

Carbohydrate Counting Using Food Labels



Liverpool University Hospitals

NHS Foundation Trust

Nutrition and Dietetics

Aintree Site Lower Lane, L9 7AL Tel: 0151-525-5980 Royal Site Prescot Street, L7 8XP Broadgreen Site Thomas Drive, L14 3LB Royal & Broadgreen Tel: 0151-706-2000

Examples of Food Labels:

Ingredients

conservation grade **oat flakes**, blueberry flavoured fruit pieces (**sugar**, blueberry juice, blueberry extract, cranberries, sunflower oil,) conservation grade **oat flour**, **glucose syrup**, **honey**, vegetable oil, **rice flour**, raw cane **sugar**, malt extract, sea salt

Nutrition Information

Typical values	Per portion	Per 100g	
Energy	230 kJ 55 kcal	2130 kJ 508 kcal	
Protein Carbohydrate of which sugars of which starches Fat of which saturates of which monounsaturates of which polyunsaturates Fibre sodium	0.7g 7.2g 3.7g 3.5g 2.6g 1.4g 0.8g 0.3g 0.1g 0.1g	6.2g 67.0g 34.2g 32.9g 23.9g 13.1g 7.7g 2.8g 1.3g 0.3g	

Method 1: Total carbohydrate per portion

7.1g per portion so 3 portions would have 21.3g

Method 2: Total carbohydrate per 100g

- 1. Measure your portion size
- 2. Divide by 100
- 3. Multiply by 'carbohydrate per 100g

Example:

Portion size of food after weighing = 42g Divide by 100 ($42 \div 100 = 0.42g$) Multiply by 67.0g ($0.42g \times 67.0g = 28g$)

28g of carbohydrate in your chosen portion!



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Tel No: 0151 529 0320

Email: interpretationandtranslation @aintree.nhs.uk

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