Count your Carbs & Cals at Christmas!

STARTERS

Pâté on Toast
45g Carbs
80g bread, 40g pate
353 Cals
13g Prot
15g Fat
4g SatFat
3g Fibre

Pumpkin & Chesnut Soup
16g Carbs
300g
93 Cals
2g Prot
2g Fat
2g SatFat
2g Fibre

Prawn Cocktail
13g Carbs
160g
341 Cals
8g Prot
28g Fat
2g SatFat
2g Fibre

Smoked Mackerel Salad
0g Carbs
66g mackerel, 17g salad
201 Cals
14g Prot
16g Fat
3g SatFat
0g Fibre

Saves you 260 calories and 13g fat
Saves you 140 calories and 12g fat

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MAIN COURSE

Traditional Christmas Dinner

- 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 tbsp cranberry sauce


Alternative Christmas Dinner

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

swap to
Saves you 393 calories and 32g fat

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## DESSERTS

### Christmas Pudding with Brandy Cream
- **Carbs:** 108g
- **Cals:** 636
- **Prot:** 6g
- **Fat:** 22g
- **SatFat:** 12g
- **Fibre:** 7g

**Swap to:**
- **Carbs:** 25g
- **Cals:** 175
- **Prot:** 2g
- **Fat:** 8g
- **SatFat:** 5g
- **Fibre:** 2g

**Saves you 461 calories and 14g fat**

### Fruit Salad with Crème Fraîche
- **Carbs:** 160g fruit, 50g crème fraîche
- **Prot:** 2g
- **Fat:** 8g
- **SatFat:** 5g
- **Fibre:** 2g

### Mince Pie with Cream
- **Carbs:** 79g
- **Cals:** 566
- **Prot:** 5g
- **Fat:** 27g
- **SatFat:** 13g
- **Fibre:** 3g

**Swap to:**
- **Carbs:** 130g pies, 20g cream
- **Prot:** 4g
- **Fat:** 7g
- **SatFat:** 3g
- **Fibre:** 1g

**Saves you 417 calories and 20g fat**

### Chocolate Mousse
- **Carbs:** 20g
- **Cals:** 149
- **Prot:** 4g
- **Fat:** 7g
- **SatFat:** 3g
- **Fibre:** 1g

**Saves you 417 calories and 20g fat**

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**SNACKS**

### Cheese & Biscuits
- 25g Carbs
- 390 Cals
- Swap to:
  - 60g cheese, 36g crackers
  - Saves you 116 calories and 11g fat

### Houmous & Dips
- 19g Carbs
- 224 Cals
- Swap to:
  - 80g veg, 14g bread, 50g houmous
  - Saves you 179 calories and 23g fat

### Crisps & Nuts
- 21g Carbs
- 330 Cals
- Swap to:
  - 30g crisps, 30g nuts
  - Saves you 179 calories and 23g fat

### Dried Fruit Selection
- 36g Carbs
- 151 Cals
- 60g

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DRINKS

Lager (4% ABV)  
2 Units  
12g Carbs  
208 Cals  
568ml, pint  
0g Prot  
0g Fat  
0g SatFat  
0g Fibre

Red Wine  
3 Units  
1g Carbs  
190 Cals  
250ml, large glass  
0g Prot  
0g Fat  
0g SatFat  
0g Fibre

White Wine (dry)  
3 Units  
2g Carbs  
188 Cals  
250ml, large glass  
0g Prot  
0g Fat  
0g SatFat  
0g Fibre

Champagne  
1 ½ Units  
2g Carbs  
95 Cals  
125ml  
0g Prot  
0g Fat  
0g SatFat  
0g Fibre

Whisky  
1 Unit  
0g Carbs  
56 Cals  
25ml  
0g Prot  
0g Fat  
0g SatFat  
0g Fibre

Irish Cream  
1 Unit  
11g Carbs  
153 Cals  
50ml  
2g Prot  
7g Fat  
4g SatFat  
0g Fibre

Orange Juice  
1 Carbs  
94 Cals  
284ml, half pint  
1 5-a-day  
2g Prot  
0g Fat  
0g SatFat  
0g Fibre

Cranberry Juice  
1 Carbs  
159 Cals  
284ml, half pint  
1 5-a-day  
38g Prot  
0g Fat  
0g SatFat  
1g Fibre

Cola  
1 Carbs  
116 Cals  
284ml, half pint  
31g Prot  
0g Fat  
0g SatFat  
0g Fibre

ALCOHOL GUIDELINES: The recommended limit for alcohol consumption is 14 units per week (Try to ensure you have at least 2 alcohol-free days per week, preferably more!)