

CHRISTMAS FOOD CARBOHYDRATE COUNT

Food	Portion	Grams of carbohydrate
Snacks and Starters		
Soup	1 small bowl	7
Prawn cocktail	Portion with sauce	7
Small sausage roll	Each	4
Cheese and pineapple sticks	Per cocktail stick	1
Breadsticks	Each long	5
Pringles	Small 40g tub	20
Chocolate Orange	Each segment	5
Heroes/Celebrations	Each	6
Wafer thin mint	Each	6
Nuts	Small handful	1
Satsuma	Each	5
Chocolate coins	Each (from bag)	4
Large chocolate coin	Large individual	25
Christmas tree chocolate	Each	5
Crisps	Handful	5
Main meal items		
Turkey/gammon/pork/beef	Roast meat	-
Roast potatoes	Each small	5
Yorkshire puddings	Each small	7
Cranberry/apple sauce	Per teaspoon	3
Stuffing balls	Per small ball	4
Pigs in blankets	Small sausage in bacon	-
Roast parsnips	Each ¼ roasted	2
Sprouts/carrots	Boiled	-
Nut roast/Quorn roast	Average slice	10-20 (different products)
Cauliflower cheese	Per tablespoon	5
Beef wellington	Per slice (200g)	20
Puddings/desserts		
Chocolate Mousse	2 tablespoons	10
Chocolate Log	1 slice	40
Trifle	1 large serving spoon	12
Meringue Nest with fruit	Each + fruit	15 + 5
Cream	Whipped/double/single	-
Brandy sauce	Small bowl	10
Cheese crackers	Each	5
Mince pies	Each small	25
Drinks		
Diet/zero/sugar free	200ml glass	-
J2O	275ml bottle	13
Shloer	200ml glass	10-14 (different flavours)