



Carbs & Cals



FREE APP
iPhone &
Android

✓ Type 2 Diabetes

✓ Weight Loss

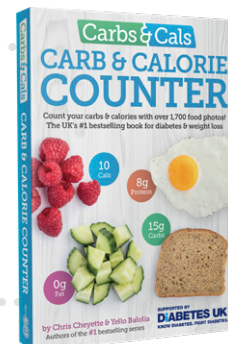
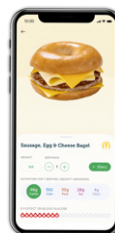
✓ 5:2 Diet

CALCULATING CALORIES IN A RECIPE

If you are trying to lose or gain weight, it is useful to have an understanding of the amount of calories in the food and drink you consume. Knowing the calorie content of food helps us to carefully select the types of food we eat so that we can avoid excess, choose healthier options and maintain a healthy weight.

Most purchased or ready-made foods display nutrition information, including calories, on the label. Making more meals from scratch is a great way to improve the quality of your diet.

Understanding how to calculate the calories in recipes is a useful skill to develop. The Carbs & Cals book and app can help you to do this by providing the calorie content for over 1,700 foods and drinks.



HOW TO CALCULATE CALORIES IN A RECIPE:

1. **Identify** each item from the ingredients list in the Carbs & Cals book or app. Use the index at the back of the book to find items quickly.
2. Look at the **photos** and choose the **portion size** that matches the quantity of that ingredient.
3. Read the **calorie value** from the circle below the photo.
4. **Add together** the calorie values for each ingredient.
5. **Divide** the total calories by the number of servings.

Or use the....



**RECIPE
BUILDER**
in the app

EXAMPLE: CHICKEN STIR-FRY

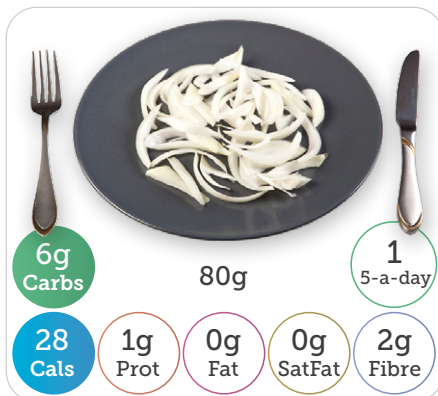
Serves 2

Total Calories: **876**

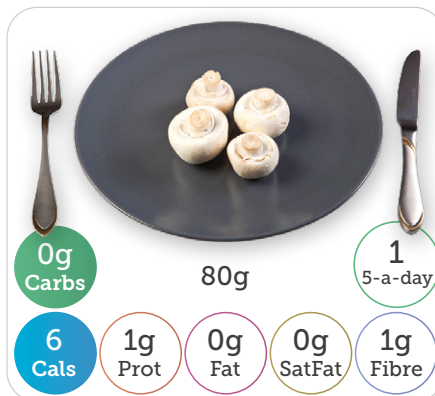
Calories per serving: **438**

Ingredient	Calories
80g Onions	28
80g Mushrooms	6
80g Peppers	12
80g Bean Sprouts	25
80g Pak Choi	11
200g Chicken Breast (grilled)	296
15g (1 tbsp) Soy Sauce	12
12g (1 tbsp) Vegetable Oil	108
228g Egg Noodles	378

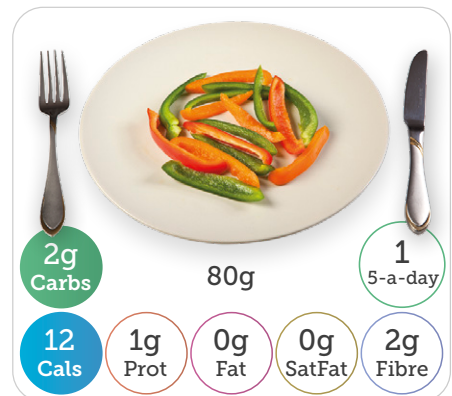
Onions



Mushrooms



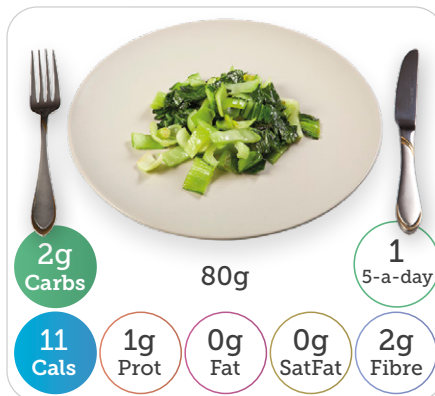
Peppers



Bean Sprouts



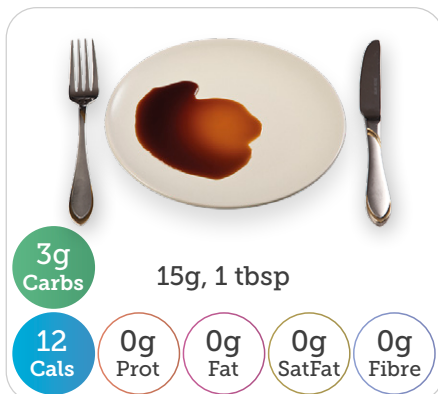
Pak Choi



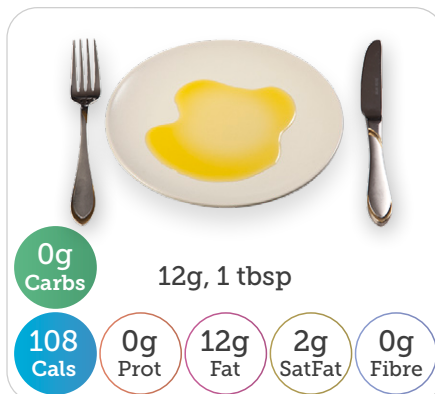
Chicken Breast (grilled)



Soy Sauce



Vegetable Oil



Egg Noodles

