBRE Weight: 125g 0g SAT FAT

Apricots (dried)

26g CARBS 113 CALS 3g PROTEIN 0g FAT



6g FIBRE Weight: 60g 0g SAT FAT

Oat Biscuits

10g CARBS 76 CALS 1g PROTEIN 3g FAT



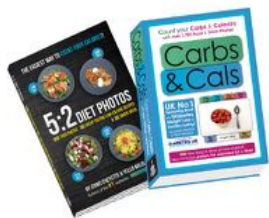
1g FIBRE Weight: 16g 0g SAT FAT

Malt Loaf

20g CARBS 89 CALS 2g PROTEIN 1g FAT



1g FIBRE Weight: 30g 0g SAT FAT



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Sushi

Sushi originated in Japan centuries ago and is now enjoyed by people all over the world. It is a great source of protein and is low in fat. Some sushi selections contain oily fish, such as salmon, mackerel and tuna, which are rich in omega-3 fatty acids and help protect against heart disease.

California Roll

9g CARBS	50 CALS	1g PROTEIN	1g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 35g	0g SAT FAT
----------	-------------	------------

Salmon Nigiri

8g CARBS	54 CALS	2g PROTEIN	2g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 34g	0g SAT FAT
----------	-------------	------------

Tuna Nigiri

7g CARBS	40 CALS	3g PROTEIN	0g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 28g	0g SAT FAT
----------	-------------	------------

Mackerel Sashimi

0g CARBS	33 CALS	3g PROTEIN	2g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 15g	0g SAT FAT
----------	-------------	------------

Salmon Sashimi

0g CARBS	27 CALS	3g PROTEIN	2g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 15g	0g SAT FAT
----------	-------------	------------

Tuna Sashimi

0g CARBS	20 CALS	4g PROTEIN	0g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 15g	0g SAT FAT
----------	-------------	------------

Rice Balls

19g CARBS	96 CALS	2g PROTEIN	2g FAT
-----------	---------	------------	--------

1g FIBRE	Weight: 70g	0g SAT FAT
----------	-------------	------------

Prawn Tempura

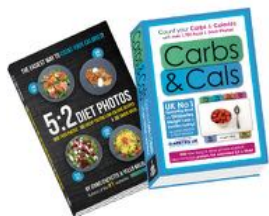
2g CARBS	38 CALS	2g PROTEIN	2g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 15g	1g SAT FAT
----------	-------------	------------

Prawn Maki

7g CARBS	40 CALS	1g PROTEIN	1g FAT
----------	---------	------------	--------

0g FIBRE	Weight: 24g	0g SAT FAT
----------	-------------	------------



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Takeaways

Many takeaway foods are high in fat and can be lacking in vegetables, so if you are trying to make healthier choices, choose dishes containing vegetables and those which haven't been fried. The portion size served for takeaways is usually much larger than we would serve at home, which makes them suited to sharing.

Chicken Burger

44g CARBS	398 CALs	23g PROTEIN	16g FAT
2g FIBRE	Weight: 168g	3g SAT FAT	

Fried Chicken

38g CARBS	617 CALs	46g PROTEIN	32g FAT
2g FIBRE	Weight: 225g	5g SAT FAT	

French Fries

54g CARBS	448 CALs	5g PROTEIN	25g FAT
5g FIBRE	Weight: 160g	9g SAT FAT	

Chips

80g CARBS	626 CALs	8g PROTEIN	33g FAT
8g FIBRE	Weight: 262g	3g SAT FAT	

Fish

33g CARBS	766 CALs	56g PROTEIN	46g FAT
2g FIBRE	Weight: 330g	12g SAT FAT	

Margherita Pizza (deep pan)

47g CARBS	432 CALs	19g PROTEIN	18g FAT
4g FIBRE	Weight: 170g	8g SAT FAT	

Chicken Curry

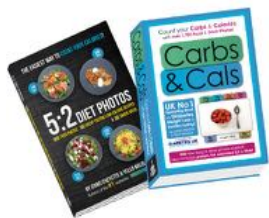
10g CARBS	551 CALs	45g PROTEIN	37g FAT
8g FIBRE	Weight: 380g	11g SAT FAT	

Chicken Tikka Masala

10g CARBS	581 CALs	48g PROTEIN	39g FAT
9g FIBRE	Weight: 370g	13g SAT FAT	

Bombay Potatoes

41g CARBS	354 CALs	6g PROTEIN	20g FAT
5g FIBRE	Weight: 300g	2g SAT FAT	



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Weight Loss ✓

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Vegetables & Pulses

Vegetables and pulses are generally low in calories, high in fibre and filling. Pulses are also a good source of protein and iron. Include plenty of vegetables and pulses where possible. If you are trying to lose weight, this will help you to feel full with fewer calories (especially on fast days if you are following the 5:2 diet).

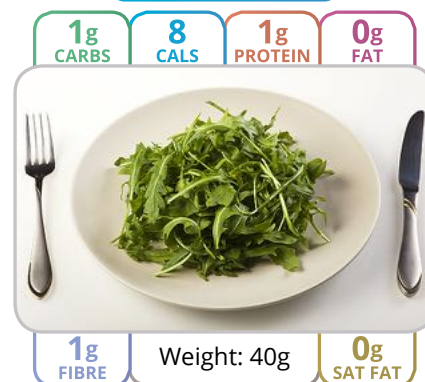
Mangetout



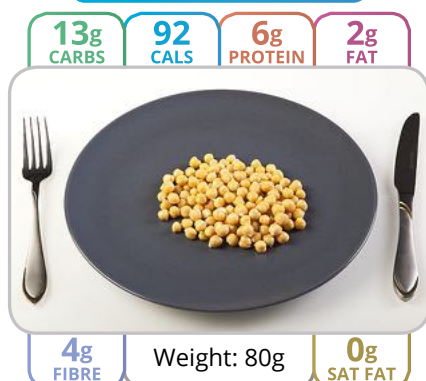
Peppers (raw)



Rocket (raw)



Chick Peas (tinned)



Butter Beans



Broad Beans (boiled)



Asparagus (boiled)



Carrots (boiled)



Kidney Beans (tinned)





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Adapting Recipes to Lower Carbs

Carbohydrate is the main nutrient that affects the rise in blood glucose levels after eating. The larger the carbohydrate intake, the greater the rise in blood glucose levels. You may find by managing the amount of carbohydrate eaten at each meal that you can improve blood glucose control. The tips below are designed to help you lower the carbohydrate content of your favourite dishes.

Replace or Reduce Potatoes, Pasta or Rice

Portion Control

Reduce the overall serving size, particularly for pasta and rice dishes, as it's easy to serve a larger portion of these foods than is necessary. Try reducing the portion and see if you are still satisfied.

More Good Stuff

- Increase the quantity and range of vegetables.
- Add pulses such as lentils, beans and chickpeas.
- Add nuts and a range of other textures to the dish.
- Increase the protein content of the meal with a larger serving of lean meat or fish.

Pasta Twists



70g
CARBS

Weight: 203g

343
CALs

Swap for

Pasta Twists



50g
CARBS

Weight: 145g

245
CALs

Adapt or Switch your Favourite Dishes

Mashed Potatoes

- Steam or bake butternut squash before mashing it with a little seasoning and reduced fat spread.
- Heat tinned butter beans and then mash with a squeeze of lemon juice and seasoning.
- Steam or boil swede and carrots, and crush or mash them together.

Lasagne

Replace the pasta sheets with thinly sliced aubergine or courgette.

Pasta Bake

Reduce the quantity of pasta and replace with pulses such as chickpeas, kidney beans or lentils.

Cereal Swap

Instead of your usual breakfast cereal try natural yogurt with berries and nuts, or an omelette with some peppers, onions and a little cheese.

Rice

Switch from white or basmati rice to wild rice. You can have a smaller portion because it is more filling.

White Rice



70g
CARBS

Weight: 225g

311
CALS

Swap for

Wild Rice



52g
CARBS

Weight: 70g

252
CALS

Low Carbohydrate Meal Ideas

Cutting down on the carbohydrates doesn't mean the meals won't be healthy, tasty and satisfying. Here are some low carbohydrate meal ideas that incorporate plenty of healthy ingredients:

Smoked Salmon & Courgette Frittata



3g
CARBS

Weight: 145g

250
CALS

Kippers, Wilted Spinach & Roast Peppers



7g
CARBS

Weight: 350g

423
CALS

Bamboo Shoot, Pepper & Cashew Stir-fry



10g
CARBS

Weight: 300g

308
CALS



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Weight Loss ☐

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Basics to Carb Counting

Carbohydrate is the main nutrient that affects the rise in blood glucose after eating. Counting carbohydrates 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.

Starting out

The first step in counting carbohydrates is to identify the foods that contain carbohydrate, and those which don't. As a general guide, the following foods contain very little or no carbohydrate and therefore can be disregarded for counting:

- Meat, fish and shellfish
- Cheese
- Fat spreads, butter and oil etc.
- Eggs
- Nuts
- Most vegetables and salad items

Poached Eggs



Weight: 50g

Cheddar (grated)



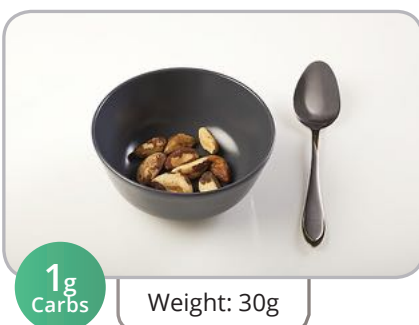
Weight: 50g

Roast Beef



Weight: 75g

Brazil Nuts



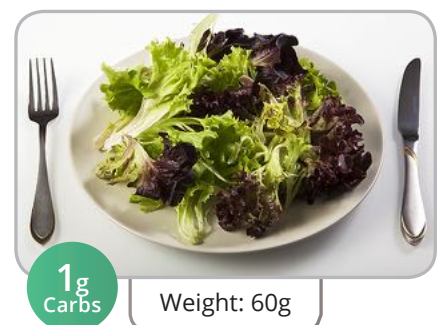
Weight: 30g

Butter



Weight: 15g
(tablespoon)

Mixed Salad Leaves



Weight: 60g

Carb foods you wouldn't normally count

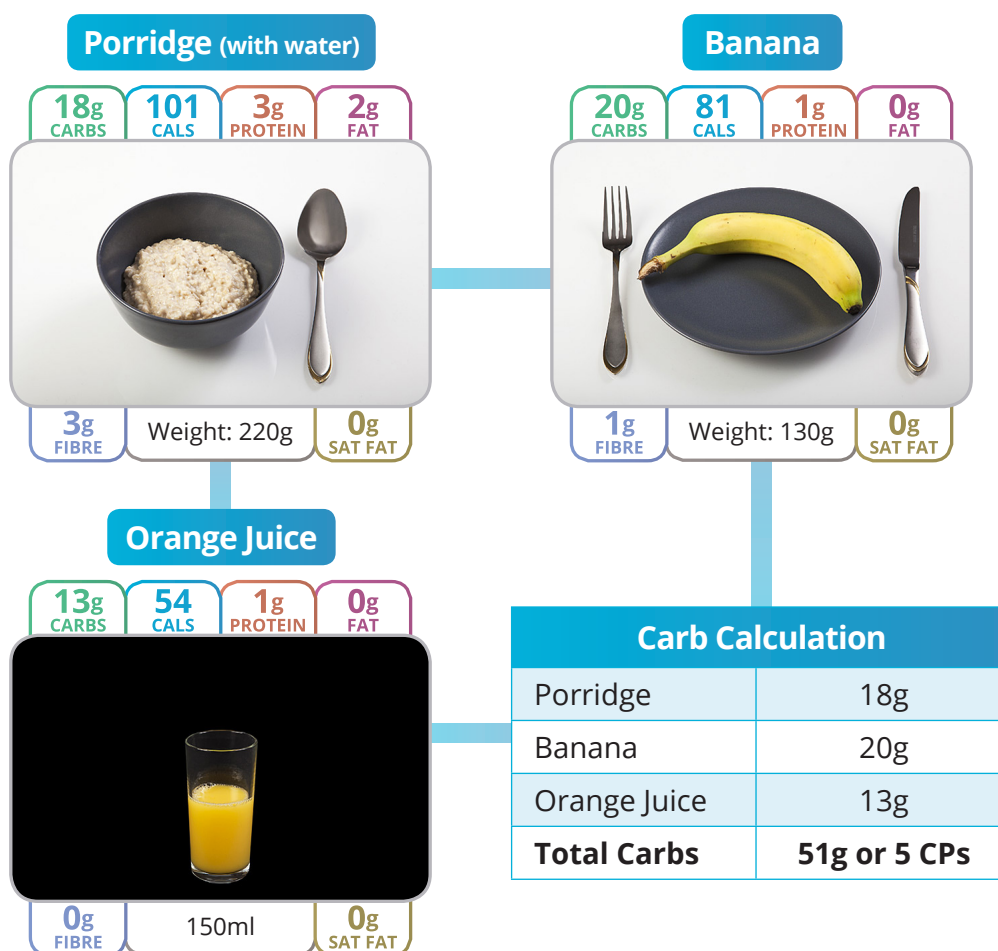
Other foods may contain carbohydrate that has little or no effect on blood glucose because it is very slowly absorbed. Please see our separate guide on this topic, which highlights some examples.

Counting carbs

For all other foods that contain carbohydrate, the Carbs & Cals Book or App can be used to estimate the carbohydrate content, which is usually estimated in either grams (g) or as Carbohydrate Portions (CPs). One CP is equal to roughly 10g of carbohydrate. For example, a medium slice of bread contains 15g of carbohydrate or 1½ CPs. The Carbs & Cals book and App use grams of carbohydrate, so if you use CPs simply divide the number of grams by 10 to convert to CPs.

Using Carbs & Cals

To estimate the carbohydrate content of a meal, find the carbohydrate values for the appropriate portion of each part of the meal using the Carbs & Cals book or App, and add these together to get the total. This is demonstrated in the example below.



Key point

The essential skill of estimating the carbohydrate content of food and drink becomes easier with practice and, as the accuracy of your carbohydrate estimation improves, so does your ability to manage your blood glucose levels.



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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 carbohydrate 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.

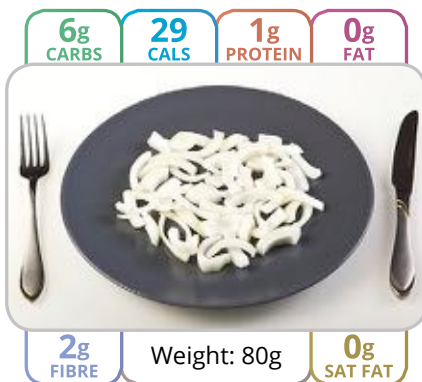
Example: Chicken Stir Fry, serves 2

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.

This recipe also contains 14g 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	6
80g Mushrooms	0
120g Mixed Peppers	3
80g Bean Sprouts	3
80g Pak Choi	2
200g Chicken Breast (grilled)	0
15g (tablespoon) Soy Sauce	1
15g (tablespoon) Vegetable Oil	0
230g Egg Noodles	80
Total Carbs	95
Carbs Per Serving	48

Onions



Mushrooms



Mixed Peppers



Bean Sprouts



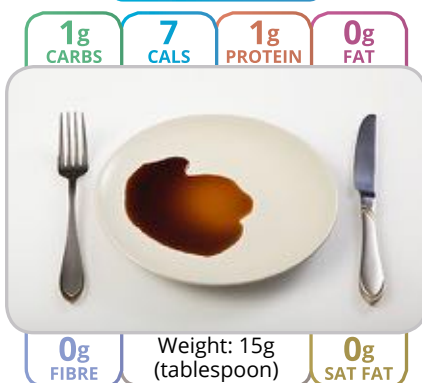
Pak Choi



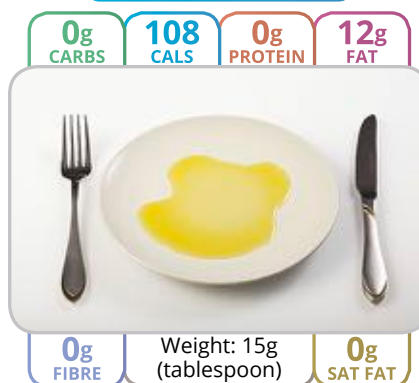
Chicken Breast (grilled)



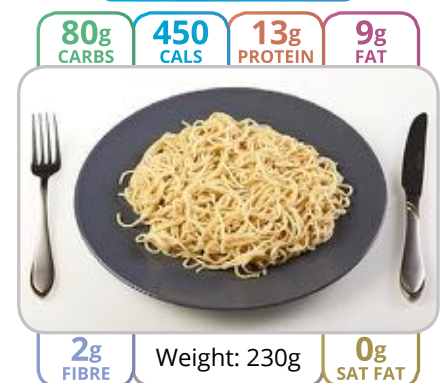
Soy Sauce



Vegetable Oil



Noodles (egg)





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Carb Awareness

Our food is made up of a number of different nutrients. The three major nutrients that provide us with energy and perform other functions in the body are:

Protein

Fat

Carbohydrate

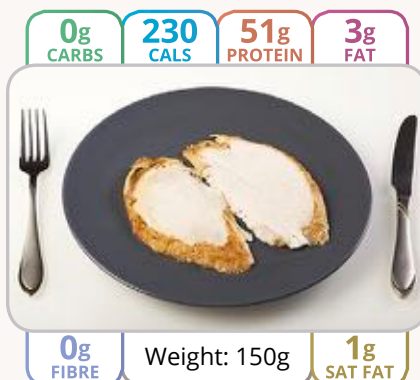
Many foods contain a combination of these nutrients in different proportions, but there are some foods that contain mostly one. A healthy diet will provide all the major nutrients, vitamins and minerals you require in the correct amounts.

