

Festive food suggestions from

Carbs & Cals

Count your Carbs & Cals at Christmas!

Christmas is almost here and it's the perfect time to celebrate with family, friends and colleagues!

Good food is something we all look forward to in this festive season, so this year we've put together some Christmas menu suggestions to help you enjoy the celebrations!

Our extensive selection includes typical Christmas fayre as well as tasty and satisfying alternatives for anyone who is counting carbs or calories, watching their fat intake, or simply interested in keeping an eye on what they're eating.

Take your pick from our tempting starters, main courses, desserts, snacks and drinks...and remember, all the foods shown below (plus some special Christmas ones too) have now been added to the [Carbs & Cals Android app](#).

Merry Christmas from Carbs & Cals!

Starters

Classic:
Pate on Toast

38g
CARBS

313
CAL

11g
PROTEIN

14g
FAT



80g bread, 40g pate

Alternative:
Pumpkin & Chestnut Soup

16g
CARBS

92
CAL

2g
PROTEIN

3g
FAT



Weight: 300g

Choosing the alternative saves you **221 calories** and **11g fat**.

Classic:
Prawn Cocktail

13g
CARBS

341
CAL

8g
PROTEIN

28g
FAT



Weight: 160g

Alternative:
Smoked Mackerel Salad

0g
CARBS

208
CAL

15g
PROTEIN

17g
FAT



66g mackerel, 17g salad

Choosing the alternative saves you **133 calories** and **11g fat**.

Main Course

Classic:
**Traditional
Christmas Dinner**

87g
CARBS

916
CALS

60g
PROTEIN

38g
FAT



Weight: 693g

- 150g roast turkey (with skin)
- 60g carrots (roasted)
- 3 sprouts (boiled)
- 3 roast potatoes
- 1½ Yorkshire puddings
- 3 sausage & bacon rolls
- 3 parsnip wedges (roasted)
- 60g stuffing & 45g gravy
- 1 tablespoon cranberry sauce

Alternative:
**Alternative
Christmas Dinner**

66g
CARBS

549
CALS

56g
PROTEIN

9g
FAT



Weight: 536g

- 150g roast turkey (without skin)
- 60g carrots (roasted)
- 3 sprouts (boiled)
- 150g sweet potatoes (roasted)
- 3 parsnip wedges (roasted)
- 1 tablespoon apple sauce
- 30g gravy

Choosing the alternative saves you **367 calories** and **29g fat**.

Desserts

Classic:

Christmas Pudding with Brandy Cream

106g
CARBS

727
CALS

6g
PROTEIN

33g
FAT



200g pudding, 2 tbsp cream

Alternative:

Fruit Salad with Creme Fraiche

15g
CARBS

141
CALS

2g
PROTEIN

8g
FAT



160g fruit, 50g creme fraiche

Choosing the alternative saves you **586 calories** and **25g fat**.

Classic:

Mince Pies with Cream

80g
CARBS

639
CALS

6g
PROTEIN

35g
FAT



130g pies, 20g cream

Alternative:

Chocolate Mousse

20g
CARBS

149
CALS

4g
PROTEIN

7g
FAT



Weight: 100g

Choosing the alternative saves you **490 calories** and **28g fat**.

Snacks

Classic:
Cheese & Biscuits

26g
CARBS

385
CALS

18g
PROTEIN

25g
FAT



60g cheese, 36g crackers

Alternative:
Low Fat Houmous & Dippers

19g
CARBS

165
CALS

6g
PROTEIN

8g
FAT



80g veg, 14g bread, 50g houmous

Choosing the alternative saves you **220 calories** and **17g fat**.

Classic:
Crisps & Nuts

20g
CARBS

341
CALS

8g
PROTEIN

26g
FAT



30g crisps, 30g nuts

Alternative:
Dried Fruit Selection

35g
CARBS

157
CALS

1g
PROTEIN

0g
FAT



Weight: 60g

Choosing the alternative saves you **184 calories** and **26g fat**.

Drinks

Don't forget to count the calories and alcohol units in your drinks!

Lager, Red Wine & White Wine

8g CARBS 189 CALS 0g FAT 2.3 UNITS



568ml (pint)

1g CARBS 170 CALS 0g FAT 3 UNITS



250ml (large glass)

2g CARBS 165 CALS 0g FAT 3 UNITS



250ml (large glass)

Champagne, Whisky & Irish Cream

2g CARBS 95 CALS 0g FAT 1.5 UNITS



125ml

0g CARBS 56 CALS 0g FAT 1 UNITS



25ml

12g CARBS 163 CALS 8g FAT 1 UNITS



50ml


Orange Juice, Cranberry Juice & Cola

25g CARBS 103 CALS 1g PROTEIN 0g FAT




284ml (half pint)

41g CARBS 175 CALS 0g PROTEIN 0g FAT



284ml (half pint)

31g CARBS 118 CALS 0g PROTEIN 0g FAT



284ml (half pint)

ALCOHOL GUIDELINES

Men: maximum of 3-4 units per day
Women: maximum of 2-3 units per day

(Make sure to have at least 2 alcohol-free days per week, preferably more!)

Have a happy & healthy Christmas!

Carbs & Cals



For details of the Carbs & Cals Books & App, please visit:

www.carbsandcals.com



Chris Chettye & Yello Balolia (Authors, Carbs & Cals)
www.carbsandcals.com - info@carbsandcals.com

Please note: values in this PDF are to be used as a guide only. The authors cannot accept any liability for any consequences arising from the use of the information contained within this PDF. Every effort has been made to ensure figures represent true and fair values for the nutritional content of food & drinks included, but these values can vary between brands, recipes and food preparation methods.