



# Carbs & Cals

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



✓ 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](http://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:

$$\frac{\text{CALORIE VALUE OF PHOTOGRAPHED FOOD}}{\text{WEIGHT OF PHOTOGRAPHED FOOD IN GRAMS}} \times \text{WEIGHT OF YOUR PORTION IN GRAMS}$$

### FOR EXAMPLE:

Mashed Potato  
(with butter)



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 <b>EAT.</b> CONNECT JOBS OUR STORY		
← NUTRITIONAL INFORMATION →		
	Per 100g	Per pack
Energy (KJ)	761	1735
Energy (Kcal)	211	568
Fat (g)	9	21.2
Of Which Saturates (g)	3.8	8.9
Carbohydrate (g)	21	49.4
Of Which Sugars (g)	2.7	6.3
Fibre (g)	1.7	4
Protein (g)	8	18.8
Salt (g)	1.2	2.8

All nutrition 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)
<b>Energy</b>	<b>1910kJ/455kcal</b>	<b>514kJ/123kcal</b>
Protein	4.8g	1.3g
Carbohydrate	63.8g	17.2g
of which sugars	38.5g	10.4g
<b>Fat</b>	<b>20.1g</b>	<b>5.4g</b>
<b>of which saturates</b>	<b>11.0g</b>	<b>3.0g</b>
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
<b>Calories</b>	<b>2000 cals</b>	<b>123 cals</b>	<b>6%</b>
<b>Sugar</b>	<b>90g</b>	<b>10.4g</b>	<b>12%</b>

## OTHER POINTS TO CONSIDER

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.