If you have diabetes, it's useful to understand a little about each of these nutrients and how they may affect blood glucose levels.

Protein

Foods high in protein include meat, fish, eggs and pulses. Our body requires protein for many functions including cell growth and repair, and for the functioning of a proper immune system. Protein is not thought to have a direct effect on blood glucose levels.

Roast Turkey (with skin)



Salmon Steak (grilled)



Poached Egg



Fat

Foods very high in fat that contain few other nutrients include oils, butter and fat spreads. We need some fat in our diet as an energy source, for the absorption of fat-soluble vitamins and for insulation. Fat does not have a direct effect on blood glucose levels.

Butter



Olive Oil



Carbohydrate

Carbohydrate is the main nutrient that affects the rise in blood glucose after eating. Carbohydrates can be classified into two main categories: starchy carbohydrates and sugars. Fibre is also a type of carbohydrate but it has no calories and passes through us largely undigested so it does not cause blood glucose levels to rise.

Starchy Carbohydrates

These include foods like bread, pasta, rice, potatoes, yam and cereals.

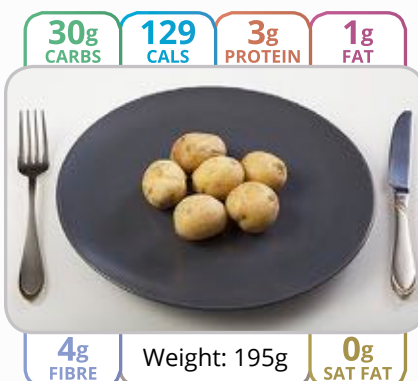
Wholemeal Bread



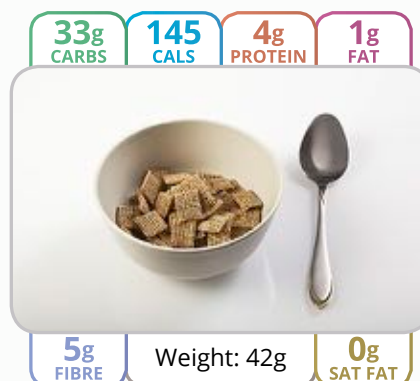
Pasta Twists



New Potatoes



Malted Wheats



Brown Rice



Sugars

These are either naturally occurring (as in fruit and dairy foods), or added sugars (such as table sugar, or those found in sweets and confectionery).

Grapes

12g CARBS 48 CALS 0g PROTEIN 0g FAT



1g FIBRE Weight: 80g 0g SAT FAT

Orange

7g CARBS 30 CALS 1g PROTEIN 0g FAT



2g FIBRE Weight: 115g 0g SAT FAT

Milk (semi-skimmed)

13g CARBS 131 CALS 10g PROTEIN 5g FAT



0g FIBRE Weight: 284g (half pint) 3g SAT FAT

Chocolate (milk)

29g CARBS 260 CALS 4g PROTEIN 15g FAT



1g FIBRE Weight: 50g 9g SAT FAT

Liquorice Allsorts

20g CARBS 91 CALS 1g PROTEIN 1g FAT

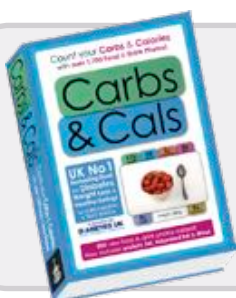


1g FIBRE Weight: 26g 1g SAT FAT

How much carbohydrate should I eat each day?

Carbohydrate requirements vary between individuals and depend on age, gender, weight and physical activity. The precise amount for controlling blood glucose levels in diabetes is unknown, however the Guideline Daily Amount recommended for the general population is 230g for women and 300g for men.

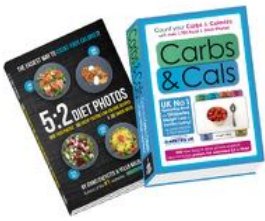
As carbohydrate is the main nutrient that affects the rise in blood glucose after eating, the more carbohydrate that is eaten, the greater the rise in blood glucose levels.



Need more guidance?

The Carbs & Cals book and App can help you to become more aware of which foods contain carbohydrate and how much carbohydrate you eat.





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Type 2 Diabetes ☐

Weight Loss ☐

5:2 Diet ☐

Carbohydrate Counting Knowledge Answers

1. Which of these food contain the most carbohydrate?

Penne Pasta = 70g

(grapes = 25g doughnut = 35g burger = 31g)

2. Which two fruits have the same carbohydrate content?

Banana and Peach

3. Which meal has the lowest carbohydrate content?

Chicken Stir-fry = 31g

(curry = 56g sausage & mash = 71g beans on toast = 55g)

4. Which snack contains the most carbohydrate?

Flapjack

5. Which of the following foods would you consider taking insulin for?

Natural Yoghurt, Ginger Cake, Sliced Bread

6. Which of these foods do NOT normally require insulin?

Lentils, Peas, Grapefruit

7. Looking at the food label below, how much carbohydrate is in 50g of cereal (without milk)?

34g (3.5CPs)

8. If you were to eat half of the lasagne below, how much carbohydrate would be in the portion?

17.2g (1.5CPs)



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Weight Loss ☐

5:2 Diet ☐

Carbohydrate Counting Knowledge Quiz

1: Which of these foods contain the most carbohydrate?

Tick the correct answer:

Penne Pasta ☐



Weight: 208g

Grapes ☐



Weight: 160g

Jam Doughnut ☐



Weight: 71g

Beef Burger (with cheese) ☐



Weight: 181g

2: Which two fruits have the same carbohydrate content? Tick the correct answers:

Clementine ☐



Weight: 80g

Banana ☐



Weight: 130g (with skin)

Peach (tinned) ☐



Weight: 205g

3: Which meal has the lowest carbohydrate content?

Tick the correct answer:

Chicken Curry (with rice)

☐

365g curry, 161g rice

Beans on Toast

☐

44g toast, 293g beans

Sausage & Mash

☐

165g sausage, 335g mash

Chicken Stir Fry

☐

Weight: 205g

4: Which snack contains the most carbohydrate?

Tick the correct answer:

Pineapple (fresh)

☐

Weight: 80g

Flapjack

☐

Weight: 50g

Greek Yoghurt

☐

Weight: 170g

5: Which of the following foods would you consider taking insulin for? Tick the correct answers:

Roast Chicken ☐

Weight: 92g

Natural Yogurt ☐

Weight: 190g

Cheddar (grated) ☐

Weight: 50g

Ginger Cake ☐

Weight: 40g

Sliced Bread (white) ☐

Weight: 33g (medium slice)

Fried Egg ☐

Weight: 50g

6: Which of these foods do NOT normally require insulin? Tick the correct answers:

Lentils ☐

Weight: 120g

Mango ☐

Weight: 160g

New Potatoes ☐

Weight: 195g

Peas ☐

Weight: 50g

Sausage Roll ☐

Weight: 63g

Grapefruit ☐

Weight: 228g (whole)

7: Looking at the food label below, how much carbohydrate is in 50g of cereal (without milk)?



Nutrition:

Nutrient	per 100g	per 30g (with 125ml semi skimmed milk)
Energy kCal	357kCal	166kCal
Energy kj	1,511kj	704kj
Protein	10.0g	7.0g
Carbohydrate	68.0g	26.0g
of which sugars	20.0g	12.0g
Fat	5.0g	3.5g
of which saturates	0.9g	1.5g
Fibre	9.0g	2.5g
Sodium	Trace	Trace
Salt	Trace	Trace

8: If you were to eat half of the lasagne below, how much carbohydrate would be in the portion?



Nutrition:

Nutrient	per 100g (ovenbaked)	per 400g (ovenbaked pack)
Energy kCal	119kCal	476kCal
Energy kj	498kj	1,991kj
Protein	7.4g	29.6g
Carbohydrate	8.6g	34.4g
of which sugars	2.1g	8.4g
Fat	5.8g	23.2g
of which saturates	2.8g	11.2g
Fibre	1.4g	5.6g
Salt	0.5g	2.1g



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Carb Foods that are Absorbed Slowly

Some carbohydrate foods are digested and absorbed very slowly, and if you take insulin and match it to the carbohydrate content, it could cause you to have a hypo. When you first start to match insulin to carbohydrate, it is best not to count these foods but monitor your blood glucose as normal.

If you are eating larger quantities, consider taking insulin but less than you would usually take for that amount of carbs. As a guide, taking half the dose is a good starting point. The following are examples of foods that usually do not need to be matched to any insulin.

Butternut Squash (baked)

10g
CARBS

42
CALS



Weight: 130g

Cherries

12g
CARBS

186
CALS



Weight: 100g

Grapefruit

6g
CARBS

24
CALS

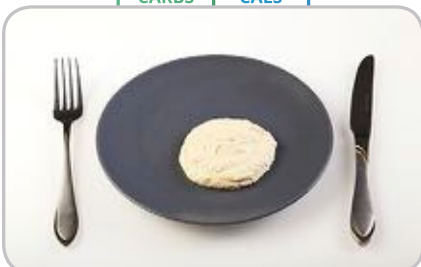


Weight: 119g

Houmous

7g
CARBS

112
CALS



Weight: 60g (4 tablespoons)

Lentils

14g
CARBS

84
CALS



Weight: 80g

Peas

4g
CARBS

28
CALS

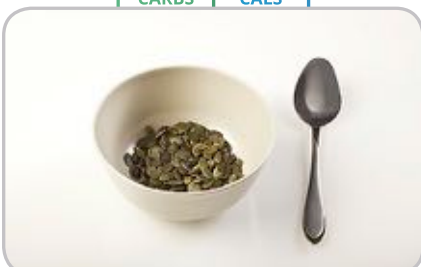


Weight: 40g

Pumpkin Seeds

5g
CARBS

171
CALS



Weight: 30g

Sweetcorn

21g
CARBS

98
CALS

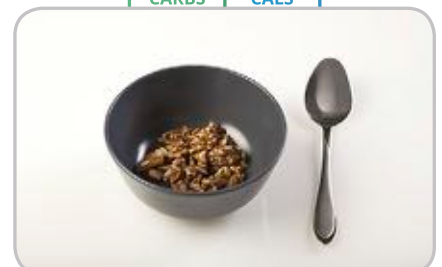


Weight: 80g

Walnuts

1g
CARBS

206
CALS



Weight: 30g



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Carbs in Alcohol

If you have Type 1 diabetes and drink alcohol it is important to understand the effects of alcohol on blood glucose levels. The effects can vary considerably between individuals and there is a much **higher risk of hypos when you have been drinking alcohol**.

This guide gives an overview of the effects of alcohol on blood glucose. It is important to seek individual advice from your diabetes care team.

Alcoholic drinks contain alcohol and may also contain carbohydrate, either from the drink or from any mixer that has been added. Some alcoholic drinks contain no carbohydrate.

How does alcohol affect blood glucose?

Alcohol is a **toxin** that is removed from the blood by the liver. The liver also stops the level of glucose in the blood dropping too low, by releasing more glucose. In the presence of alcohol, the liver does not release glucose into the blood so readily, meaning there is an increased risk of hypos with alcohol. This is often called 'delayed hypoglycaemia' because it can occur **many hours after drinking**, often in the middle of the night or early the next morning, if you've been drinking in the evening.

Delayed Hypoglycaemia is unlikely with one or two drinks but higher alcohol content and consuming more drinks will increase the risk of delayed hypoglycaemia.

Key Points

Be sure to eat first

Don't drink alcohol on an empty stomach.

Take advice

Be cautious if injecting insulin for carbohydrate in alcoholic drinks, and get advice from your diabetes care team.

Before bed...

Check blood glucose and eat carbs before bed if you have been drinking in the evening.

Alcoholic Drinks without Carbohydrate

The drinks below are examples of alcoholic drinks that do not contain carbohydrate. Therefore they do not cause blood glucose to increase but there is a risk of delayed hypoglycaemia. This risk is increased with higher alcohol content.

Red Wine

1g
CARBS**170**
CALS**3**
UNITS

250ml (large)

Champagne

2g
CARBS**95**
CALS**1.5**
UNITS

125ml

White Wine

7g
CARBS**118**
CALS**1.5**
UNITS

125ml (small)

Gin

0g
CARBS**56**
CALS**1**
UNITS

15ml

Whisky

0g
CARBS**56**
CALS**1**
UNITS

25ml

Vodka

0g
CARBS**56**
CALS**1**
UNITS

25ml

Alcoholic Drinks with Carbohydrate

These drinks contain alcohol and carbohydrate, which means they will cause an initial rise in blood glucose and there is a risk of delayed hypoglycaemia. One or two drinks will probably require no action, but more than this may need additional units of insulin and additional carbohydrate later. Your diabetes care team can advise you on this in greater detail.

Ale

17g
CARBS

170
CALS

2
UNITS



568ml (pint)

Lager

8g
CARBS

187
CALS

2
UNITS



568ml (pint)

Stout

9g
CARBS

170
CALS

2
UNITS



568ml (pint)

Cider (sweet)

24g
CARBS

239
CALS

3
UNITS



568ml (pint)

WKD Blue

36g
CARBS

216
CALS

1
UNITS



275ml

Irish Cream

11g
CARBS

163
CALS

1
UNITS



50ml



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Foods containing 10g of Carbohydrate

When counting carbohydrate, it is useful to have an understanding of what 10g of carbs (1CP) looks like. This can help you to assess how many grams of carbohydrate or CPs you have on your plate. The images below show you a range of different foods and what a 10g carb portion (1CP) of each one looks like.

Biscuits

Jaffa Cake

10g
CARBS

49
CALS

1g
PROTEIN

1g
FAT



0g
FIBRE

Weight: 13g

1g
SAT FAT

Oat Biscuit

10g
CARBS

76
CALS

1g
PROTEIN

3g
FAT



1g
FIBRE

Weight: 16g

0g
SAT FAT

Shortbread Finger

10g
CARBS

81
CALS

1g
PROTEIN

4g
FAT



0g
FIBRE

Weight: 16g

3g
SAT FAT

Bread

Garlic Bread

10g
CARBS

76
CALS

2g
PROTEIN

2g
FAT



1g
FIBRE

Weight: 22g

2g
SAT FAT

Granary Bread

10g
CARBS

52
CALS

2g
PROTEIN

1g
FAT



1g
FIBRE

Weight: 22g
(thin slice)

0g
SAT FAT

White Bread

10g
CARBS

48
CALS

2g
PROTEIN

0g
FAT



1g
FIBRE

Weight: 22g
(thin slice)

0g
SAT FAT

Desserts

Chocolate Torte

10g CARBS	141 CALS	2g PROTEIN	10g FAT
--------------	-------------	---------------	------------



1g FIBRE	Weight: 33g	6g SAT FAT
-------------	-------------	---------------

Profiteroles

10g CARBS	138 CALS	2g PROTEIN	10g FAT
--------------	-------------	---------------	------------



1g FIBRE	Weight: 40g	6g SAT FAT
-------------	-------------	---------------

Summer Pudding

10g CARBS	43 CALS	1g PROTEIN	0g FAT
--------------	------------	---------------	-----------



1g FIBRE	Weight: 45g	0g SAT FAT
-------------	-------------	---------------

Fruit

Apple

10g CARBS	40 CALS	0g PROTEIN	0g FAT
--------------	------------	---------------	-----------



2g FIBRE	Weight: 85g	0g SAT FAT
-------------	-------------	---------------

Pear (tinned in juice)

10g CARBS	38 CALS	0g PROTEIN	0g FAT
--------------	------------	---------------	-----------



2g FIBRE	Weight: 115g	0g SAT FAT
-------------	--------------	---------------

Plum

10g CARBS	40 CALS	1g PROTEIN	0g FAT
--------------	------------	---------------	-----------



2g FIBRE	Weight: 110g	0g SAT FAT
-------------	--------------	---------------

Meals

Mushroom Soup

10g CARBS	120 CALS	3g PROTEIN	8g FAT
--------------	-------------	---------------	-----------



0g FIBRE	Weight: 260g	1g SAT FAT
-------------	--------------	---------------

Pasta Bake

10g CARBS	86 CALS	5g PROTEIN	3g FAT
--------------	------------	---------------	-----------



1g FIBRE	Weight: 70g	2g SAT FAT
-------------	-------------	---------------

Pasta Meal (chicken & broccoli)

