

## APPROXIMATE CARBS IN COMMON HIGH SCHOOL LUNCH FOODS

food	Approx. carbs	visual
Chips	10g per 10 chips	
Pasta pot	50g	
Beef Burger	30g	
Chicken burger (in breadcrumbs)	45g	
Veggie burger (in breadcrumbs)	40g	
Pizza slice	30g	
Wrap (add extra if the fillings has a breadcrumb coating eg chicken)	35g	
Panini	47g	
Toast ( 1 slice)	17g	
Bagel	50g	
Toasted teacake	43g	

Bacon/sausage teacake	30g	
Sandwich without a food label (take carbs from the food label if it has one)	30g	

Tips for getting your carb counting accurate:

- Use the food label where you can.
- Use the carbs and calcs app to picture match your portion
- Monitor BG post meal (2hrs and then 4hrs) to see if there is a rise or a fall
- Adjust amount of carbs entered (more or less) the next time you eat this food based on the post meal results
- Try to avoid foods that will make your BG spike – give insulin!
- Contact the team if you need support with foods/meals that are not listed above
- If you take a packed lunch, pack the night before and pre carb count

