

Apps & resources

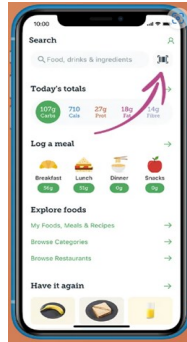
Carbs & Cals



Carbs and Cals is produced in both book and app format.

The free version of the app is similar to the book but with only 3 portion sizes of each food.

Subscription unlocks many other benefits such as barcode scanner & custom weight of portion.

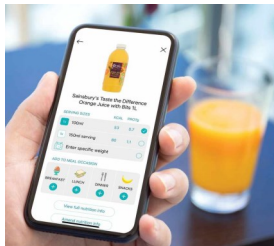


Nutracheck app

Nutrient preferences must be changed to carbohydrate.

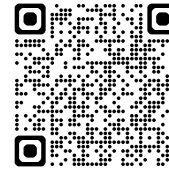
Has a barcode scanner & can input custom weight of portion for carbohydrate value. Can save up to 5 items a day but more if paying for the app.

Unfortunately it does not show different portion sizes as a pictorial guide.

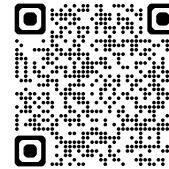


Other helpful resources

Starting secondary school with Type 1 diabetes



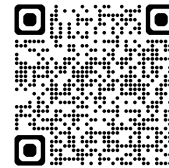
Healthy school lunches: C4L



Weekly planner packed lunches: Diabetes UK



BBC good food lunchbox recipes



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

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

Secondary school meals & carbohydrate counting

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 formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

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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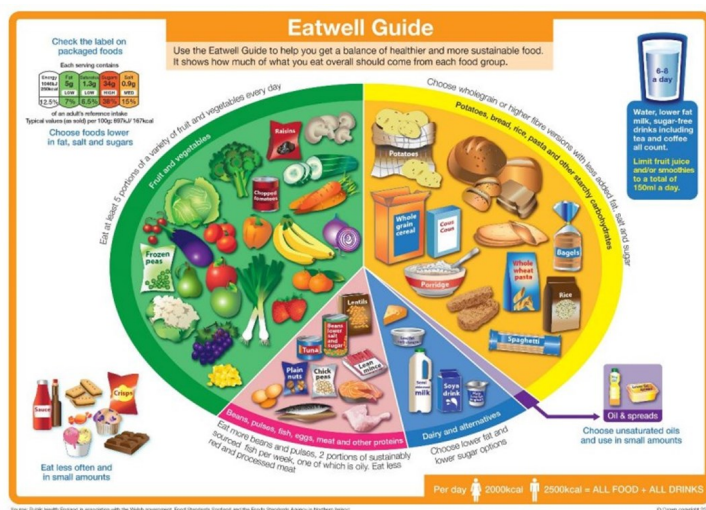
Moving to year 7....

Moving to year 7 is an exciting time. You are becoming more independent with your diabetes management including carbohydrate counting.

Consider how to eat well during this time, try some new healthy foods as well as sharpening up your carbohydrate counting skills.

Some children start off year 7 on a packed lunch to build up confidence with school meals.

This leaflet contains information about carbohydrate counting school meals and ideas for healthy packed lunches.



School dinners

If you plan to have school dinners, ask the school for their meal plans/menus and information on the nutritional content. Then have a look through the meals to see what you are likely to eat.

Most schools will have the catering company details who will have the meal breakdowns, including the average portion size, and/or the carbohydrate content.

If they cannot help with that information, use apps or other resources to help you calculate the carbohydrate content. This can be a trial and error approach.

Below are some example foods offered at secondary school which have been carbohydrate counted.

Pasta King Pots ©	40g carbs
Filled panini	50g carbs
Chicken burger	40g carbs
Pizza slice	30g carbs
Cookie	40g carbs
Hash brown (average)	15g carbs

Packed lunch

If you choose to have a packed lunch consider how you could make it healthier to ensure you are meeting your nutritional needs.

Quick tips

- Include foods from all the food groups.
- Choose wholegrain starchy foods as they help to keep you fuller for longer.
- Have leaner sources of protein more often e.g. fish, chicken, pulses, eggs.
- Include some veg e.g. veggie stick with a small pot of hummus.
- Switch the sweets: swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned, in juice not syrup).
- Swap crisps for rice cakes or homemade popcorn.
- No foods are off limits but try to make healthier choices more often.

