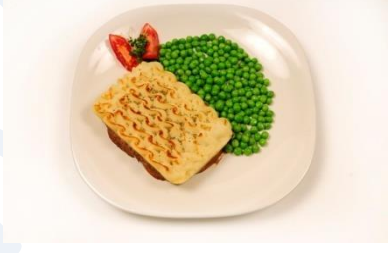


	Food/Drink		Carbs (g)	Impact on BG
1	Cooked breakfast			
2	Toast and marmalade			
3	Jacket potato, baked beans and salad			
4	Ham sandwich, fruit salad and yoghurt			
5	Indian takeaway			
6	Roast dinner			

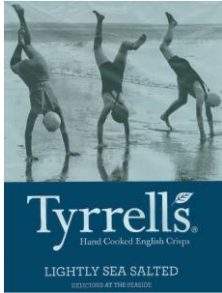
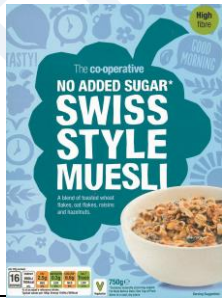
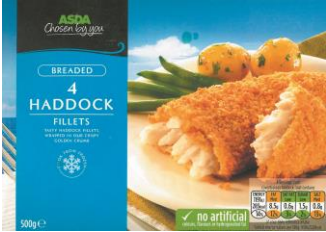
	Food/Drink		Carbs (g)	Impact on BG
7	Fish, chips and mushy peas			
8	Pizza (Thin and Crispy)			
9	Pasta bolognaise			
10	Shepherds pie & peas			
11	Meringue dessert			
12	Apple pie and custard			

Weighing Workstation

	Food/Drink		Carbs (g)	Impact on BG
1	1 large apple (210g)			
2	Handful of grapes (125g) (40 small or 20 large)			
3	Scoop of chocolate ice cream (80g)			
4	Mashed potato (made with milk) – 2 tablespoons (200g)			
5	5 level tablespoons (180g) cooked basmati rice			
6	Pasta (spaghetti) 100g uncooked = 225g cooked			

	Food/Drink		Carbs (g)	Impact on BG
7	1 x Weetabix™ (19g)			
8	1 x small baked potato (150g)			
9	Chips (deep fried) x 20 (140g)			
10	Roast potatoes x 3 (100g)			
11	Bowl of bran flakes (25g)			
12	Chocolate éclair (56g)			

	Food/Drink		Carbs (g)	Impact on BG
1	Jam (1 teaspoon = 15g) [No. 108]			
2	Muller light yogurt™ (175g pot) Raspberry & cranberry [No. 200]			
3	Baked beans – one pot (200g) [No. 9]			
4	1 crumpet (46g) [No. 77]			
5	Milk chocolate (4 chunks, 22.5g) [No. 65]			
6	Banana (1 small without skin) – 80g [No. 11]			

	Food/Drink		Carbs (g)	Impact on BG
7	Tyrrells™ hand cooked crisps, lightly sea salted (1/4 packet, 37.5g) [No. 76]			
8	Wholemeal bread (1 slice, 40g) [No. 32]			
9	Fresh orange juice (1 glass/250ml) [No. 136]			
10	Cereal – Swiss style muesli (2 tablespoons, 45g) [No. 44]			
11	Fish – breaded haddock (1 fillet, 125g) [No. 88]			
12	Soup – Carrot & Rocket (1 bowl, 232g) [No. 173]	