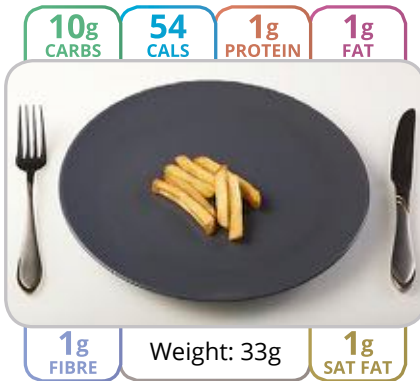
10g CARBS	117 CALS	5g PROTEIN	7g FAT
--------------	-------------	---------------	-----------



1g FIBRE	Weight: 65g	3g SAT FAT
-------------	-------------	---------------

Potatoes

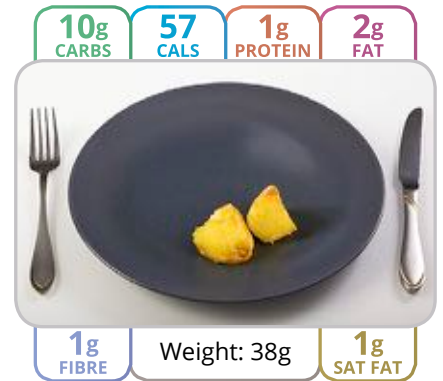
Chips (oven)



New Potatoes (boiled)

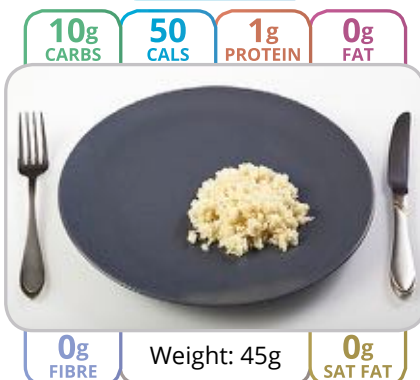


Roast Potatoes



Rice, Pasta & Grains

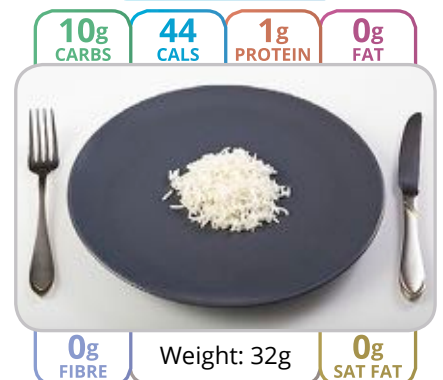
Couscous



Spaghetti (white)

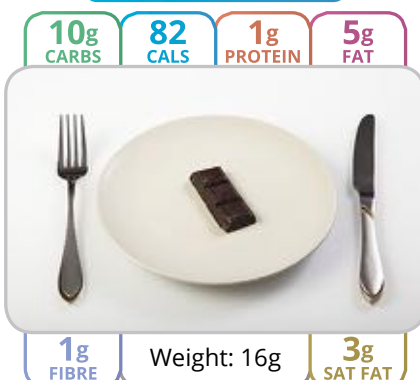


Rice (long grain)



Snacks

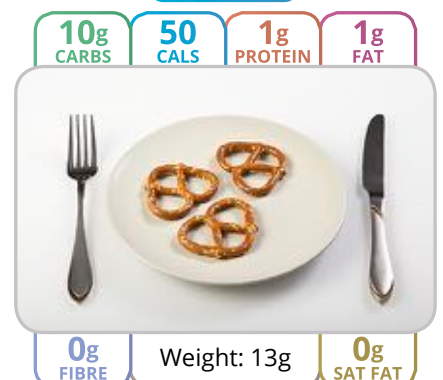
Chocolate (dark)



Popcorn (with butter)



Pretzels





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Hypo Treatment

Hypoglycaemia is when your blood glucose drops to below 3.5mmol/l, with or without symptoms. If you take insulin or certain diabetes tablets, **you are at risk of having a hypo**. At blood glucose levels below 3.5mmol/l, the brain is not getting enough glucose to function properly.

Symptoms you may experience when having a hypo:

Mild

- Tingling
- Feeling hot & sweaty
- Light headed
- Blurred vision
- Hunger
- Dizziness
- Fast pulse or palpitations
- Trembling or shakiness
- Anxiety or irritability

Moderate

- Disorientated
- Lack of concentration
- Change in personality or irritability
- Confusion or vagueness

You will get to know what a hypo feels like for you and should **never ignore it**. It is common for people who have had diabetes for a long time to become less aware or have no symptoms of a hypo. This is why regular testing of your blood glucose is extremely important.

Common reasons a hypo may occur:

- Taking too much insulin
- Not having regular meals or missing meals
- Not eating enough carbohydrate, or overestimating the amount you've eaten
- Stress
- Too much alcohol or drinking alcohol without food
- Recreational Drugs
- Hot weather
- Physical activity, particularly unplanned or unexpected additional activity

Treating a Hypo

Step 1:

It is important to treat the hypo as soon as you notice the symptoms (or, if you don't have symptoms, as soon as you record a blood glucose level of below 3.5mmol/l) by taking rapid-acting carbohydrate. This will give a quick rise in blood glucose within 5-10 minutes. The amount of carbohydrate needed is 15-20g and the examples below each contain 15-20g of rapid-acting carbohydrate suitable for treating a hypo.

Examples of rapid-acting carbohydrates containing 15-20g of carbohydrate

If you are at risk of experiencing hypos, it is vital that you carry rapid-acting hypo treatments (such as the examples below) with you at all times.

Lucozade Energy



20g
Carbs

114ml

Cola



16g
Carbs

150ml

Orange Juice



17g
Carbs

200ml

Jelly Babies



20g
Carbs

Weight: 25g

Jelly Beans



20g
Carbs

Weight: 22g

Cola Bottles



20g
Carbs

Weight: 27g

Step 2:

After taking the rapid-acting carbohydrate, **sit down for 5-10 minutes**. If you are able, re-check your blood glucose levels to ensure it's over 3.5mmol/l. If not, eat more rapid-acting carbohydrate and wait a further 5-10 minutes.

Step 3:

If your next meal is due in the next hour, you do not need to take any further carbohydrate. If it will be more than 1 hour until your next meal, to avoid the risk of becoming hypo again, you should consider having some slower-acting carbohydrate.

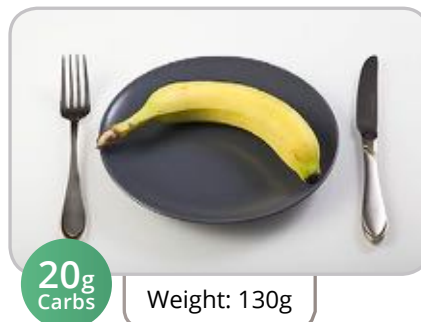
Examples of slower-acting carbohydrates

Slower-acting carbohydrates are not recommended as the first-line treatment for a hypo. These foods cause the blood glucose to rise much more slowly and therefore are not suitable for treating a hypo.

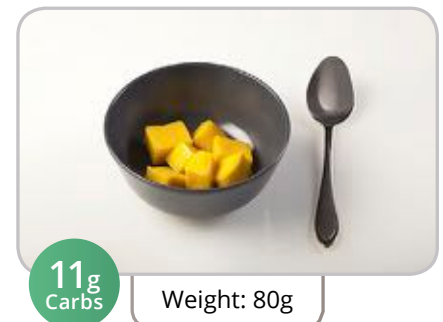
Sliced Bread (granary)



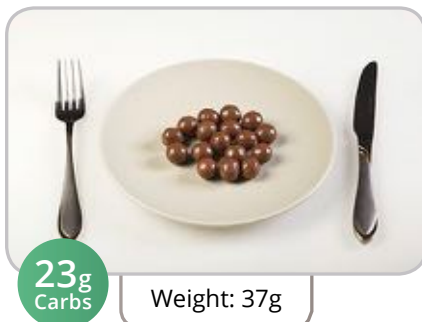
Banana



Mango



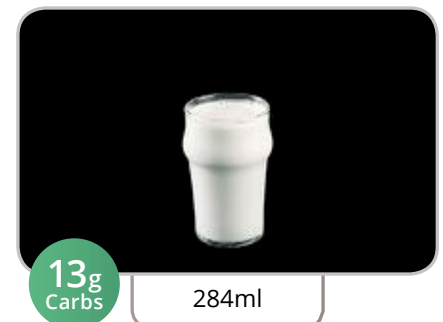
Chocolate Honeycomb Balls



Chocolate Oat Biscuit



Milk (semi-skimmed)



If you are experiencing hypos regularly or they are severe and you need the assistance of another person in treating your hypos, you should arrange a review with your diabetes care team or doctor.



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Sweeteners

There are many ways to sweeten food and drinks, from **traditional** table sugar or honey, to a **non-nutritive** sugar alternative. Your choice of sweetener may depend on a number of factors including taste preferences, the calorie content and its effect on blood glucose levels if you have diabetes.

This guide provides you with some basic information to help you choose.

Sugar, Honey & Syrup

You may prefer to use traditional sugar, honey or syrup because you have always done so. All of these sweeteners contain **calories and carbohydrate**, and will cause blood glucose levels to rise if you have diabetes. They also contribute to **dental cavities** (tooth decay), especially if you consume them frequently.

If you are trying to lose weight, limit the amounts of these sweeteners, or switch to an alternative (see below) to help lower your calorie intake.

Sugar



16g
CARBS

Weight: 15g
(tablespoon)

59
CALS

Maple Syrup



23g
CARBS

Weight: 34g
(2 tablespoons)

89
CALS

Honey



14g
CARBS

Weight: 18g
(tablespoon)

52
CALS

Non-Nutritive Sweeteners (NNS)

These are frequently referred to as '**artificial sweeteners**' because they have been developed as alternatives to sugar and most contain very few or no calories at all.

They are also **free from carbohydrate** (in the quantities normally used) and so do not cause blood glucose levels to rise. Therefore people who are trying to lose weight and people with diabetes may find these sweeteners very useful.

Brand Check

Different brands of sweetener use different types of non-nutritive sweetener. These are some examples:

Non-nutritive Sweetener	Example Brands
Aspartame	Canderel, Diet Drinks
Saccharine	Hermeseta
Stevia / Steviol Glycosi	Truvia
Sucralo	Splenda

Some people have **concerns about the safety** of these sweeteners because of what they may read in the press, however they are **rigorously tested** and, provided they are consumed within the Acceptable Daily Intake (ADI), there is no evidence of any harm.

Other Types of Sweetener & 'Diabetic' Foods

A type of sweetener known as '**Polyols**' or '**Sugar Alcohols**' is often used in foods labelled for people with diabetes, such as chocolates and sweets, as they cause little or no rise in blood glucose. They are also found in sugar free gum and mints as they do not contribute to tooth decay. Most of the names end in '**-ol**', which makes them easy to recognise. Examples include:

Xylitol Sorbitol Maltitol Isomalt

A **side effect** of this type of sweetener is diarrhoea, although this is not likely to occur if eaten in small quantities. They also contribute to the **carbohydrate content** of the food, yet they cause little or no rise in blood glucose levels. If you have diabetes and are counting carbohydrate and adjusting insulin doses, this can make estimating the amount of insulin you need to inject from these foods more difficult.



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Ways to Count Carbs

Carbohydrate counting is an essential skill for all people with Type 1 diabetes, so that the amount of insulin and carbohydrate can be matched to manage blood glucose levels. Research suggests that a lack of accuracy in estimating the carbohydrate content of food and drinks accounts for much of the variation in blood glucose after eating in Type 1 diabetes. There are several ways to count carbohydrate, using different sources of information. This guide describes the most common ways.

Weighing Food

This is the most accurate way to estimate the carbohydrate content of food. You will need to refer to a reliable reference of carbohydrate values, such as the Carbs & Cals book or App. Match your weighed portion to the one listed and read the carbohydrate value. If the weight of your portion does not precisely match one of the photographed foods, you will need to work out the carbohydrate content of your portion with a simple calculation:

Carbohydrate value of photographed food

Weight of photographed food in grams

$\times$ weight of your portion in grams

For example:

Mashed Potato (with butter)

55g CARBS 362 CALS 6g PROTEIN 14g FAT



5g FIBRE

Weight: 355g

9g SAT FAT

You prepare some mashed potato. Your serving weighs 305g. There is no portion showing that weight in the Carbs & Cals book or app, but there is a portion weighing 355g, which contains 55g of carbohydrate. Using the calculation above:

$$\frac{55}{355} \times 305 = 47\text{g Carbohydrate}$$

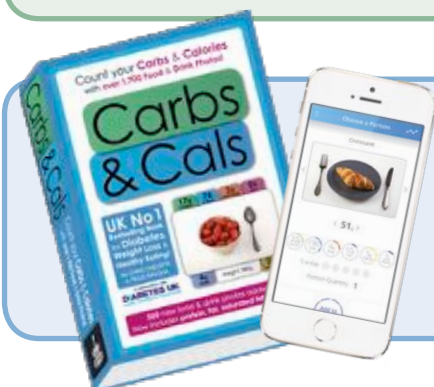
So your portion of 305g contains 47g of carbohydrate.

This method involves more effort but the result is greater accuracy.

Visual estimation using Carbs & Cals

This method of estimation is one of the easiest and most convenient. It is particularly useful in situations where you are unable to weigh the food, such as in a restaurant or when you are eating in someone else's home.

The Carbs & Cals Book and App is designed for, and therefore ideally suited to, this method. The accuracy of visual estimation depends on how closely your portion matches the portion you refer to in the book or app. You may need to make an adjustment if your portion is larger or smaller than the one pictured, however a range of serving sizes are provided to make this easier, as in the example below. The nutritional information in Carbs & Cals always relates to the cooked or prepared weight.



The Carbs & Cals book describes the size of the plates, bowls or other containers used in all the photos, which helps you to make a more accurate estimation.

Nutrition information online

Not all purchased foods display carbohydrate information on the label and some don't even have a label (for example, loose items or foods from fast food outlets). Many large companies publish nutritional information on their own website. They may also print leaflets in-store with the same information.

FOOD WHERE DELIVERS EAT. CONNECT JOBS OUR STORY		
NUTRITIONAL INFORMATION		
	Per 100g	Per pack
Energy (KJ)	154	1795
Energy (Kcal)	341	399
Fat (g)	0	0.2
Of Which Saturates (g)	0.0	0.0
Carbohydrate (g)	11	23.4
Of Which Sugars (g)	0.7	0.2
Fibre (g)	1.7	6
Protein (g)	8	18.8
Salt (g)	1.2	1.8

All nutritional figures are estimates and may vary due to seasonal variations

Nutrition information on food labels

Most food retailers and manufacturers include nutrition information on food labels. Information displayed on the front of the pack usually shows the calorie, fat and sugar content of the recommended portion.

Nutrition Information		
TYPICAL VALUES	Per 100g	Per Biscuit (approx 27g)
Energy	1910kJ/455kcal	514kJ/123kcal
Protein	4.8g	1.3g
Carbohydrate	63.8g	17.2g
of which sugars	38.5g	10.4g
Fat	20.1g	5.4g
of which saturates	11.0g	3.0g
Fibre	2.0g	0.5g
Sodium	0.1g	Trace
Salt equivalent	0.3g	0.1g
Guideline Daily Amounts for a Typical Adult		
Guideline	Per Biscuit	Approx % guideline

Carbohydrate values are normally found on the back of the pack, together with all the other nutrients. As with the other methods, there are some important points to consider:

Always check the values

Check if you are reading the values for 'per portion' or 'per 100g'.

Look at carbs not sugars

Use the value for 'Carbohydrate' rather than 'of which Sugars'. Sugar is just one part of the carbohydrate and only using this value will underestimate the carbohydrate content.

Check your portion size

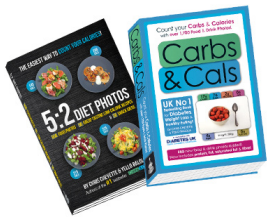
What size is your portion? It may be much larger than the suggested portion for which you have the values provided. For added accuracy you can weigh your portion to confirm it matches the one on the label.

As sold or cooked?

Do the values relate to 'as sold' or 'as cooked/prepared'? If you are also weighing the food, make sure you do so in the same form as the value you are using.

Are the foods slowly absorbed?

Does the product contain carbohydrate foods that are very slowly absorbed (for example beans or pulses)? The carbohydrate value on the label may overestimate the effect on blood glucose levels and therefore the amount of insulin you need to inject.



