CALCULATING CARBS IN A RECIPE

Carbohydrate counting is an essential skill for people with Type 1 diabetes, so that the amount of insulin and carbohydrate can be matched to manage blood glucose levels. Most purchased or ready-made foods display nutrition information, including carbs, on the label. Meals prepared in the home vary considerably in their carbohydrate content.

Understanding how to calculate the carbohydrate 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 CARBS 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 carbohydrate **value** from the tab above the photograph.
4. **Add together** the carbohydrate values for each ingredient.
5. **Divide** the total carbohydrate by the number of servings.

You will notice many recipes with some ingredients that do not contain any carbohydrate. As you become more experienced you will get to know what to count, and what not to count, so estimating the carbohydrate in recipes will become much easier.
EXAMPLE:  
CHICKEN STIR FRY  
Serves 2

Total Carbs: 97* 
Carbs per serving: 49

* This recipe also contains 13g carbs from the vegetables. Normally when matching insulin to carbs you would not count the carbs in vegetables as this is very slowly broken down into glucose.