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 our 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. Use the index at the back 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 tab above the photograph.

4. **Add together** the calorie values for each ingredient.

5. **Divide** the total calories by the number of servings.
EXAMPLE: CHICKEN STIR FRY
Serves 2

Total Calories: 876
Calories per serving: 438