

Carb counting School Menus

The accurate carbohydrate (carb) counting of school menus is an important part of achieving good diabetes control for children and young people with Type 1 Diabetes. Inaccurate entry of carbs can lead to too little or too much insulin being delivered and, therefore, inadequate blood glucose management.

Unfortunately **we cannot carb count the menus of all the schools we cover** and so we rely on parents / guardians and schools working together. We have provided the guide below to support schools and parents / guardians to carb count school menus.

County Council School Menus

We endeavour to carb count school meals when they are provided by the council in Newham, Tower Hamlets and Waltham Forest; please contact the team or look on our website if you have not been provided with one.

Key points:

- Portion sizes are not defined for children and young people with Type 1 Diabetes and they can eat **the same as any other child**.
- Insulin doses are affected by the amount of carbohydrates contained in the food. The portion size dictates the amount of carbohydrates in the food.
- The portion size needs to be accurate to +/- 10% to ensure accurate carb counting and therefore correct insulin delivery.
- A discussion should be had between parent / guardian, the school and catering teams as to the most practical, safe and effective method for ensuring accurate portion sizes are plated up, carbs calculated and insulin delivered.
- Schools are required to make reasonable adjustments to ensure that young people can have school meals as their peers do and many of the schools we deal with do this brilliantly.

School Trips

Parents / guardians should be advised on the catering arrangements when children attend school trips **in advance**. If a packed lunch is required, parents / guardians should advise school on the carb content of each lunch item. If outside catering is to be used; the carb counting of the meals should be done by parents / guardians prior to the trip.

Fussy / un-eaten meals

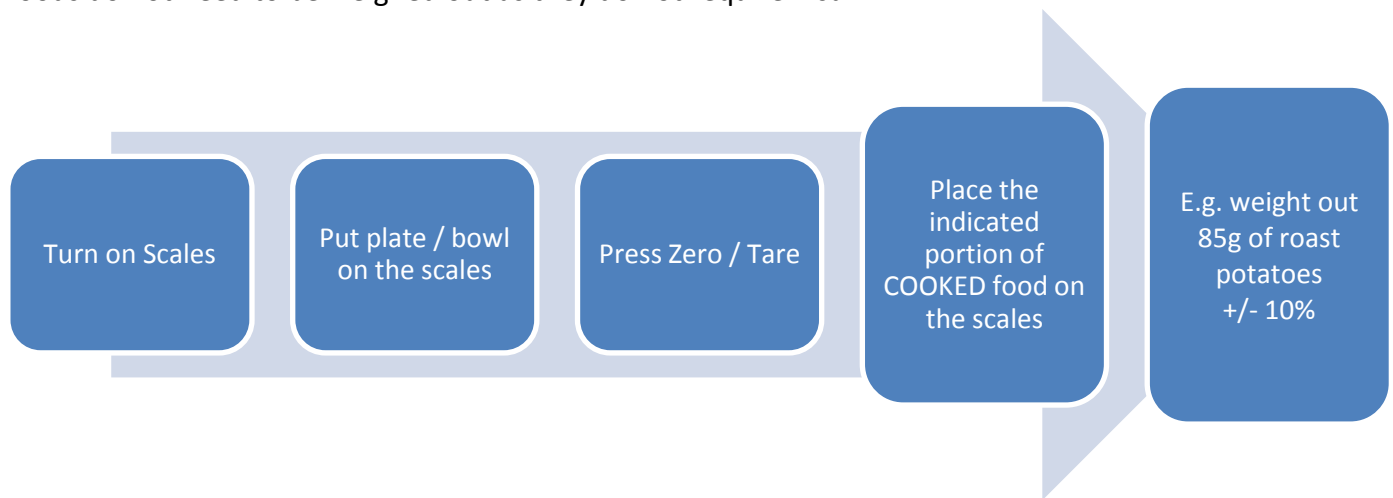
A child with diabetes should have the **same requirement to finish their meal as any other child**. If a small amount of the meal is left, monitor the child for the following 90 minutes to ensure that if the child has a hypo (<4mmol) it can be treated effectively. You may gently encourage the child to finish their meal, however, we do not advocate force feeding. If fussy eating or food refusal is common, speak with parents / guardians contact diabetes team to discuss further individualised advice.



Method 1: Daily weighed portions

1. Parents / guardians choose with the child which meal they want each day or in advance
2. The portions and carb content are worked out by parents / dietitians **OR using the 'Carbs&Cals' app (apple devices only)**
3. The indicated portion is weighed out +/-10% each day for the child by the kitchen, TA or support staff
4. Insulin should be given 15 minutes prior to lunch in the knowledge that the correct portion +/- 10% has been plated up for the young person

Below is an example of a child's choice for the day. The portion column shows how much food should be weighed out. The carb content of each portion will be entered into the insulin pump or blood glucose meter. Please note some foods are carbohydrate free e.g. Roast Turkey (in the below example). These foods do not need to be weighed out as they do not require insulin.