Carbs & Cals

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



Type 1 Diabetes ☐

Type 2 Diabetes ☐

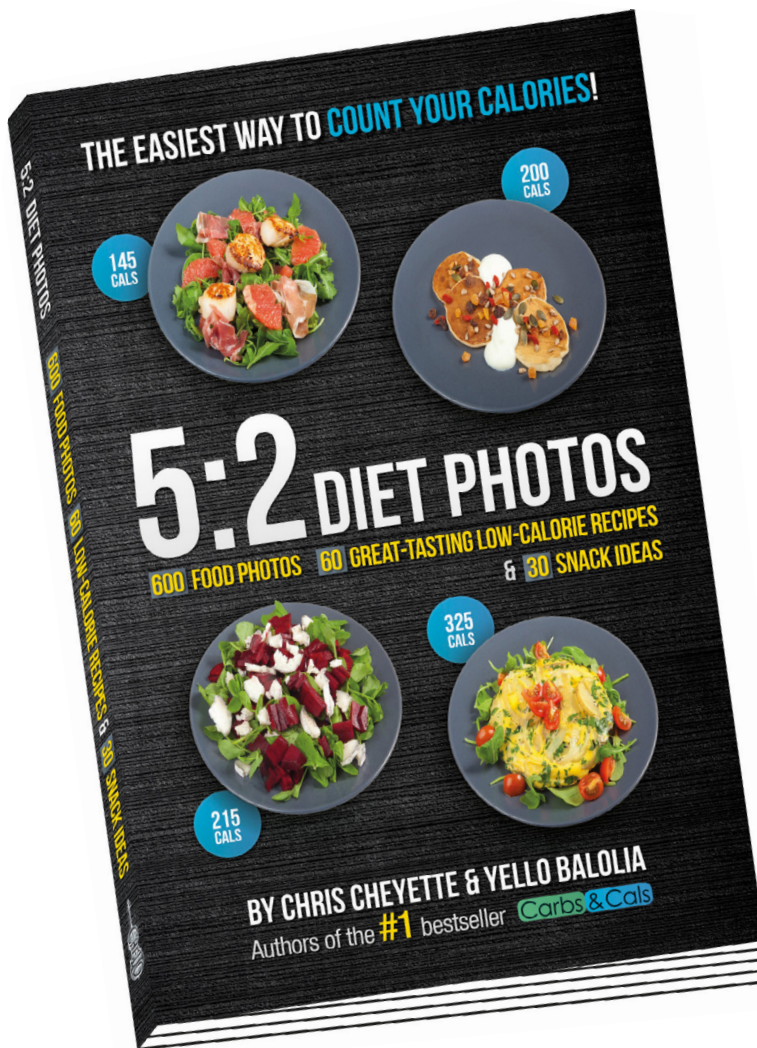
Weight Loss ☐

5:2 Diet ☒

5:2 Recipes

The following 3 tasty recipes are from the 5:2 Diet Photos book.

- ✓ Helps you stick to your **500 calorie** budget
- ✓ **600** photos, **60** recipes & **30** snack ideas
- ✓ Delicious **inspiration** for your fasting days



[Click here to buy your copy](#)

145
CALS



Scallop, Parma Ham & Grapefruit Salad



Preparation



1. Dry-fry the **scallops** for around 2 - 3 minutes on each side, until just cooked
2. Arrange the **rocket** on a plate with the **grapefruit** and **Parma ham**
3. Top with the scallops and serve

Ingredients

3 Large scallops
(100g, raw)

20g Rocket

70g pink grapefruit
segments

1 slice Parma ham
(15g)

145
Cals

3g
Fat

22g
Prot

Weight: 160g 8g Carbs

Pineapple Prawn Stir-fry



Preparation



1. Dry-fry the **stir-fry vegetables** in a hot, non-stick pan for 2 - 3 minutes
2. Add the **prawns**, **Chinese 5-spice**, **pineapple** and **soy sauce**
3. Cook for a further 1 - 2 minutes and serve

Ingredients

1 pack stir-fry vegetables (285g, ready-prepared)

100g prawns, cooked

1 tsp Chinese 5-spice

60g fresh pineapple chunks

1 tbsp soy sauce

235
Cals

3g
Fat

31g
Prot

Weight: 410g 19g Carbs

Slow-roasted Tomato & Chorizo Salad



Preparation



1. Pre-heat the oven to 120°C
2. Mix the **tomatoes** with the **rosemary**, **garlic** and half the **thyme**, then season with salt and pepper
3. Place onto a baking tray and roast in the oven for 90 minutes
4. Meanwhile, dry-fry the **mushrooms** in a pan with the **chorizo**, remaining thyme and freshly ground black pepper, until the mushrooms are tender
5. Add the **Marsala wine**, reduce down (this will only take a few seconds), then remove the pan from the heat
6. Mix the tomatoes with the mushrooms and chorizo. Serve on a bed of **spinach** and **rocket**

Ingredients

100g cherry tomatoes, halved

½ tsp fresh rosemary, finely chopped

1 clove garlic, finely diced

1 tsp fresh thyme, finely chopped

45g chorizo, sliced

50ml Marsala wine

20g baby spinach

15g rocket

255
Cals

12g
Fat

12g
Prot

Weight: 220g 13g Carbs



Carbs & Cals

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



Type 1 Diabetes ☐

Type 2 Diabetes ☐

Weight Loss ☐

5:2 Diet ☒

5:2 Summer Tips

Summer is a time when we often prefer lighter meals such as salads. That's great news if you're following the 5:2 diet because salads and vegetables contain very few calories, so you can really fill your plate with them. They are also a great source of vitamins and fibre, and help to keep you hydrated as they contain lots of water, which also helps with a healthy digestive system.

There is a vast array of different ways to combine, prepare and serve your salads and vegetables so that your meals remain appetising as well as nutritious. Follow these top tips for a tasty and healthy 5:2 summer.

Top Tips

Get Colourful

Include as many different colours as possible...or in other words 'eat a rainbow'.



Chicken with Mango & Lime Salsa

Fresh Herbs

Use fresh herbs such as coriander, fennel, basil or parsley in your salads to spice them up.

Dressings Count

Choose low or no-calorie dressings, fresh lemon or lime juice and balsamic vinegar are great on salads and add extra flavour.

Snacks

Choose fresh, colourful and crunchy foods that are low in calories, for example '*Peppers & Salsa*' or '*Celery & Tzatziki*' are only 25 - 30 calories (see [5:2 Diet Photos book](#) for recipe).



Peppers & Salsa

Seasonal

Make the most of your favourite vegetables and salad foods as they come into season and are at their best...

May

Asparagus, Spinach, Lettuce and Cucumber

June

Broad Beans, Peas and Carrots

July

Celery, Courgette and Runner Beans

Sweet Tooth

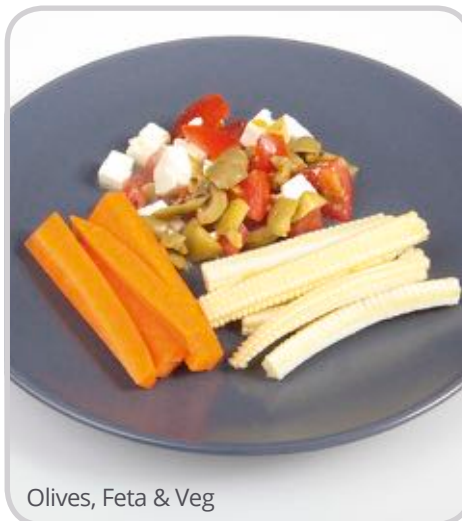
For your sweet tooth try '*Berries and Jelly*' or '*Vanilla Berries*' – only 30 - 50 calories (see [5:2 Diet Photos book](#) for recipe).



Berries & Jelly

Be Adventurous

Be adventurous with different types of salad leaves. Try rocket or spinach as well as traditional iceberg lettuce. You'll be surprised how different they all taste.



Olives, Feta & Veg

Protein

Protein keeps you feeling fuller for longer, so remember to include a serving of protein in your meals, such as lean meat, fish or eggs.

Water

Make plain water more interesting by filling a jug and adding ice and slices of lemon, lime or cucumber to infuse with flavour.

Key Points

Keep Hydrated

Keep hydrated, especially on fast days. Aim for 3 litres of low-calorie or calorie-free fluids a day.

Alcohol

Alcohol contains a lot of calories with no other nutritional benefit, so even on non-fasting days it's important to keep track of how much you are drinking.



Carbs & Cals

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



Type 1 Diabetes ☐

Type 2 Diabetes ☐

Weight Loss ☐

5:2 Diet ☒

Factors in a good 5:2 Diet Recipe

Your 5:2 diet will be more varied, appetising and much healthier if you make more meals from scratch. **The 5:2 Diet Photos book** includes 60 great-tasting, low-calorie recipes and snack ideas, but don't let that put you off creating your own recipes too.

This guide will demonstrate the key elements of a good 5:2 diet recipe.

Include in your recipes:

Lots of **vegetables** or **salad** as these foods are filling and naturally very low in calories.

A good serving of **lean protein** from meat, fish, tofu, eggs or pulses. Protein will help to keep you feeling fuller for longer.

Small amounts of **healthy fats**, such as vegetable or olive oil.

Small quantities of slowly released, **wholegrain carbs**, for example oats, wholemeal pasta, rye or pumpernickel bread, or bulgur wheat.

For extra flavour use:

A wide range of **spices** and **herbs**.

Small quantities of strongly flavoured **cheeses**.

Fruit juice and vinegar for **dressings**, **sauces** and **drizzles**, for example lemon or lime juice, balsamic vinegar.

Don't forget:

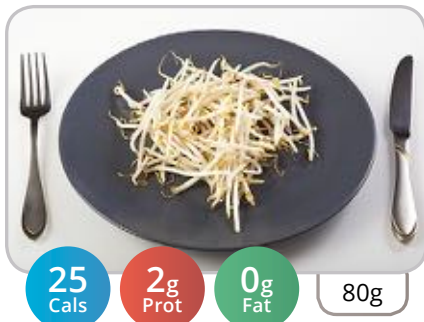
Make use of **healthier cooking methods** such as grilling and baking, or slow cooking. Baking and slow cooking are particularly good for creating intense flavours.

Prepare and serve your dishes so they are **colourful** and **well presented**, for example you can use herbs for garnish.

5:2 diet recipe ingredients

The example below demonstrates the types of ingredients that could be combined to make a great-tasting 5:2 recipe. In this example, you could omit the noodles on a fasting day, if you wish to lower the calories further.

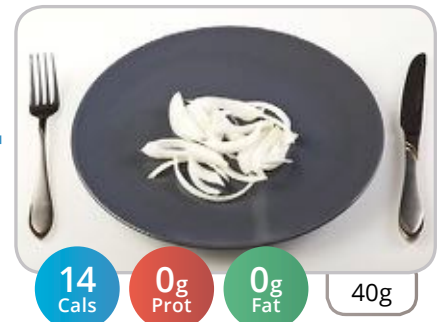
Bean Sprouts



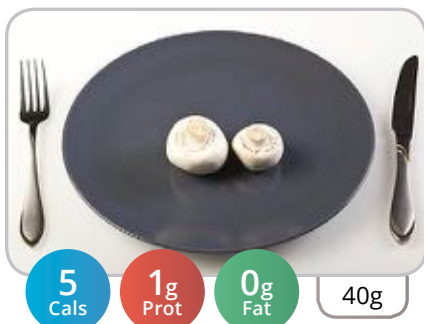
Bamboo Shoots



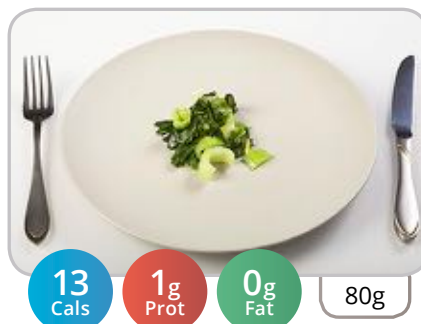
Onions



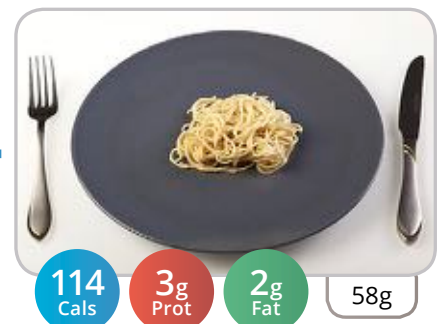
Mushrooms



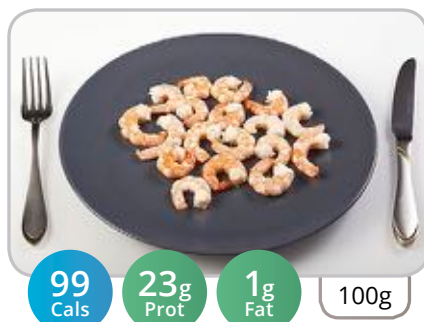
Pak Choi



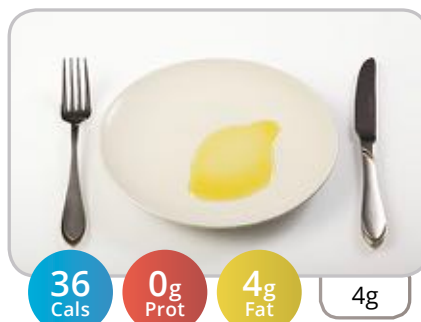
Noodles (egg)



King Prawns



Olive Oil



Soy Sauce



= **319 Cals** or **205 Cals** Without Noodles



Carbs & Cals

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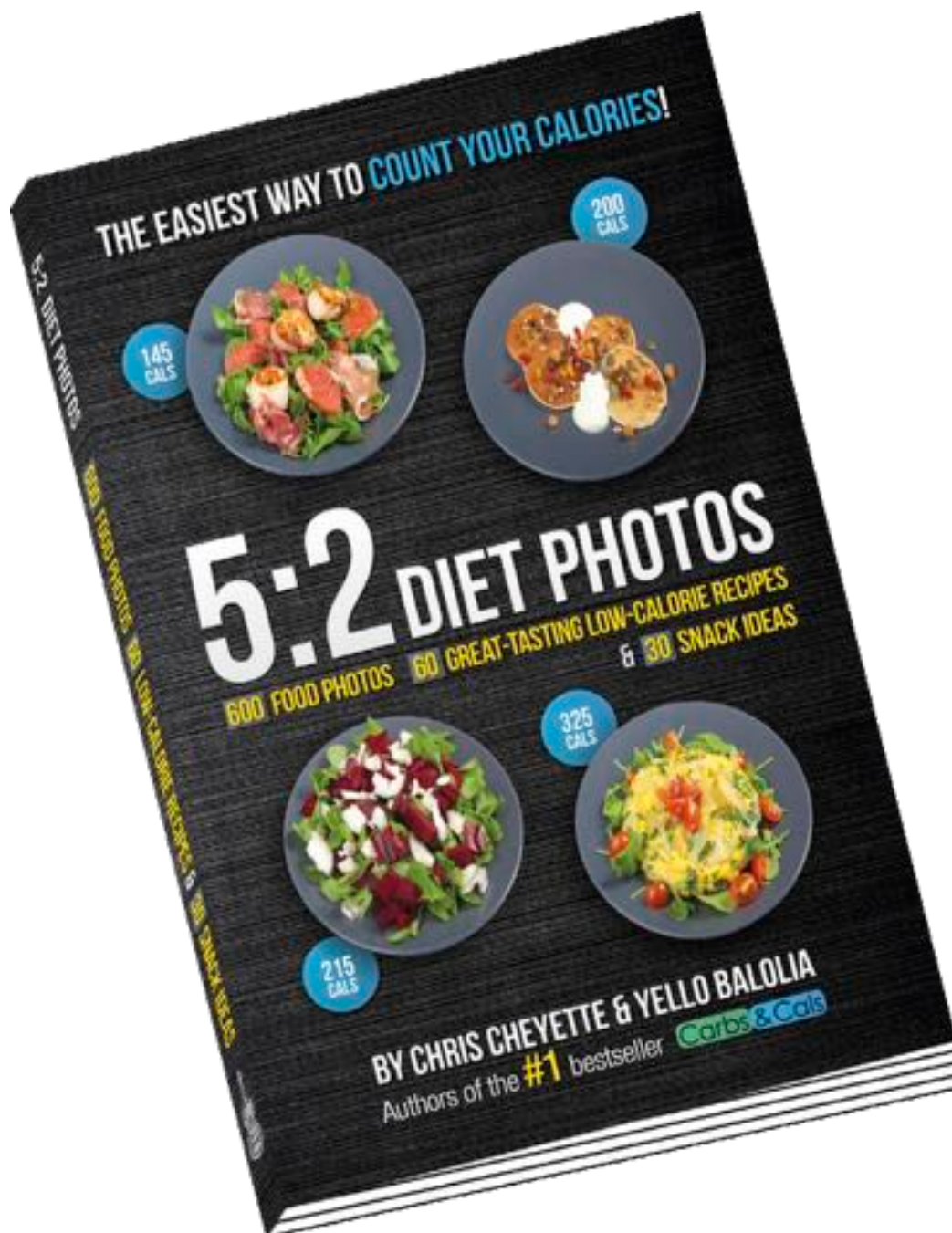
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Index for 5:2 Diet Photos Book



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Type 1 Diabetes ☐

Type 2 Diabetes ☐

Weight Loss ☐

5:2 Diet ☒

Keeping Motivated on the 5:2 Diet

Research suggests the 5:2 diet is easier to stick to over time compared to other types of diets, but sometimes we all need a little extra support to keep focussed. This guide offers tips to keep you motivated.

