



Carbs & Cals



FREE APP
iPhone &
Android

✓ 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 Calorie Requirement Calculator at 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 more accurate.

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 are 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 is provided to make this easier, as in the app on the right. 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 websites. They may also print leaflets in-store with the same information.

	Per 100g	Per pack
Energy (KJ)	764	1795
Energy (Kcal)	241	596
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 variation

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

OTHER POINTS TO CONSIDER

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 THE PORTION SIZE

What size is your portion? It may be much larger than the 'suggested portion' shown on the packet. For added accuracy, you can weigh your portion to confirm it matches the one on the label.