

Introduction to recipe calculation and Type 1 Diabetes

Patient information leaflet

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please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Carbohydrate counting recipes can take a few more steps compared to counting individual foods. This is particularly relevant for home cooked meals and baking. This leaflet will guide you through the basic principles of recipe calculation.

Example 1: Recipes with nutrition information

Some recipes will include nutrition information, which includes the carbohydrate content for either the whole dish, for the suggested serving or both: www.diabetes.org.uk

CHOCOLATE, ALMOND AND BERRY CAKE



A great centrepiece for your afternoon tea table.

- Serves 8
- Prep 20 minutes
- Cook 25 minutes



Nutrition information

Each 113g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt
139	14.8g	2.5g	9.8g	3.9g (Medium)	1.1g (Low)	3.2g (Low)	0.3g (Low)

The recipe has 14.8g of carbohydrate per serving and the whole recipe has 8 servings.

Therefore the Whole Cake has 118.4g carbohydrate (8 x 14.8g).

If you divide the cake into 6 slices instead of 8:
= $118.4 \div 6 = 19.7\text{g}$ Carbohydrate.

Team contact details:

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Children's Ward
01695 656 912



Create Recipe

Save

Recipe Name

Salmon and Pea Frittata

Serves

4

Note

Tap to edit...



Recipe Ingredients



New Potatoes (raw)

500g, 1 serving



Smoked Salmon

200g, 1 serving



Egg (raw)

54g, 8 servings



Dill (fresh)

30g, 1 serving

NUTRIENTS IN RECIPE (per serving)

22g
Carbs

337
Cals

29g
Prot

15g
Fat

4g
Fibre

Example 2: Recipes without nutrition information

Step 1: Find out the carbohydrate in 100g of each product - use the labels, Carbs and Cals book or apps to obtain this.

Step 2: Calculate the amount of carbohydrate in each ingredient (carbohydrate per 100g/100 x weight of ingredient in recipe).

Savoury muffin recipe

Ingredients	Carbs per 100g	Carb amount
350g flour	76g	266g
35g sugar	100g	35g
2tsp baking powder	0g	0g
1tsp paprika	0g	0g
3/4tsp salt	0g	0g
90ml milk	5g	4.5g
125ml vegetable oil	0g	0g
2 large egg	0g	0g
180g feta cheese	0g	0g
	Total:	305.5g

Step 3: Calculate the amount of carbohydrate in each muffin if all the mixture is divided into 16 equal sized muffins.

Divide the amount of carbohydrate in the whole mixture by the number of muffins you made.

E.g. $305.5\text{g} \div 16 \text{ muffins} = 19\text{g}$ carbohydrate per muffin

Example 3: Cottage Pie Recipe

Use the Carbohydrate Counting reference tables or food labels to look up how much carbohydrate per 100g for the individual ingredients.

Ingredients	Carbs per 100g	Calculation
800g Raw potato	20g	$20 \div 100 \times 800 = 160\text{g}$
200g Minced beef	0g	0g
1 Onion*	-	-
2 sticks celery*	-	-
1 Garlic clove*	-	-
4 Carrots*	-	-
1 Stock cube	0g	0g
1 Tin of tomatoes (400g)	3.8g	$3.8 \div 100 \times 400 = 15\text{g}$
	Total:	175g

Carbs and Calories App

In the main screen, under the Explore Foods heading, click on the My Foods, Meals & Recipes option. This brings up the recipes that you have already saved.

To add a new recipe click on the plus sign in the top right corner and then select the Build a Recipe option. This brings up the Create Recipe screen.

Choose a name for your recipe, input the number of servings and the ingredients. This then shows you in the bottom of the screen in the green bubble what the carbs are per portion or serving.

Once you save your recipe it shows you the weight of the portion and what the carbs are per serving. To change the number of servings that the recipe provides, you need to edit the recipe again.



Dinner



Edit



Chorizo and Halloumi Pasta

SERVING SIZES

CARBg

1x	252g	48.6	☒
1x	1 serving (350.3g of recipe)	67.6	☐
1x	6 servings (2102g of recipe)	405.5	☐
	Enter specific weight		☐

ADD TO MEAL OCCASION



BREAKFAST	LUNCH	DINNER	SNACKS
☐	☐	☐	☐

* If you are on multiple daily injections (MDI) you do not need to carbohydrate count small portions of these vegetables, unless you are using an app to help you count the recipe.

The amount of carbohydrate in the whole cottage pie is 175g of Carbohydrate.