On fast days

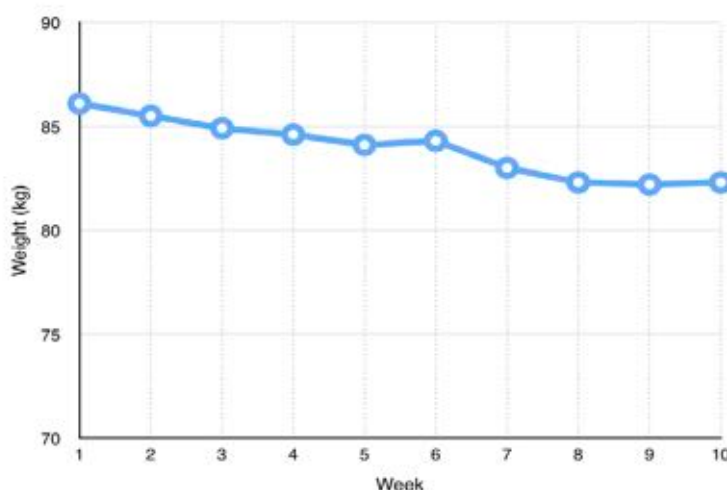
Try out **different ways** of fasting to see what suits you best. For example, choosing your busiest day may help distract you from feeling hungry. On the other hand, you may need to eat more on busy days for extra energy. Work out what suits you by **experimenting**.

Plan fast days so they are **not consecutive**. You may find this easier to manage and there will never be longer than 1 day to wait before you can eat foods you are craving.

Keeping track

Weigh yourself once a **fortnight** and keep a written record of your weight.

Draw a **graph** to chart your **progress** with losing weight.



Be adventurous

Try out new or **different foods** and dishes from the **5:2 Diet Photos book**. Set yourself a goal to try at least one new food or dish each week.

Tofu Scramble



130
Cals

Mexican bean burger with spicy salsa



190
Cals

Baked egg ratatouille



255
Cals

Stuffed aubergine with bulgar wheat & feta



280
Cals

Get help

Find a **friend** or buddy to follow the diet with you.

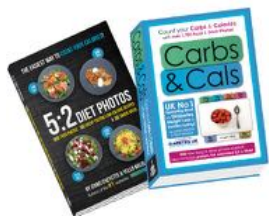
Motivate each other by sharing tips and ideas.

Be active

Being physically active is great for making us **feel good**.

Light exercise

on fast days is fine but don't attempt anything too demanding or do any endurance training.



Carbs & Cals

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Type 1 Diabetes ☐

Type 2 Diabetes ☐

Weight Loss ☐

5:2 Diet ☒

Starting out on the 5:2 diet

The 5:2 approach enables you to lose weight without deprivation. Eating a normal, healthy diet 5 days a week, and fasting on the remaining 2 days reduces your overall calorie intake by 25%. This may suit some people who have struggled with other approaches, as research suggests people are able to follow this type of diet for longer than other types.

What are my calorie limits?

	Women	Men
Normal Day	2,000* Calories	2,500* Calories
Fasting Day	500 Calories	600 Calories

* Specific calorie requirements for a normal day vary from person to person, based on height, weight, age and activity level.

Use the Calorie Requirements Calculator at www.carbsandcals.com/BMI to calculate your individual calorie requirements for a non-fasting day.

Calorie combinations on fasting days

There are a number of ways you can achieve your 500 calorie target on fasting days. Sometimes it takes a few fasting days to work out the most suitable plan for you. Foods that are good to include on fasting days are lean protein such as meat, fish, eggs, or tofu; low-fat and low-sugar dairy foods; small amounts of healthy fats; vegetables and fruit. Planning is very important. The 5:2 Diet Photos book can help you plan your meals and snacks.

If you are in a rush in the morning, with little time to prepare breakfast, it may be easier for you to skip breakfast and have:

250 Cals at lunch
250 Cals for dinner

Busy at work through the day? Try missing lunch:

250 Cals for breakfast
250 Cals for dinner

If you prefer the idea of three meals a day, have three smaller meals:

150 Cals for breakfast
150 Cals at lunch
200 Cals for dinner

Some people find that eating little and often works best to help keep hunger away through the day:

100 Cals for breakfast
50 Cals for mid-morning snack
100 Cals at lunch
50 Cals for afternoon snack
200 Cals for dinner

Common questions about the 5:2 diet

Can I eat what I want on non-fast days and still lose weight?

The 5:2 diet does allow you to eat your favourite foods on non-fast days but it is still important to be aware of portion sizes and remain within your overall calorie budget.

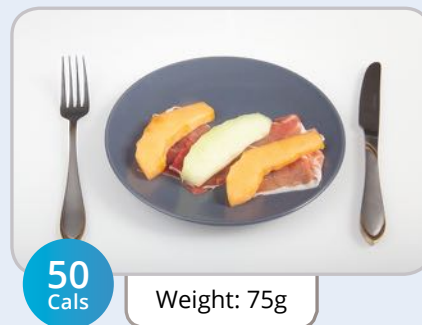
Do I need to take nutritional supplements on fast days?

No, this is not necessary. Provided you eat a healthy, balanced diet on the non-fast days, there is no need to take any nutritional supplements.

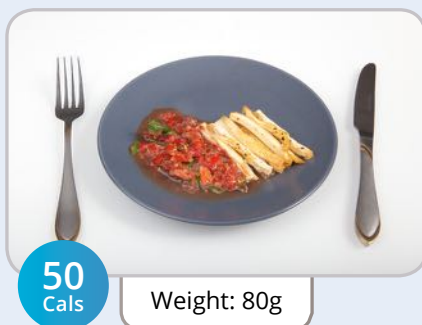
Will I feel hungry?

You can expect to feel more hungry on fast days, but this is only for 2 days out of 7, and there are some great-tasting, low-calorie snacks you can include. Here are some examples from the [5:2 Diet Photos book](#):

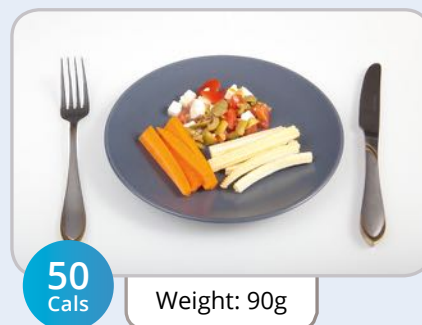
Melon & Ham



Roast Tofu Sticks



Olives, Feta & Veg



What are the side effects?

You may experience headaches on fasting days. Constipation is also a risk, but both of these side effects can be easily avoided by drinking lots of water (aim for 3 litres a day on fast days) and including plenty of vegetables, salad and some fruit on these days.



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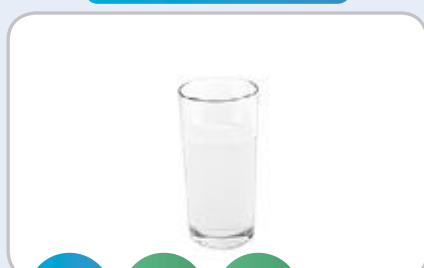
Tips for following the 5:2 Diet

It is important to plan ahead and think about what you'll be eating on both fasting and non-fasting days. The 5:2 Diet Photos Book can help you plan each day's meals and this guide offers some tips that may help on fasting days.

Drink plenty of fluids

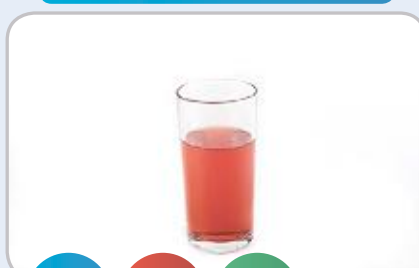
You need more fluids on a fasting day, so drink more calorie-free fluids than usual and aim for 3 litres. This will help you to avoid constipation and headaches. Water, herbal teas and sugar-free squash make great choices. Make plain water more interesting by filling a jug and adding ice, as well as slices of cucumber, lemon or lime.

Glass of water



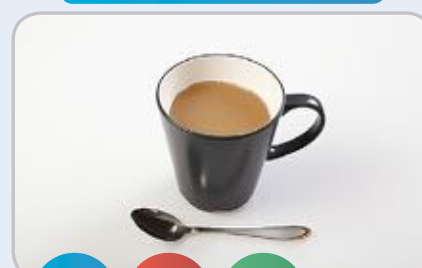
0g Cals 0g Prot 0g Fat 150ml

Squash (no added sugar)



6 Cals 0g Prot 0g Fat 150ml

Cup of Tea (with milk)

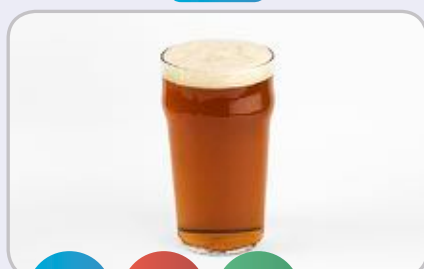


18 Cals 1g Prot 1g Fat 260ml

Avoid alcohol

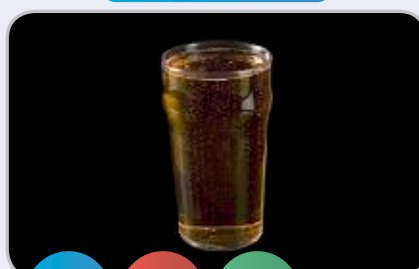
Alcoholic drinks are often high in calories and provide little or no nutritional benefit. Alcohol can also make you feel hungry and lead to a higher calorie intake than you planned.

Ale



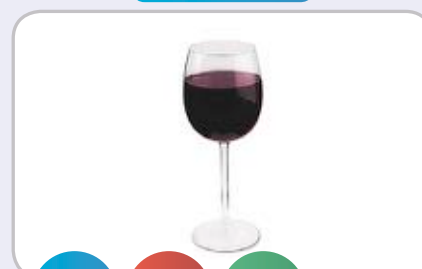
170 Cals 2g Prot 0g Fat 568ml

Cider (sweet)



239 Cals 0g Prot 0g Fat 568ml

Red Wine

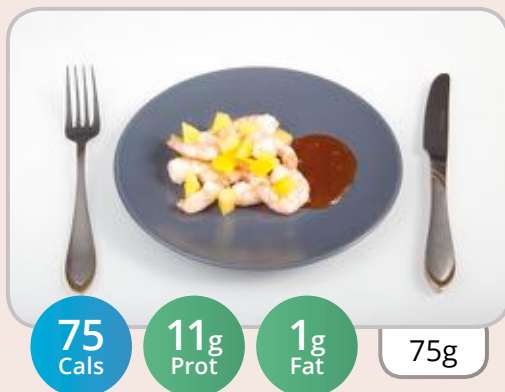


170 Cals 0g Prot 0g Fat 250ml

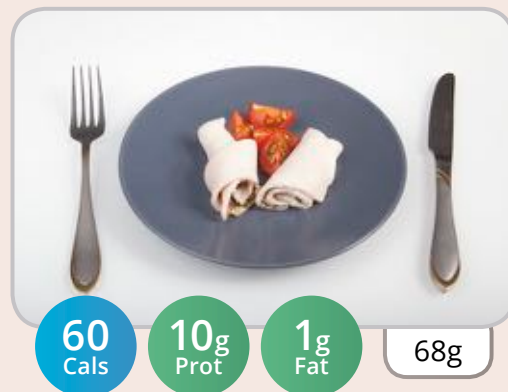
Include protein

Protein is very filling so should be included where possible. Chicken, turkey, fish, pulses, beans, and tofu are examples of high-protein, low-calorie options. Choose high-protein snacks to help stave off hunger.

Mango Prawns



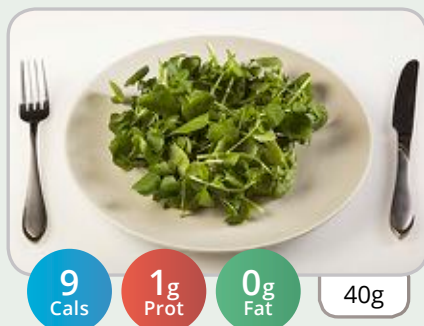
Turkey Mustard Roll



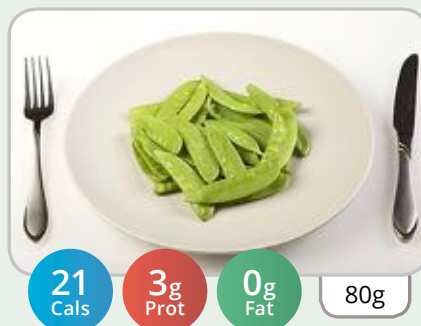
Eat lots of salad & vegetables

Salad and vegetables are very low in calories so fill up on these foods and base all your meals and snacks on salad and vegetables. They are also a great source of water and fibre, which are important for a healthy digestive system.

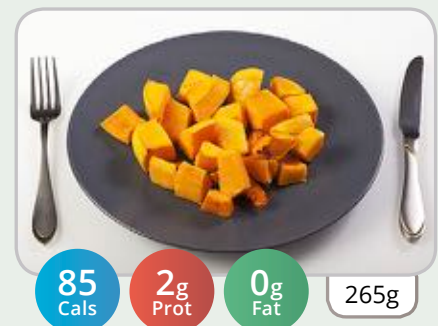
Watercress



Mangetout



Butternut Squash





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Tips for Non-Fasting Days

It is important to eat a balanced diet on your non-fasting days so that you don't undo the hard work you've put in on the fast days. This will also ensure that you get a wide range of nutrients and vitamins throughout the week.

Eat a healthy, balanced diet 5 days of the week

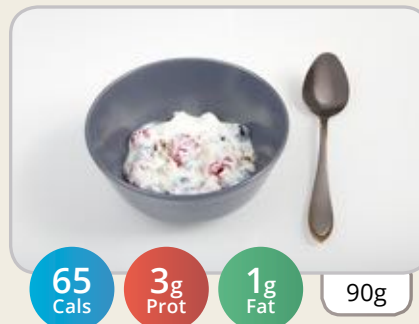
To achieve a balanced diet, include foods from all five main food groups:

Carbs	Choose wholegrain and low-GI varieties
Fruit & Veg	Make these a main part of each meal (5-a-day)
Dairy	Select low-fat options, e.g. skimmed milk & diet yogurt
Protein	Choose non-processed options such as eggs, meat, fish, nuts, beans & lentils
Fats	Use vegetable or olive oil in cooking. Limit fatty snacks such as chocolate, crisps, cakes & biscuits

Snack smart

If you are hungry between meals, snacks of yogurt and fruit are ideal as they are low in calories.

Yogurt Berry Crunch



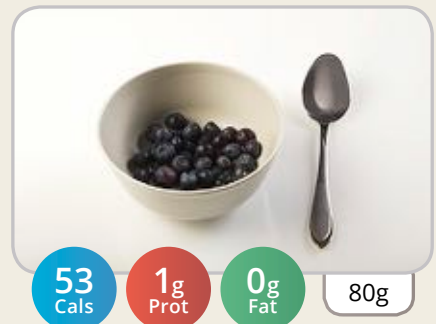
65 Cals

3g Prot

1g Fat

90g

Blueberries



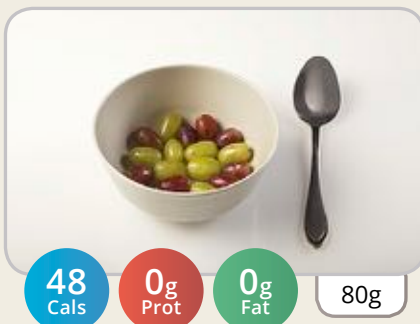
53 Cals

1g Prot

0g Fat

80g

Grapes



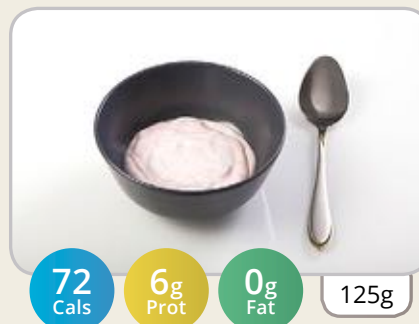
48 Cals

0g Prot

0g Fat

80g

Fruit Yogurt (fat free)



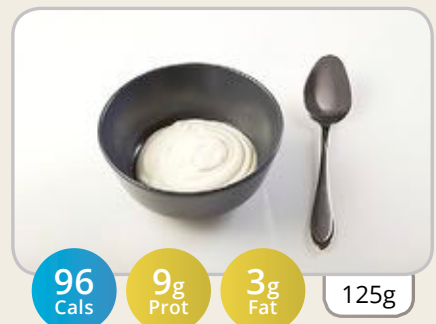
72 Cals

6g Prot

0g Fat

125g

Greek Yogurt (low fat)



96 Cals

9g Prot

3g Fat

125g

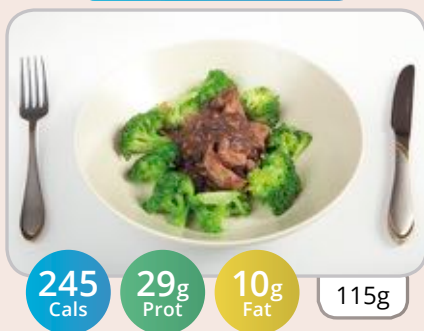
Aim for 3 meals a day

Have breakfast, lunch and dinner each day. Try not to skip meals. Make sure you space these meals out over the day as they will provide you with energy and help you avoid snacking in between meals.

