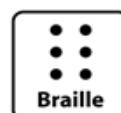


How to calculate my portion of carbohydrate using a food label

It helps people to calculate the amount of carbohydrate in their meals accurately. A calculation to help you to work out the amount of carbohydrate in a weighed portion of food

Description of food	Weight of my portion	Amount of CHO per 100g	Amount of CHO in my portion	Units of insulin Needed (if on 1:10 ratio)
Weight of your food portion ÷ 100 x (the grams of carbohydrate per 100g)				
Example: Cooked mashed potato	286g of mashed potato	15g of carbohydrate per 100g of mash <i>(found on label or reference table)</i>	$286 \div 100 = 2.86 \times 15 = 42.9$. This means there is 42grams of carbohydrate in your portion of mash	4 units of insulin rounded down



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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