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| **food** | **Approx. carbs** | **visual** | **food** | **Approx. carbs** | **visual** |
| Chips | 10g per 10 chips | How many carbs are in this food? | Know Diabetes | Panini | 35g | Bacon & Cheese Panini Recipe - All Sandwiches |
| Pasta pot | 50g | To this day I haven't tasted worse pasta : CasualUK | Toast ( 1 slice) | 47g | Tim Hayward on why we are obsessed with toast | Financial Times |
| Beef Burger | 30g | 214 Simple Cheeseburger Photos - Free & Royalty-Free Stock Photos from  Dreamstime | Bagel | 15g | New York Bakery Plain Bagel Sliced (48x115g) - UK Food Wholesaler - Creed  Foodservice |
| Chicken burger (in breadcrumbs) | 45g | Chicken Patty Sandwich // Menu: Every Monday | Chicken patties, School lunch  recipes, Food | Toasted teacake | 50g | What do you call this? - Page 3 - Plusnet Community |
| Veggie burger (in breadcrumbs) | 40g | Why Are There No Real Fast-Food Veggie Burgers? | Food & Wine | Bacon/sausage teacake | 43g | Bad news bacon butty fans ... The cost of your favourite sandwich is set to  soar - Daily Record |
| Pizza slice | 30g | Cheese Pizza Slice Over White Background Stock Photo - Download Image Now -  iStock | Sandwich without a food label  (take carbs from the food label if it has one) | 30g | Pre-packaged sandwiches stored at wrong temps in Ireland | barfblog |
| Wrap  (add extra if the fillings has a breadcrumb coating eg chicken) | 35g | Tortilla Wraps - Plain x 6 min – Granville's Groceries |  |  |  |

**approximate carbs in common high school meal choices**