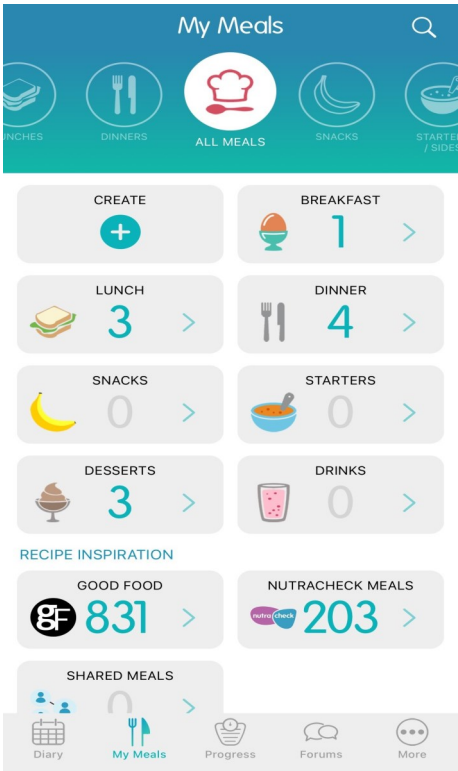
If the portion eaten is $\frac{1}{4}$ then the amount of carbohydrate is $175 \div 4 = 44\text{g}$ Carbohydrate per portion.



Both the Carbs and Cals and Nutracheck apps have a recipe feature which is part of the paid for version of their apps.

Nutracheck App

In the main screen of the app, click on the My Meals tab on the bottom task bar, which opens up the recipe section grouped by meals, as well as the option to access recipes within Nutracheck and BBC Good Food. Click on Create, which opens up the screen to give your recipe a name, how many servings it provides and which meal you want to add the recipe to. The next screen suggests some ingredients you might want to add, but if you press skip, on the next screen you can add ingredients individually.



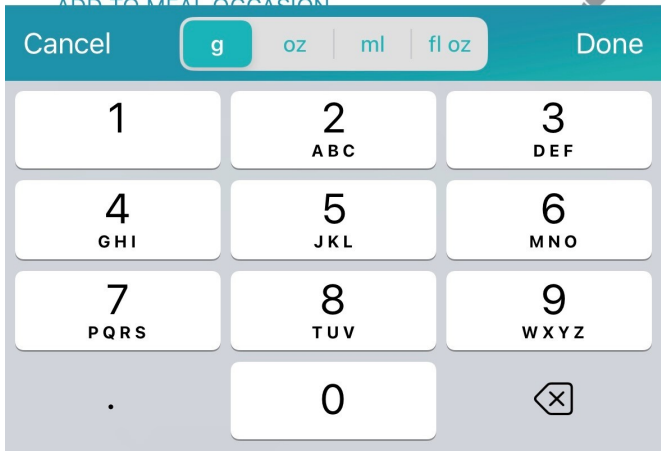
Chorizo and Halloumi Pasta

SERVING SIZES CARBg

1x 1 serving (350.3g of recipe) 67.6

1x 6 servings (2102g of recipe) 405.5

252g



Nutracheck continued...

Once you have saved your recipe you can then input a specific weight for the portion you are having and the app will calculate the carbohydrate for that portion. To use this feature you need to weigh the whole meal/recipe first for the app to be able to do this.

Edit Meal
Save

MEAL NAME

Chorizo and Halloumi Pasta

HOW MANY SERVINGS DOES THIS MAKE?

6

PREPARED WEIGHT

2102g

* If you would like to be able to add weighed portions of a prepared meal to your diary, please enter the total cooked or prepared weight of your meal/recipe here. Please take special care when weighing hot food!

OCCASION

BREAKFAST

LUNCH

DINNER

✓

SNACKS

STARTERS

DESSERTS

DRINKS

New Meal
Next

MEAL NAME

Chorizo and Halloumi Pasta

HOW MANY SERVINGS DOES THIS MAKE?

6

OCCASION

BREAKFAST

LUNCH

DINNER

SNACKS

STARTERS

DESSERTS

DRINKS

Use the raw food weights when you are inputting the ingredients. When all the carbohydrate containing ingredients have been added in, you can add the recipe method if you would like to for future reference but this is not essential. At the bottom of the recipe screen you will find the total carbohydrate for the whole recipe, as well as the carbohydrate per serving.

← Chorizo and Halloumi Pasta Save



Q Ingredients



DESC/SERVING

CARBg

+ INGREDIENTS

Penne Pasta, Dried

500g

360.0

Aldi Emporium Cypriot Halloumi 225g

225g

4.5

Aldi Specially Selected Mild Spanish...

200g

7.9

Aldi Cucina Tomato Passata 500g

500g

22.0



Onions, Raw

Small onion (60g)

4.8



Garlic, Raw

2x Small clove (2g)

0.7

Aldi Stonemill Paprika 40g

2x Teaspoon (2.3g)

0.9

Oregano, Dried

0.9

TOTALS

CARBg

5-A-DAY SERVINGS

6 SERVINGS

405.5



x0.7

6X

1 SERVING

67.6

×
Dinner
📄 Edit

Chorizo and Halloumi Pasta

Adding specific weight

To add a specific weight to your diary, we first need to know the total cooked or prepared weight of your meal/recipe. If you don't have this now, please add it the next time you cook/prepare this meal

[Add total prepared weight](#)

[Cancel](#)

SERVINGS

1x

1x

ADD

BREAKFAST LUNCH DINNER SNACKS

+ + + +