Get cooking

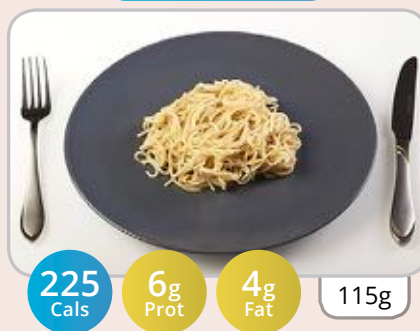
Eat fewer processed foods and make cook more meals from scratch. You can easily adapt some of the recipes from the 5:2 Diet Photos book to increase the calories, by adding a small serving of potatoes, rice, bread or pasta to the meal.

Pork Tenderloin
with Black Bean Sauce



+

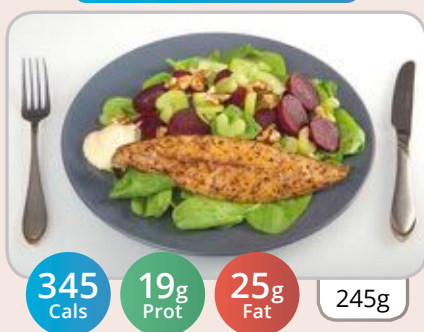
Noodles (egg)



=

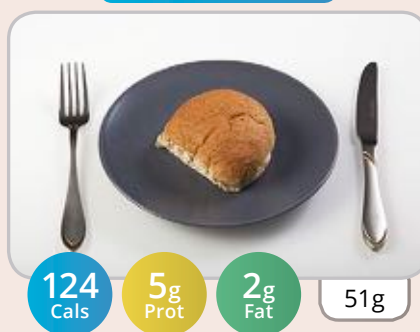
470
Cals

Mackerel Salad
with Beetroot & Walnuts



+

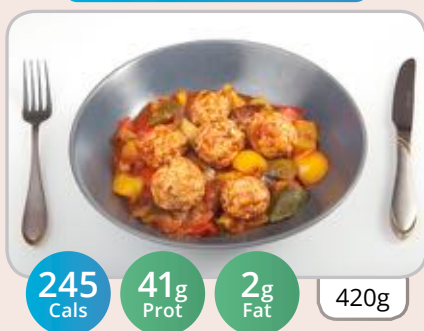
Bap (wholemeal)



=

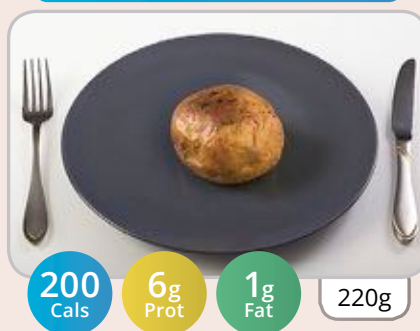
469
Cals

Turkey Meatballs
in a mediterranean sauce



+

Jacket Potato (with skin)



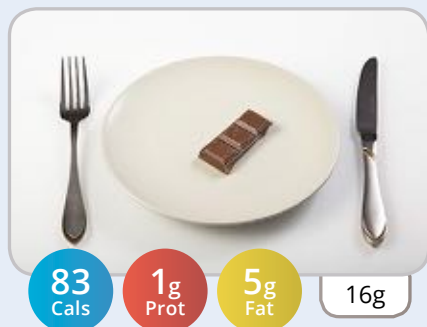
=

445
Cals

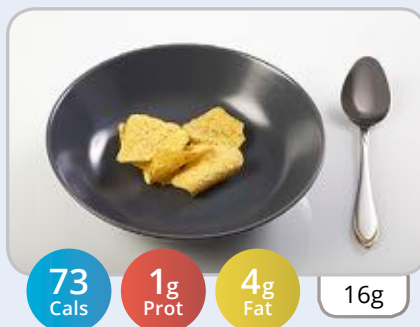
Be treat wise

Include your favourite treat foods in small quantities (and not on every non-fast day!)

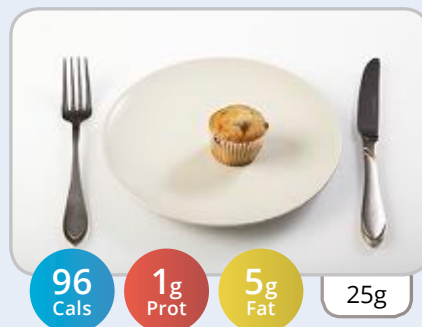
Chocolate (milk)



Tortilla Chips



Mini Blueberry Muffin



Move more

Being active on your non-fasting days is important, as you will be feeling more energetic. There are many ways to incorporate physical activity into your daily routine without needing to go to the gym. Think ahead – plan how you can be more active each day. With a little planning it will be much more likely to actually happen!

**Do some gardening,
DIY or 'spring
cleaning'**

**Spend less time
sitting – turn off
the TV**

**Use the stairs
instead of lifts
or escalators**

**Use the car less & walk instead.
Or park your car further away
so you have to walk more**

**Play
with
the dog**

**Take the
kids to
the park**



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Adapting Recipes to Lower Calories

Making your own dishes from scratch is a great way to improve the quality of your diet as processed foods can contain a lot of hidden fat, sugar and salt. Our favourite home-cooked recipes can all be adapted to lower the calories, making them healthy as well as tasty. Try the tips below in your recipes.

Top Tips

Meat in Dishes

Less Fat

Use leaner cuts of meat and trim off any visible fat. Remove the skin from chicken and use turkey or Quorn instead of beef or pork.

Pork Chop (grilled)



514
CALS

Weight: 200g

31g
FAT

Turkey Breast (grilled)



310
CALS

Weight: 200g

3g
FAT

Make Smart Swaps

Replace some of the carbohydrate in the dish, (e.g. potatoes or pasta) with more lean meat.

Replace some of the meat with pulses, (e.g. lentils, beans or chickpeas).

Added Veg

Add extra mushrooms to replace some of the meat. This works especially well in slow-cooked or beef dishes as the mushrooms add lots of extra flavour.

Cooking Methods

Go Non-Stick

Use a non-stick pan when frying as you'll often be able to use very little or no oil whatsoever. It doesn't have to be an expensive pan but replace it when the non-stick coating is worn.

Avoid Frying

Grill and bake instead of frying, and use a wire rack to allow the fat to drain away from the food during cooking.

Oil Check

Reduce the amount of oil used in cooking and measure it using a spoon rather than pouring directly from the bottle.

Olive / Vegetable Oil



Olive / Vegetable Oil



Other Changes

More Veg

Add more vegetables so you can reduce the quantity of starchy carbohydrate or meat in the dish.

More Beans

Increase the amount of pulses in the dish and reduce the amount of potato, rice or pasta.

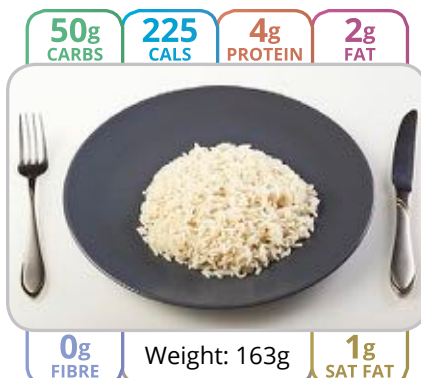
Less Sugar

In baking or desserts you can often halve the amount of sugar with no real detriment to the recipe. Replace some of the sugar with a sweetener.

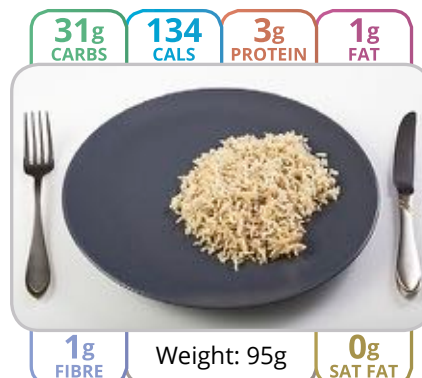
More Fibre

Switch to higher fibre versions of rice and pasta, such as brown rice and wholemeal pasta. They are more filling so you can reduce the quantity.

White Rice (long grain)



Brown Rice (long grain)



Other Changes

Dairy Switch

Use reduced fat alternatives to cream, cheese and butter.

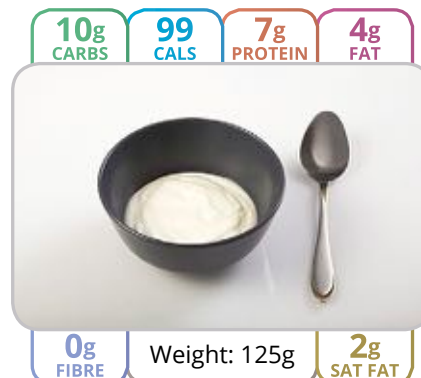
- Use a stronger cheese so you can use less of it.
- Switch to a reduced fat spread instead of real butter.

- Low fat plain yogurt is a great alternative to using cream, sour cream or crème fraiche. Add it to mashed potato for a lovely tangy flavour and leave out the butter!

Crème Fraiche



Natural Yogurt (fat free)



Specific Ideas

Pies

Instead of a pastry top use either sliced or mashed potato (or sweet potato).

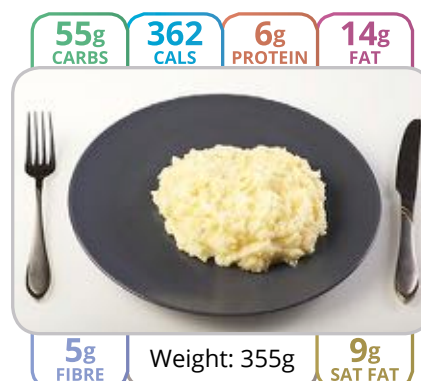
Lasagne

- Use lean turkey mince or a meat alternative such as Quorn.
- Reduce the quantity of cheese, or choose a lower fat version.
- Instead of using pasta sheets, layer with thinly-sliced aubergine or courgette.

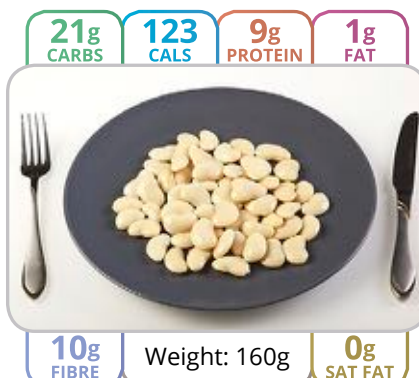
Mashed Potato

For a tasty alternative mash up some butter beans and add lemon juice and garlic for extra flavour, or try roasting and mashing some butternut squash.

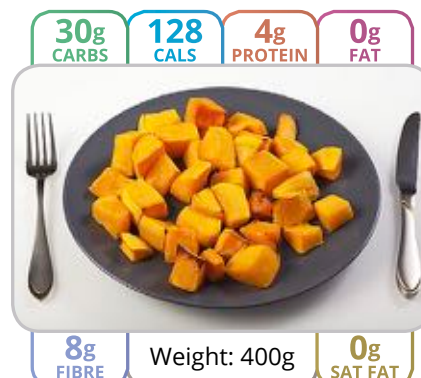
Mashed Potato (with butter)



Butter Beans



Butternut Squash (baked)





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Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☒

Calculating Calories in a Recipe

If you are trying to lose or gain weight, it is useful to have an understanding of the amount of calories in the food and drink you consume. Knowing the calorie content of food helps us to carefully select the types of food we eat so that we can avoid excess, choose healthier options and maintain a healthy weight.

Most purchased or ready-made foods display nutrition information, including calories, on the label. Making more meals from scratch is a great way to improve the quality of our diet.

Understanding how to calculate the calories 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 calories 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 calorie **value** from the tab above the photograph.
4. **Add together** the calorie values for each ingredient.
5. **Divide** the total calories by the number of servings.

Example:

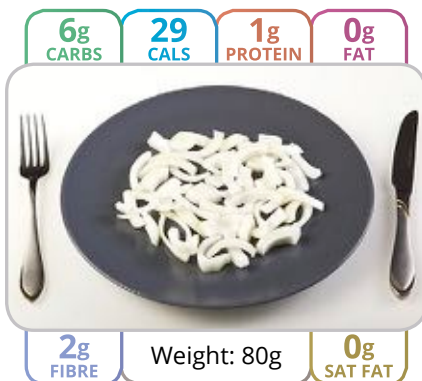
Chicken Stir Fry

Serves 2

Total Calories	956
Calories Per Serving	478

Ingredient	Calories
80g Onions	29
80g Mushrooms	10
120g Mixed Peppers	18
80g Bean Sprouts	25
80g Pak Choi	13
200g Chicken Breast (grilled)	296
15g (tablespoon) Soy Sauce	7
15g (tablespoon) Vegetable Oil	108
230g Egg Noodles	450

Onions



Mushrooms



Mixed Peppers



Bean Sprouts



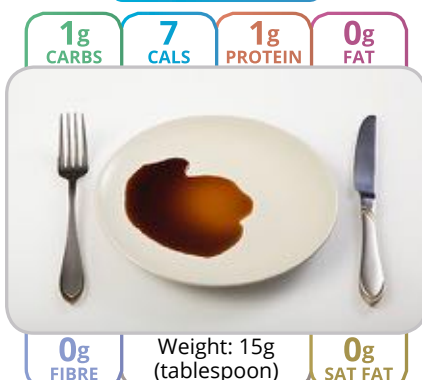
Pak Choi



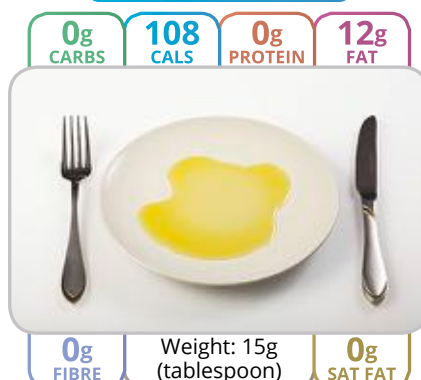
Chicken Breast (grilled)



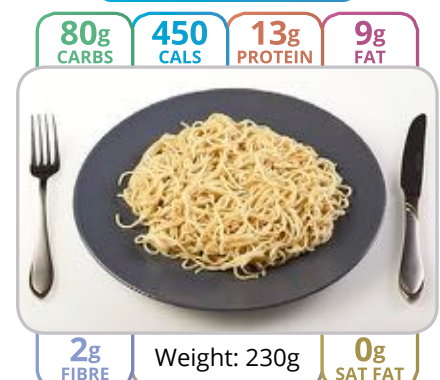
Soy Sauce



Vegetable Oil



Noodles (egg)





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Calories in Alcohol

Did you know that a pint of lager contains the same calories as a slice of chocolate cake?

Alcohol contains **7 calories** per gram and these calories have no nutritional value. The calorie content increases with any mixers added to your drink, such as juice or sugary soft drinks. Alcohol can also make you feel hungry, as it lowers your blood sugar levels. Make sure you do not exceed the recommended **3-4** units a day for men and **2-3** units a day for women.

If you have diabetes treated with insulin, it is recommended not to drink on an empty stomach. Lower your calorie and alcohol intake by alternating with a low-calorie soft drink between alcoholic drinks.

