

# Carbohydrate Counting Using Food Labels

## Examples of Food Labels:

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

## Nutrition Information

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

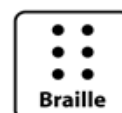
Example:

Portion size of food after weighing = 42g

Divide by 100 ( $42 \div 100 = 0.42\text{g}$ )

Multiply by 67.0g ( $0.42\text{g} \times 67.0\text{g} = 28\text{g}$ )

**28g of carbohydrate in your chosen portion!**



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