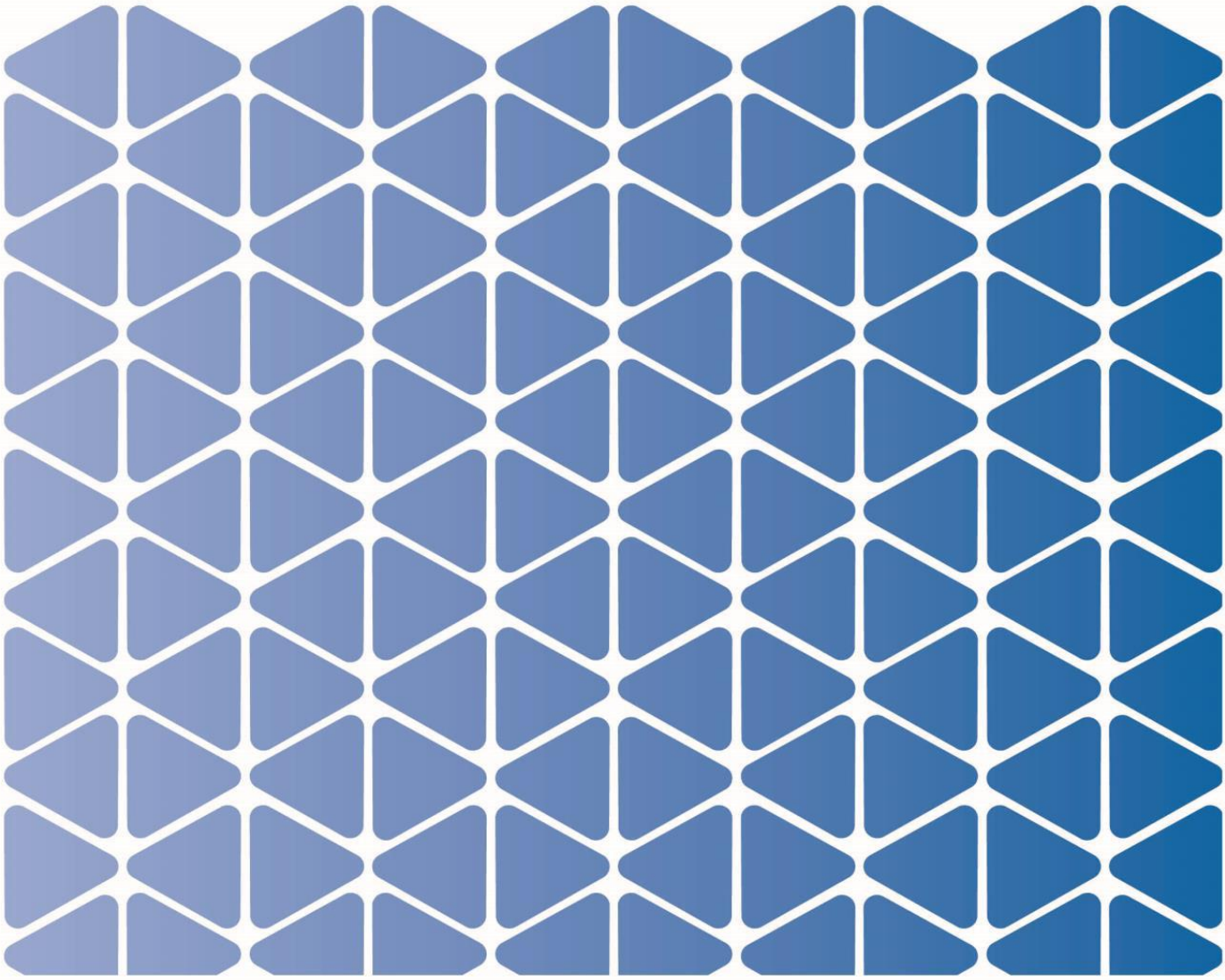
PATIENT INFORMATION

DIETARY ADVICE FOR CHILDREN AND YOUNG PEOPLE WITH DIABETES

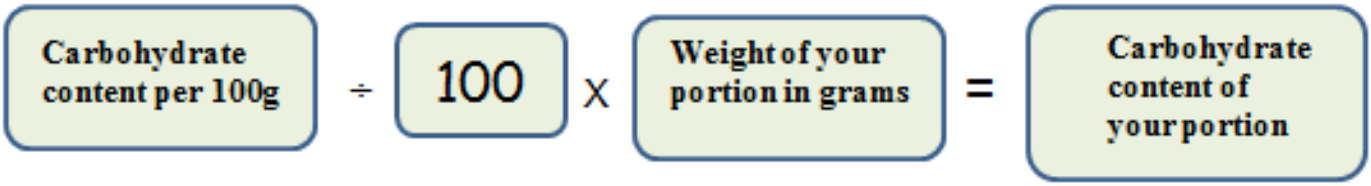
HOUSEHOLD MEASURES



Carbs is in your meals

To accurately estimate the carb content of your meal use a kitchen scale to find out the weight of your portion and a reference table or a food label to calculate the carbs in that portion:

1. Find the total carbohydrate content of food per 100g.
   - Use either a Carb Reference Table or on a food label.
   - Check that you are using the correct carbohydrate value per 100g, e.g. is that value for cooked or raw food.
2. The carbs value in a Reference Table or on a food label is given per 100g, so if you divide it by 100, you will find the carbs in 1g of the food.
3. Now multiply that value by the weight of your portion in grams to get the amount of carbs in your portion.



Carbohydrate Reference Table

Food	Carbs per 100g of cooked food	Weight in grams of 1 cup (250ml) of the cooked food	Carbs in 1 cup (250ml) of cooked food
Rice	28 g	160 g	44 g
Pasta	30 g	160 g	48 g
Noodles	30 g	160 g	48 g
Couscous	23 g	175 g	40 g
Mashed potatoes	18 g	250 g	45 g
Chips	30 g	-	-
Jacket/roast potatoes	25 g	-	-
Sweet potato	20 g	-	-
Shreddies	73 g	70 g	51 g
Rice Krispies	85 g	40 g	34 g
Porridge	14 g	240 g	34 g
White bread	50 g	-	-
Wholemeal bread	42 g	-	-
Bagel / baguette	60 g	-	-

HOUSEHOLD MEASURES



250ml



250ml



250ml

Different scoops and serving spoons have different volumes.

- Think of how you normally dish out different starchy foods and find out the carb content of that serving.
- For example, if you use an ice cream scoop to dish out mash potato, weigh 1 scoop of mash and calculate the carb content using value given per 100g and the above equation.
- If you use a serving spoon for dishing out rice, you may want to calculate the carb content of that serving size.





Examples of household measures:
1 scoop of mash potato (60g weight) : 10 g carbohydrate
1 scoop of plain ice cream (50g weight): 10 g carbohydrate

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.