Red Wine (12% ABV)

1g
CARBS

170
CALS

3
UNITS



250ml (large)

Stir-fry (chicken & noodles)

21g
CARBS

170
CALS



Weight: 140g

Same
calories as

Lager (4% ABV)

8g
CARBS

187
CALS

2
UNITS



568ml (pint)

Chocolate Cake

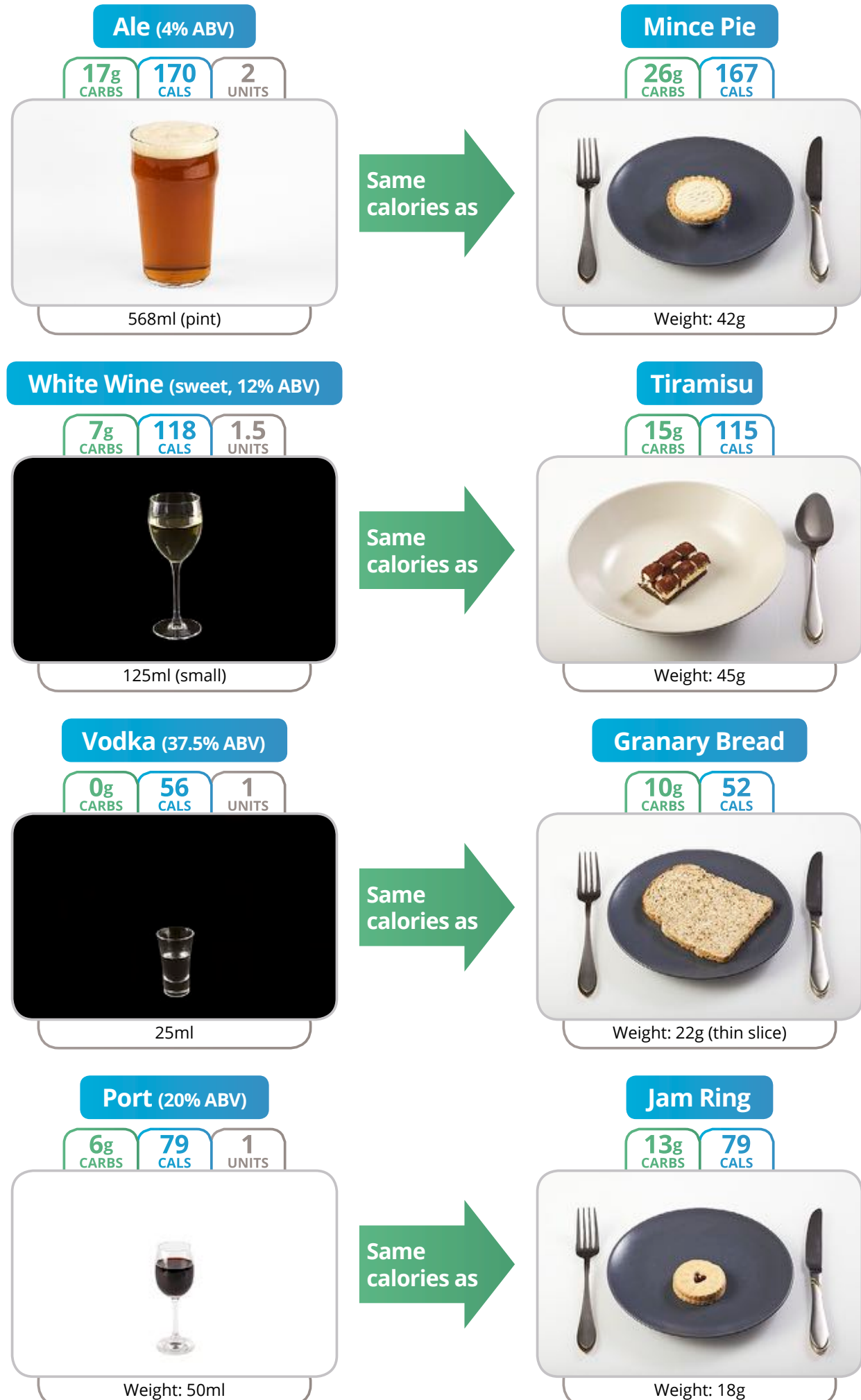
20g
CARBS

186
CALS



Weight: 40g

Same
calories as



Champagne (12% ABV)

2g
CARBS

95
CAL

1.5
UNITS



125ml

Same
calories as

Crisps

10g
CARBS

95
CAL



Weight: 18g

Irish Cream

11g
CARBS

163
CAL

1
UNITS



50ml

Same
calories as

Vegetable Samosa

23g
CARBS

163
CAL



Weight: 75g

Cranberry Juice

41g
CARBS

173
CAL



284ml (half pint)

Same
calories as

Sticky Toffee Pudding

24g
CARBS

173
CAL



Weight: 50g

Cola

31g
CARBS

116
CAL



284ml (half pint)

Same
calories as

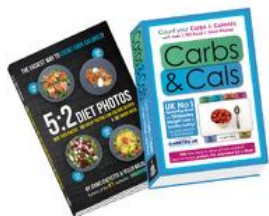
Pepperoni Pizza

12g
CARBS

115
CAL



Weight: 40g



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Weight Loss ☒

5:2 Diet ☒

How to Save 100 Calories

Losing weight slowly and steadily is beneficial in the long term, as rapid weight loss has been shown to be unsustainable and may even be dangerous to health. Making changes in the long term is easier if you set realistic targets and try to make one small change at a time.

A realistic goal is losing ½ kg (1 lb) to 1 kg (2 lb) per week.

Even saving 100 calories per day could lead to steady weight loss.

Here are some handy examples of how you could save 100 calories by choosing a lower-calorie option.

Chocolate Cake

20g
CARBS

186
CALS

3g
PROTEIN

11g
FAT



1g
FIBRE

Weight: 40g

3g
SAT FAT

Swap for

Lemon Sorbet

22g
CARBS

85
CALS

0g
PROTEIN

0g
FAT



1g
FIBRE

Weight: 88g

0g
SAT FAT

Strawberry Milkshake

29g
CARBS

196
CALS

9g
PROTEIN

5g
FAT



0g
FIBRE

Weight: 284g
(half pint)

3g
SAT FAT

Swap for

Grapes

25g
CARBS

96
CALS

1g
PROTEIN

0g
FAT



1g
FIBRE

Weight: 160g

0g
SAT FAT

Red Leicester

0g
CARBS

201
CALS

12g
PROTEIN

17g
FAT



0g
FIBRE

Weight: 50g

11g
SAT FAT

Swap for

Cottage Cheese

3g
CARBS

101
CALS

13g
PROTEIN

4g
FAT



0g
FIBRE

Weight: 100g

2g
SAT FAT

Peanuts

2g
CARBS

181
CALS

7g
PROTEIN

16g
FAT



2g
FIBRE

Weight: 30g

3g
SAT FAT

Swap for

Banana

20g
CARBS

81
CALS

1g
PROTEIN

0g
FAT



1g
FIBRE

Weight: 130g

0g
SAT FAT

Macaroni Cheese



Swap for

Fajita (chicken)



Panini

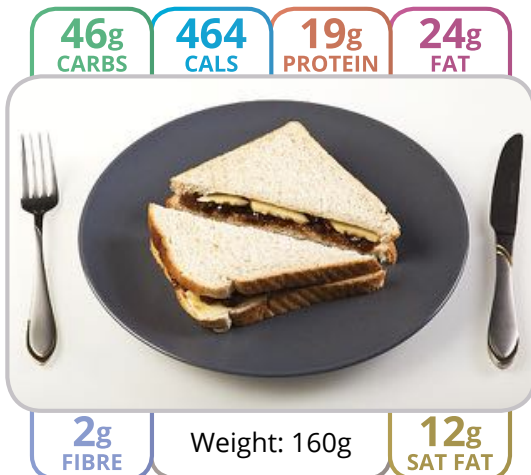


Swap for

Pitta Bread



Cheese & Pickle Sandwich



Swap for

Chicken Salad Sandwich





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Weight Loss ☒

5:2 Diet ☐

Making Healthy Snack Choices

It is normal to get hungry leading up to your next meal, and sometimes we need to satisfy hunger with a snack. Think about why you are snacking before deciding to eat, and whether you are truly hungry. Ask yourself these questions:

Is this a physical hunger from an empty and grumbling stomach, or is it a **'head hunger'**?

- Are you eating because you are bored?
- Are you eating because you feel stressed or fed up?
- Do you have a craving for a particular food?

The foods we choose to eat between meals can make a big difference to the nutritional quality of our diet, and overall calorie intake. If you are trying to eat more healthily and to lose weight, this guide will help you make better choices. The decision should not be based purely on calories, however, although this is clearly important for weight loss.

Ways to improve snack choice:

1. Choose a **lower-calorie** option.
2. Choose an option that is **more nutritious**, and makes a positive contribution to the diet
3. Choose an option that is **both** lower in calories and more nutritious.

Snack Swaps

The examples below demonstrate how you can save calories and enjoy a nutritious snack as part of your overall calorie intake.

Instead of:	Choose:	Calories saved:	Other benefits:
Coronation Chicken Sandwich 43g CARBS 443 CALS 19g PROTEIN 22g FAT  3g FIBRE Weight: 180g 2g SAT FAT	Ham Salad Sandwich 40g CARBS 267 CALS 13g PROTEIN 7g FAT  2g FIBRE Weight: 160g 1g SAT FAT	126 CALS	15g less fat More salad

Instead of:	Choose:	Calories saved:	Other benefits:
Chocolate Digestive 9g CARBS 74 CALS 1g PROTEIN 4g FAT  0g FIBRE Weight: 15g 2g SAT FAT	Iced Ring 5g CARBS 27 CALS 0g PROTEIN 1g FAT  0g FIBRE Weight: 6g 0g SAT FAT	47 CALS	3g less fat
	Mango Prawns 6g CARBS 75 CALS 11g PROTEIN 1g FAT  1g FIBRE Weight: 75g 0g SAT FAT	0 CALS	3g less fat High in protein

Instead of:	Choose:	Calories saved:	Other benefits:
Crisps <div> <div>10g CARBS</div> <div>95 CALS</div> <div>1g PROTEIN</div> <div>6g FAT</div> </div>  <div> <div>1g FIBRE</div> <div>Weight: 18g</div> <div>3g SAT FAT</div> </div>	Popcorn (with butter) <div> <div>5g CARBS</div> <div>59 CALS</div> <div>1g PROTEIN</div> <div>4g FAT</div> </div>  <div> <div>1g FIBRE</div> <div>Weight: 10g</div> <div>0g SAT FAT</div> </div>	36 CALS	2g less fat Lower carbs
	Fiery Crisps <div> <div>11g CARBS</div> <div>45 CALS</div> <div>1g PROTEIN</div> <div>0g FAT</div> </div>  <div> <div>2g FIBRE</div> <div>Weight: 20g</div> <div>0g SAT FAT</div> </div>	50 CALS	6g less fat

Instead of:	Choose:	Calories saved:	Other benefits:
Chocolate Éclair <div> <div>21g CARBS</div> <div>217 CALS</div> <div>2g PROTEIN</div> <div>14g FAT</div> </div>  <div> <div>0g FIBRE</div> <div>Weight: 56g</div> <div>7g SAT FAT</div> </div>	Malt Loaf <div> <div>40g CARBS</div> <div>180 CALS</div> <div>5g PROTEIN</div> <div>1g FAT</div> </div>  <div> <div>2g FIBRE</div> <div>Weight: 61g</div> <div>0g SAT FAT</div> </div>	37 CALS	13g less fat More fibre More protein



Carbs & Cals

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



Type 1 Diabetes ☐

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☒

Ways to Count Calories

Counting calories is a valuable skill for anyone trying to maintain, lose or gain weight. You can check how many calories you need to consume each day, using the Carbs & Cals Calorie Requirement Calculator at www.carbsandcals.com/bmi.

There are several ways to count calories, using different sources of information. This guide describes the most common techniques.

Weighing Food

This is the most accurate way to estimate the calorie content of food. You will need to refer to a reliable reference of calorie values, such as the Carbs & Cals book or App. Match your weighed portion to the one listed and read the calorie value. If the weight of your portion does not precisely match one of the photographed foods, you will need to work out the calorie content of your portion with a simple calculation:

Calorie value of photographed food

Weight of photographed food in grams

X weight of your portion in grams

For example:

Mashed Potato (with butter)

55g CARBS 362 CALS 6g PROTEIN 14g FAT



5g FIBRE Weight: 355g 9g SAT FAT

You prepare some mashed potato. Your serving weighs 305g. There is no portion showing that weight in the Carbs & Cals book or app, but there is a portion weighing 355g, which contains 362 calories. Using the calculation above:

$$\frac{362}{355} \times 305 = 311 \text{ Calories}$$

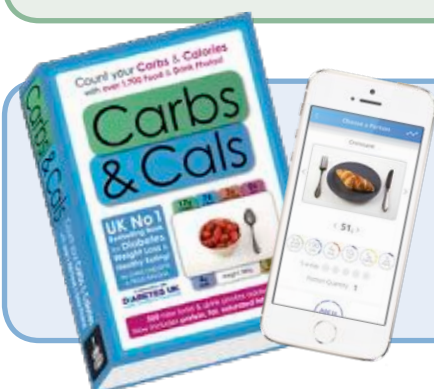
So your portion of 305g contains 311 calories.

This method involves more effort but the result is greater accuracy.

Visual estimation using Carbs & Cals

This method of estimation is one of the easiest and most convenient. It is particularly useful in situations where you are unable to weigh the food, such as in a restaurant or when you are eating in someone else's home.

The Carbs & Cals Book and App is designed for, and therefore ideally suited to, this method. The accuracy of visual estimation depends on how closely your portion matches the portion you refer to in the book or app. You may need to make an adjustment if your portion is larger or smaller than the one pictured, however a range of serving sizes are provided to make this easier, as in the example below. The nutritional information in Carbs & Cals always relates to the cooked or prepared weight.



The Carbs & Cals book describes the size of the plates, bowls or other containers used in all the photos, which helps you to make a more accurate estimation.

Nutrition information online

Not all purchased foods display calorie information on the label and some don't even have a label (for example, loose items or foods from fast food outlets). Many large companies publish nutritional information on their own website. They may also print leaflets in-store with the same information.

FOOD WHERE DELIVERS EAT. CONNECT JOBS OUR STORY			
NUTRITIONAL INFORMATION			
	Per 100g	Per pack	
Energy (KJ)	154	1795	
Energy (Kcal)	341	399	
Fat (g)	0	0.2	
Of Which Saturates (g)	0.0	0.0	
Carbohydrate (g)	11	23.4	
Of Which Sugars (g)	0.7	0.2	
Fibre (g)	1.7	6	
Protein (g)	8	18.8	
Salt (g)	1.2	1.9	

All nutritional figures are estimates and may vary due to seasonal variations.

Nutrition information on food labels

Most food retailers and manufacturers include nutrition information on food labels. The front of the pack usually shows the calorie, fat and sugar content of the recommended portion, with more detailed information on the reverse of the packaging.

Nutrition Information		
TYPICAL VALUES	Per 100g	Per Biscuit (approx 27g)
Energy	1910kJ/455kcal	514kJ/123kcal
Protein	4.8g	1.3g
Carbohydrate	63.8g	17.2g
of which sugars	38.5g	10.4g
Fat	20.1g	5.4g
of which saturates	11.0g	3.0g
Fibre	2.0g	0.5g
Sodium	0.1g	Trace
Salt equivalent	0.3g	0.1g

Guideline Daily Amounts for a Typical Adult			
	Guideline daily amount	Per Biscuit (approx 27g)	Approx % guideline daily amount
Calories	2000 cals	123 cals	6%
Sugar	90g	10.4g	12%

Calorie values are normally found on the back of the pack, together with all the other nutrients. As with the other methods, there are some important points to consider:

Always check the values

Check if you are reading the values for 'per portion' or 'per 100g'.

As sold or cooked?

Do the values relate to 'as sold' or 'as cooked/prepared'? If you are also weighing the food, make sure you do so in the same form as the value you are using.

Check your portion size

What size is your portion? It may be much larger than the suggested portion for which you have the values provided. For added accuracy you can weigh your portion to confirm it matches the one on the label.



Carbs & Cals

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



Type 1 Diabetes ☐

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☒

Which diet is right for me?

Losing weight requires you to take in fewer calories (energy) than you use up through being physically active. There are a number of ways this can be achieved, 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, which usually involves 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, but this guide has some basic information.

Types of Diet

The main types of diet that may suit you include:

Low calorie

Low calorie diets are defined as 1,200 calories per day or less and this can be achieved through careful selection of foods and controlling portion sizes

Very low calorie

This usually involves eating 450-800 calories per day for up to 12 weeks and often relies on commercial meal-replacement products. Very Low Calorie diets should be followed under supervision, ideally from a Registered Dietitian, and may require medical monitoring.

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.

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

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.

The example below demonstrates how a fast day of 500 calories can be achieved with 3 meals. Page numbers are taken from the [5:2 Diet Photos book](#).

