

Weighing foods & calculating Carbohydrates from nutrition labels (per 100g)

Patient information leaflet

**If you need this leaflet in a different language or accessible format
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 formie,
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.

This is the most accurate way to count carbohydrates in foods when portion sizes vary such as breakfast cereal/ pasta/ potatoes/ rice.

1. Weigh your portion of food.
2. Look at the nutrition label and check the amount of carbohydrate per 100g of the food.
3. Divide the amount of carbohydrate in 100g by 100 to tell you how much carbohydrate is in 1g of the food.
4. Multiply this amount by the weight of your portion to tell you how much carbohydrate is in your portion of food.

For example, you are going to have cornflakes for breakfast.

1. Weight your Cornflakes. **Lets say they weigh 40g**
2. Read the nutrition label on the packet and check the amount of Carbohydrate per 100g.

75g of Carbohydrate per 100g of Cornflakes

	Per 100g
Carbohydrates	75g
Of Sugars	12g

3. Work out how much Carbohydrate is in 1g of Cornflakes.

$75 \div 100 = 0.75\text{g}$ Carbohydrate in 1g Cornflakes

4. Multiply the carbohydrate in 1g of Cornflakes by the weight of your portion.

$0.75 \times 40\text{g} = 30\text{g}$ Carbohydrate in your portion of Cornflakes

Southport Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111