



Carbohydrate values for use by children with diabetes who require a carbohydrate count

All carbohydrate values are based on standard recipes provided by The Harmony Trust for academies preparing their own meals and assume standard serving sizes set by the Government for 4–10-year-olds. If a school is following national guidelines, an average school lunch will contain 40 - 70g carbohydrate.

Divide (÷) the amount of carbohydrate per 100g by 100 then multiply (x) by the weight of food = carbohydrate in grams

Example:

A serving of cooked pasta 70g. Cooked pasta has 35g carbohydrate per 100g.
Using the equation above:

The amount of carbohydrate in the serving = $35 \div 100 \times 70\text{g} = 25\text{g}$ carbohydrate

Carb values may be listed both as carbs per 100g weight of food or as carbs per portion size.

Where carbs are listed per portion, these have been calculated based on the serving size according to the recipe provided.

However, if no serving size has been provided then the carbohydrate is listed as carbs per 100g so that the carbohydrate can be calculated according to a weighed portion size.

Where carb values per 100g weight of penne pasta or spaghetti are given, these are based on weight of cooked pasta before sauce or meatballs added.

The Harmony Trust uses portion control at the higher end of the recommended portion to ensure the children in our demographics are well fed.

Example:

A serving of cooked pasta is recommended at 50-70g Portion, we calculate at 70g.

Note:

The following pages detail the carbohydrate count using the Trust recipe cards. We like to encourage our kitchen teams to use their own knowledge and skills or a tried and trusted recipe they used previously. In this case the carbohydrate content will need to be recalculated, using the above formula, considering changes to the original recipe.

Disclaimer:

Serving sizes may vary between schools and may not be the weight indicated in the menu. If foods are cut into more portions than indicated in the recipe, the carbohydrate content will be less. If foods are cut into less portions than indicated in the recipe the carbohydrate content will be more. Please use food weight provided on table for a more accurate carbohydrate value.

Information provided is taken from the Carb & Calorie Counter 6th Edition (2016). Please note that this information is a guide only. You may want to consider purchasing the 'carbs & cals' book as a pictorial guide. If you notice blood sugars consistently drop or rise after a particular meal, please contact parents or staff. Please check the portion size with school as this may vary between Infant and Junior. If using shop-bought bread, please read label.



The following items appear on the menu every day:

Jacket potato/ Sandwich with various fillings:

Jacket potato = 40g carbs
½ Jacket potato = 20g carbs
Cheese = 0g carbs
Ham = 0g carbs
Tuna = 0g carbs
Baked beans = 5g carbs (30g Ptn)

½ slice of bread = 6g carbs
1 slice of bread = 12g

Salad bar:

Most items are carbohydrate free or very minimum trace

Fruit:

1 small banana (approx. 63g weighed without skin or 97g weighed with skin) = 13g carbs
1 medium banana (approx.85g weighed without skin or 130g weighed with skin) = 17g carbs
150g melon = 10g carbs
1 small apple = 15g carbs
1 orange = 7g carbs
1 satsuma = 5g carbs
1 small pear = 10g carbs

Fruit salad = approximate value of 10g carbs based on serving size but may vary slightly according to fruit used

Yoghurt:

Yoghurts = 13.3g carbs per pot – check total carbohydrates listed on side of pot as supplier product can change

Most common used vegetables: Cooked

Vegetable	Portion Size	Carbs
Broccoli	80g	2g
Sweetcorn	80g	12g
Garden Peas	80g	8g
Savoy cabbage	80g	2g
Carrots	80g	4g
Green Beans	80g	4g
Cauliflower	80g	2g



Autumn - Week 1

Menu Item	Calculated grams of carbs per portion - cooked	Carbs per 100g - cooked
Roast Sausage Mash Potato	6g (55g Ptn) 16g (100g Ptn)	100g = 10g 100g = 16g
Cheese & Tomato Pizza Diced Sauté Potatoes	24g (85g Ptn) 36g (100g Ptn)	100g = 28g 100g = 36g
Roast Chicken Yorkshire Puddings G/F Gravy Roast Potato	0g 10g (40g Ptn) 2g (30g Ptn) 11g (40g Ptn)	100g = 25g 100g = 7g 100g = 26g
New York Hotdog Boston Veggie Dog	26g (Per Ptn) 26g (Per Ptn)	
Breaded Fish Fingers Chips Ketchup	16g (40g Ptn) 36g (100g Ptn) 3g (10g Ptn)	100g = 40g 100g = 36g 100g = 30g
Mini Jam Doughnuts	35g (50g Ptn)	100g = 70g
Jam Sponge & Custard	63g (90g Ptn)	100g = 70g
Ice Cream Pots	18g	
Smoothies	18g	

*Please check the portion size with school as this may vary between Infant and Junior. If using shop-bought bread, please read label.



Autumn - Week 2

Menu Item	Calculated grams of carbs per portion - cooked	Carbs per 100g - cooked
Ham Mac & Cheese Tray Bake	18g (90g Ptn)	100g = 20g
Beef Mince & Vegetable Pie Mashed Potato	19g (90g Ptn) 16g (100g Ptn)	100g = 21g 100g = 16g
Roast Chicken Yorkshire Puddings G/F Gravy Roast Potato	0g 10g (40g Ptn) 2g (30g Ptn) 11g (40g Ptn)	100g = 25g 100g = 7g 100g = 26g
Baked Spanish Chicken Patatas Bravas Meatballs	19g (Per Ptn) 59g (Per Ptn)	
Breaded Fish Fingers Chips Ketchup	16g (40g Ptn) 36g (100g Ptn) 3g (10g Ptn)	100g = 40g 100g = 36g 100g = 30g
Oaty Apple Crumble & Custard	63g (90g Ptn)	100g = 70g
Ice Cream Pots	18g	
Smoothies	18g	

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Autumn - Week 3

Menu Item	Calculated grams of carbs per portion - Cooked	Carbs per 100g - Cooked
Fish Finger Tacos	14g (Per Ptn)	
Beef Burger with Cheese	30g (100g Ptn)	100g = 30g
Roast Chicken Yorkshire Puddings G/F Gravy Roast Potato	0g 10g (40g Ptn) 2g (30g Ptn) 11g (40g Ptn)	100g = 25g 100g = 7g 100g = 26g
Penne Pasta carbonara	36g (90g Ptn)	100g = 40g
Italian spaghetti with Veggie Meatballs	59g (Per Ptn)	
Breaded Fish Fingers Chips Ketchup	16g (40g Ptn) 36g (100g Ptn) 3g (10g Ptn)	100g = 36g 100g = 30g
Chocolate Sponge & Chocolate Custard	45g (Per Ptn)	
Ice Cream Pots	18g	
Smoothies	18g	
Shortbread Fingers	20g (32g Ptn)	100g = 62g

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Carbohydrate portions of fruit



1 apple
20g
1/2 apple
10g



1 banana
20g
1/2 banana
10g



3 dried apricots
10g



5 cherries
10g



10 grapes
10g



7 mango
chunks
10g



3 honeydew
melon chunks
5g



1 small orange
4g



1 small peach
10g



1 small pear
10g



tinned pear
(2 halves)
10g



1 pineapple
ring



1 small
plum
5g



1 heaped dessert
spoon raisins
10g



5 medium strawberries
5g



2 large handfuls
raspberries
5g



1 satsuma
5g