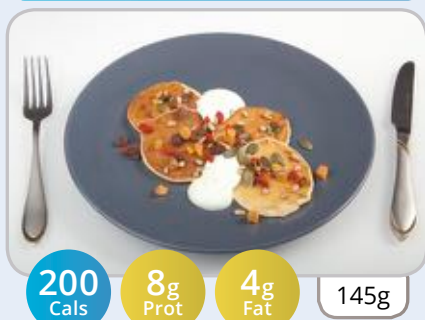
BREAKFAST = Breakfast Pancakes (page 27)

SNACK = Tuna Crunch (page 81)

DINNER = Pea & Asparagus Risotto (page 25)

TOTAL = 485 Cals

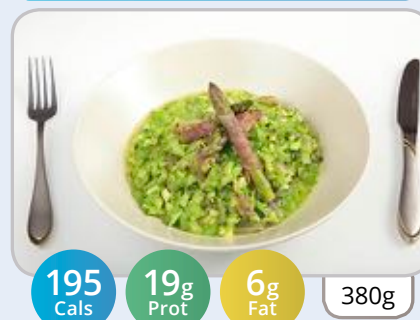
Mini Breakfast Pancakes



Tuna Crunch



Pea & Asparagus Risotto



The Carbs & Cals web site includes a Calorie Requirements Calculator where you can work out your daily requirements. [Visit www.carbsandcals.com/BMI](http://www.carbsandcals.com/BMI)

Top Tips

Be realistic

It can be hard to change everything overnight. Think about the changes as a long-term improvement to your eating rather than a quick fix.

Get help

Enlist the support of a friend or family member who can encourage you or even follow the diet alongside you.

Don't forget about exercise

By increasing your physical activity level at the same time as changing your diet, you're much more likely to succeed.



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Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☒

Working out your Calorie Requirements

The number of calories we require varies a lot between individuals and depends on a number of factors, including age, gender, physical activity and whether you are trying to lose, maintain or gain weight.

The Guideline Daily Amount (GDA) for calories is 2,000 for an average woman and 2,500 for an average man. However, if you are physically inactive or trying to lose weight you may need many fewer calories than this.

A Registered Dietitian can help you to understand your individual calorie requirements.

Calorie Requirement Calculator

The Carbs & Cals website includes a Calorie Requirement Calculator to help you estimate your personal calorie requirements.

BMI (kg/m ²)	Category
Below 18.5	Underweight
18.5 - 24.9	Healthy Weight
25 - 29.9	Overweight
30 - 35	Obese
Over 35	Morbidly Obese

Your BMI is 22.6

Calorie Requirement Calculator

Please make sure you have entered your weight in the BMI calculator above before you start.

Age: 25 years (1-100)
Gender: ☒ Male ☐ Female
Physical Activity Level: ☐ Sedentary - Sitting for much of the day (e.g. office job)
☒ Lightly Active - Being on feet for most of the day (e.g. school)
☐ Moderately Active - Most of the day doing physical activity (e.g. gym)
☐ Very Active - Much of the day doing heavy physical work (e.g. building)
Weight Goal: ☐ Lose 10 lb per week ☐ Lose 5 lb per week ☒ Maintain Current Weight ☐ Gain 5 lb per week ☐ Gain 10 lb per week

Your Daily Recommendations are:

- 2400 Cals
- 200g Carbs
- 50g Protein
- 60g Fat

Please visit www.carbsandcals.com/BMI

You will need the following information when using the Calories Requirement Calculator:

- Age
- Gender
- Weight
- Height
- Physical Activity Levels
- Whether you would like to gain, lose or maintain your weight.

Key Point

Once you have completed the Calorie Requirement Calculator you will know your daily targets for calories, carbs, protein and fat. The Carbs & Cals book or app can then help you to move towards achieving these targets each day.



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Type 1 Diabetes ☒

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☐

Alcohol & Units

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

Over the years, the alcohol content of most drinks has gone up so a drink may contain more units of alcohol than you think. As a general rule, it is recommended that men have no more than **3-4 units** of alcohol per day and women have no more than **2-3 units** per day. Here's a useful guide to the alcohol units of some common drinks.

Cider (dry 5% ABV)

15g
CARBS

205
CALs

3
UNITS



568ml (pint)

Lager (4% ABV)

8g
CARBS

187
CALs

2
UNITS



568ml (pint)

Stout (4% ABV)

9g
CARBS

170
CALs

2
UNITS



568ml (pint)

Champagne (12% ABV)

2g
CARBS

95
CALs

1.5
UNITS



125ml

Red Wine (12% ABV)

1g
CARBS

170
CALs

3
UNITS



250ml (large glass)

White Wine (12% ABV)

2g
CARBS

165
CALs

3
UNITS



250ml (large glass)

Brandy (40% ABV)

0g
CARBS

56
CALs

1
UNITS



25ml

Port (20% ABV)

6g
CARBS

79
CALs

1
UNITS



50ml

Vodka (37.5% ABV)

0g
CARBS

56
CALs

1
UNITS



25ml



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Type 1 Diabetes ☒

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☒

Bristol Stool Chart

A simple way to assess the health of your digestive system!

The healthiest stools are types 3 and 4, especially type 4. Increasing the **dietary fibre** content of your diet, increasing your **fluid** intake and doing more **physical activity** can all encourage regular bowel movements and contribute to good digestive health.

Type 1



Separate hard lumps, like nuts (hard to pass)

Type 2



Sausage-shaped but lumpy

Type 3



Like a sausage but with cracks on the surface



Type 4



Like a sausage or snake, smooth and soft



Type 5



Soft blobs with clear-cut edges

Type 6



Fluffy pieces with ragged edges, a mushy stool

Type 7



Watery, no solid pieces (entirely liquid)

1



Separate hard lumps, like nuts (hard to pass)

2



Sausage-shaped but lumpy

3



Like a sausage but with cracks on the surface



4



Like a sausage or snake, smooth and soft



5



Soft blobs with clear-cut edges

6



Fluffy pieces with ragged edges, a mushy stool

7



Watery, no solid pieces (entirely liquid)

Carbs & Cals

The healthiest stools are types 3 and 4, especially type 4. Increasing the **dietary fibre** content of your diet, increasing your **fluid** intake and doing more **physical activity** can all encourage regular bowel movements and contribute to good digestive health.

www.carbsandcals.com



Cut me out and keep me in your wallet!

The Bristol Stool Chart was developed by K.W.Heaton and S.J.Lewis at the University of Bristol. It was first published in 1997 in the Scandinavian Journal of Gastroenterology.



Carbs & Cals

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



Type 1 Diabetes ✓

Type 2 Diabetes ✓

Weight Loss ✓

5:2 Diet ✓

Calcium

Calcium has several important functions in the body: it helps build strong teeth and bones, plays an essential role in blood clotting and keeps muscles working properly. The current recommended intake of calcium in adults is **700mg** per day. Try to have 2 to 3 servings of calcium-rich foods per day to reach the daily target.

Calcium deficiency from childhood to early adulthood may lead to osteoporosis later in life. Osteoporosis is a disorder that affects bone strength and therefore increases the risk of fractures. If you have osteoporosis, it is recommended to increase your calcium intake from 700mg to **1000mg** per day.

Calcium-rich foods

Milk (semi-skimmed)

13g
CARBS

131
CALS

341mg
CALCIUM



284ml (half pint)

Soya Milk (sweetened)

7g
CARBS

122
CALS

253mg
CALCIUM



284ml (half pint)

Natural Yogurt

10g
CARBS

99
CALS

250mg
CALCIUM



Weight: 125g

Tofu (fried)

1g
CARBS

85
CALS

149mg
CALCIUM



Weight: 40g

Cheddar (reduced fat)

0g
CARBS

137
CALS

420mg
CALCIUM



Weight: 50g

Sardines (tinned in brine)

0g
CARBS

86
CALS

270mg
CALCIUM



Weight: 50g (half tin)

Other good sources of calcium

Broccoli

1g
CARBS

19
CALS

32mg
CALCIUM



80g

Baked Beans

31g
CARBS

168
CALS

106mg
CALCIUM



Weight: 200g

Okra (boiled)

2g
CARBS

22
CALS

96mg
CALCIUM



Weight: 80g

Figs (dried)

16g
CARBS

68
CALS

75mg
CALCIUM



Weight: 30g

Almonds

2g
CARBS

185
CALS

72mg
CALCIUM



Weight: 30g

Sesame Seeds

0g
CARBS

60
CALS

67mg
CALCIUM



Weight: 10g

Soya Yogurt (fortified)

16g
CARBS

91
CALS

144mg
CALCIUM



Weight: 124g

White Bread

20g
CARBS

96
CALS

68mg
CALCIUM



Weight: 44g (thick slice)

Salmon (canned in brine)

0g
CARBS

142
CALS

93mg
CALCIUM



Weight: 85g



Carbs & Cals

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Type 1 Diabetes ☐

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☐

Healthy Meal Planning

You may find it easier to eat a healthy balanced diet and lose weight if you **plan your meals** at least one or two days ahead and prepare meals at home more often. It could also help to save you time and money, especially if you're eating fewer takeaways and convenience foods.

To prepare a healthy meal takes a little planning. Making more **meals from scratch** is the best way to be certain they are nutritionally balanced, but it is also possible to improve convenience meals with a few simple changes.

This guide will give you suggestions on how to plan healthy meals.

Aim for balanced meals

Include foods from the **3 main food groups** in each meal:

- **Protein:** lean meat, fish, eggs, pulses, tofu.
- **Starchy Carbohydrate:** pasta, rice, potatoes, yam.
- **Vegetables or Salad**

If you need to use **ready meals**, choose the healthier option by reading the label and add frozen vegetables to make the dish more balanced and filling.

Plan your meals

Plan ahead

at least 1 or 2 days of meals and healthy snacks.

Decide **how many meals** you need to make and how many people each meal will need to serve, so that you won't waste food or cook more than you need.

Make use of **leftovers** to avoid waste, for example leftover roast chicken makes a great salad or stir-fry the next day.

Keep a stock of **store cupboard items** that are commonly used in your favourite dishes. E.g. herbs and spices, stock cubes, vinegar.

Build up a **collection** of quick, easy, tasty and healthy recipes that all the family enjoys.

Shop smart

Make a list and stick to it. Don't be tempted by special offers on high-calorie snack foods that you didn't plan to buy.

Check the fridge and food cupboards to plan dishes around what you already have.

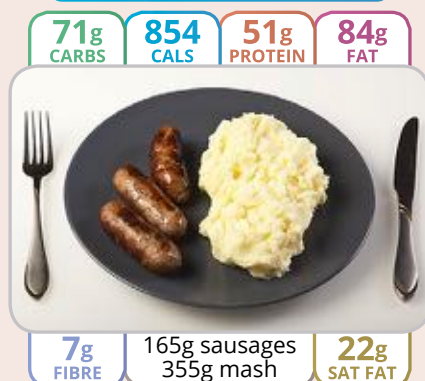
Don't shop when you're **hungry**.

Adapt your favourite meals

Instead of abandoning your favourite dishes, by adjusting the portion size and adding vegetables it is possible to improve the balance of the meal and lower the calorie content. Here are a few examples...

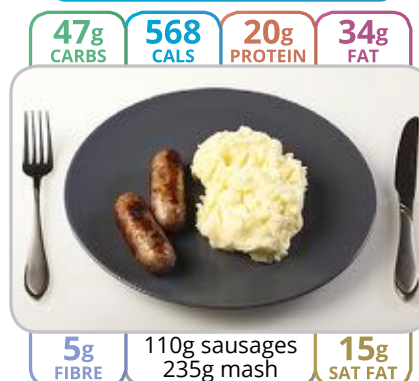
Instead of:

3 Sausages & Mash



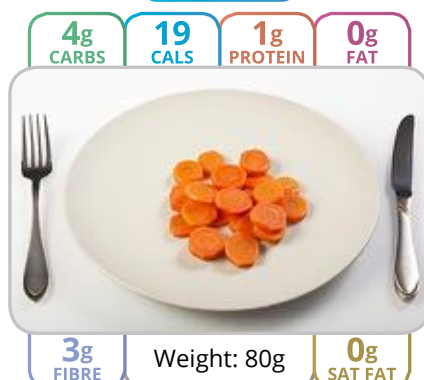
Try:

2 Sausages & Mash



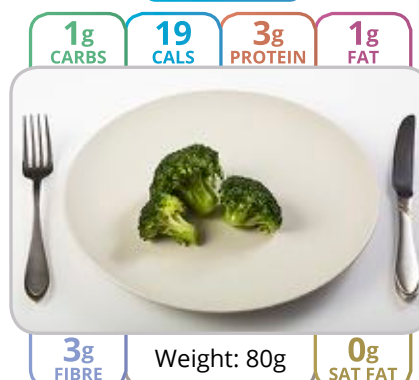
+

Carrots



+

Broccoli



Instead of:

Pasta Bake

51g CARBS	437 CALS	26g PROTEIN	16g FAT
--------------	-------------	----------------	------------



3g FIBRE	Weight: 355g	8g SAT FAT
-------------	--------------	---------------

Try:

Pasta Bake

41g CARBS	351 CALS	21g PROTEIN	12g FAT
--------------	-------------	----------------	------------



3g FIBRE	Weight: 285g	6g SAT FAT
-------------	--------------	---------------

+

Mixed Salad Leaves

0g CARBS	3 CALS	0g PROTEIN	0g FAT
-------------	-----------	---------------	-----------



0g FIBRE	Weight: 20g	0g SAT FAT
-------------	-------------	---------------

Instead of:

Shepherds' Pie

50g CARBS	708 CALS	33g PROTEIN	43g FAT
--------------	-------------	----------------	------------



6g FIBRE	Weight: 485g	20g SAT FAT
-------------	--------------	----------------

Try:

Shepherds' Pie

37g CARBS	526 CALS	25g PROTEIN	32g FAT
--------------	-------------	----------------	------------



4g FIBRE	Weight: 360g	15g SAT FAT
-------------	--------------	----------------

+

Peas

8g CARBS	55 CALS	5g PROTEIN	1g FAT
-------------	------------	---------------	-----------



5g FIBRE	Weight: 80g	0g SAT FAT
-------------	-------------	---------------



Carbs & Cals

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Type 1 Diabetes ☒

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☐

How to get your 24g of Fibre Each Day

Dietary fibre is a valuable component of our diet and essential for good health. It keeps the bowels healthy, it lowers cholesterol and keeps you fuller for longer, thus aiding weight loss.

When increasing the fibre content of your diet, it's also important to drink more fluids.

For adults, it is recommended to have **24g fibre** per day.

Here are some examples (breakfast, lunch, dinner and snack)
on how you can get your **24g fibre** each day!

Meal Plan 1

24g FIBRE

Breakfast

Fruit & Fibre

29g CARBS | 141 CALS | 2g FAT | 4g FIBRE



Weight: 40g

Lunch

Beans on Toast (with Margarine)

55g CARBS | 356 CALS | 10g FAT | 11g FIBRE



44g toast, 195g beans, 10g marg

Dinner

Curry, Lentil (with brown rice)

49g CARBS | 400 CALS | 19g FAT | 6g FIBRE



185g curry, 95g rice

Snack

Dried Fruit Selection

18g CARBS | 76 CALS | 0g FAT | 3g FIBRE



Weight: 30g

Meal Plan 2

24g
FIBRE

Breakfast

Malted Wheats

33g
CARBS

145
CAL

1g
FAT

5g
FIBRE



Weight: 42g

Lunch

Chunky Veg Soup

21g
CARBS

115
CAL

2g
FAT

4g
FIBRE



Weight: 260g

Dinner

Vegetarian Shepherd's Pie

64g
CARBS

357
CAL

6g
FAT

11g
FIBRE



Weight: 400g

Snack

Houmous & Low Fat Dippers

20g
CARBS

165
CAL

8g
FAT

4g
FIBRE



50g houmous, 80g veg, 14g breadsticks

Meal Plan 3

24g
FIBRE

Breakfast

All Bran

9g
CARBS

54
CAL

1g
FAT

6g
FIBRE



Weight: 20g

Lunch

Stuffed Peppers

38g
CARBS

186
CAL

1g
FAT

3g
FIBRE



Weight: 270g

Dinner

Sweet Potato & Red Lentil Dahl with Naan

76g
CARBS

425
CAL

7g
FAT

10g
FIBRE



450g curry, 60g naan

Snack

Raspberries

7g
CARBS

40
CAL

1g
FAT

5g
FIBRE



Weight: 160g



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Type 1 Diabetes ☒

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☒

Urine Colour Chart

Keeping well hydrated is extremely important for our survival!

A good way to ensure you are hydrated is to check the colour of your urine. A few signs and symptoms of **dehydration** include **thirst, tiredness, constipation, headache** and **dizziness**.

Make sure you keep well hydrated by drinking between **1.5 to 2.5 litres** of fluid a day (that is roughly **6 to 8 glasses**). If you are physically active or during periods of hot weather you may require more fluid.

Type 1		Well Hydrated	☒
Type 2		Hydrated	☒
Type 3		Hydrated	☒
Type 4		Moderately Hydrated	
Type 5		Moderately Hydrated	
Type 6		Dehydrated	
Type 7		Very Dehydrated	
Type 8		Extremely Dehydrated	

1		Well Hydrated	☒
2		Hydrated	☒
3		Hydrated	☒
4		Moderately Hydrated	
5		Moderately Hydrated	
6		Dehydrated	
7		Very Dehydrated	
8		Extremely Dehydrated	

Carbs & Cals

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www.carbsandcals.com



Cut me out and keep me in your wallet!