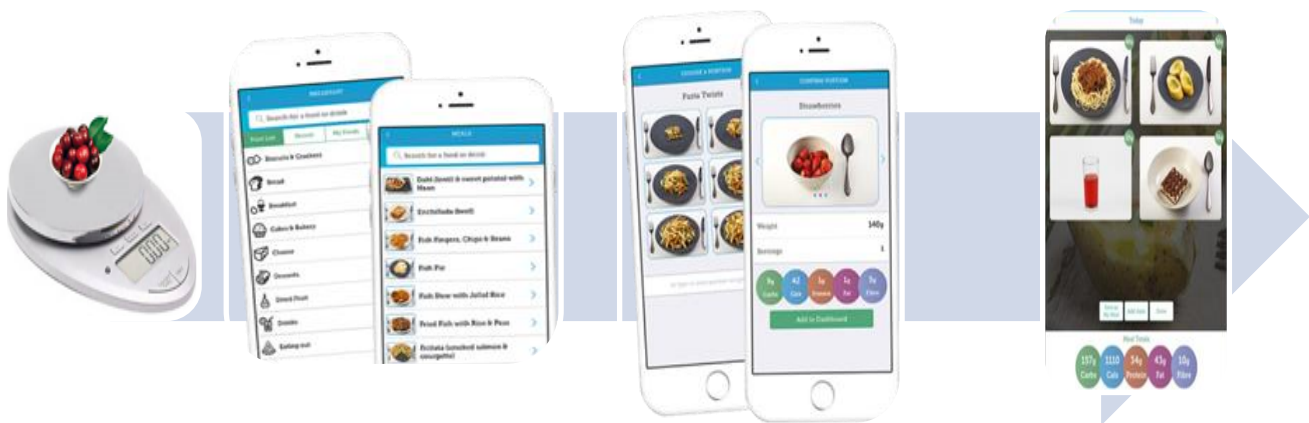
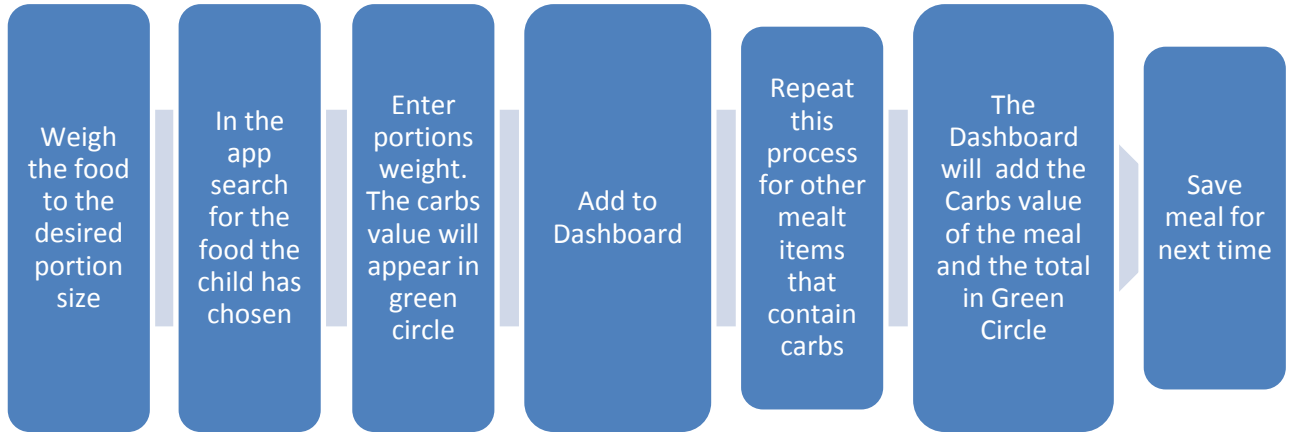


Food	Portion	Carbs
Roast Turkey	-	-
Roast potatoes	85g	15g
Yorkshire pudding	X 1	5g
Sage and onion stuffing	20g	14g
Fruit Salad	70g	15g
Total		49g



Method 2: Using the 'Carbs&Cals' app.

This method provides more flexibility with portion sizes for the young person.

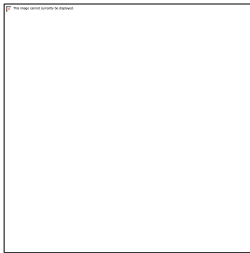


Example of council school menu carb counted by Dietitians. Greyed out foods contain no carbs. gC= grams carbohydrates
Remember if the young person wants more e.g. 2 slices of garlic bread instead of 1 slice then do not forget to double the carbs OR weigh out and use 'Carb&Cals' ipad app.

Week 1	Monday 'Planet Earth Day'	Tuesday 'Street Food Day'	Wednesday 'Traditional Day'	Thursday 'Food Day'	'World'	Friday	'Favourites'
Main	Macaroni Cheese 90g = 17gC 160g = 32gC 210 = 38gC	Beef & Black bean Stir Fry Noodles 200g = 28gC	Lamb Yorkshire Pudding 1=5gC, Gravy (2ladles) = 5gC	Fajita Chicken Brown Rice 1 Tbsp / 30g = 10gC C OR 3tbsp / 90g = 30gC		Sticky BBQ Chicken (8gC each)	
Vegetarian	Veg Meatballs = 1gC each Pitta Small 35g = 19gC Large 70g = 40gC	Falafel Burger x1 (57g) = 14gC Mango Chutney 1tbsp(20g) = 12gC Potatoes 85g = 13gC	Cheese, Tomato, Red Onion Tart If tin cut into 24pieces = 12gC each	3 Bean (5gC) Mexican Chilli Wrap ½ wrap = 17gC 1 wrap = 35gC		Bubble Fish Bites (4GC EACH) Jacket potato ** See Below	
Sides/Veg	Sweetcorn 1tbsp/40g = 6gC Peas 1tbsp / 40g = 4gC	Broccoli and Carrots	Roast Potatoes 85g = 15gC OR 10gC per egg sized potato	Tortilla Chips 5 (16g) = 10gC Roasted Vegetables Sweetcorn 1tbsp/40g = 6gC		Potato Crispers(7-8) 55g = 19gC Baked Beans 1tbsp / 40g = 5gC Peas 1tbsp / 40g = 4g C	
Salads	Seasonal Salads	Salads & Crudités Carrot/Cucumber/Celery	Cabbage / Cauliflower / Salad	Salads & Tomato Salsa		Salads & Coleslaw	
Dessert	fresh seasonal fruit 35g = 7gC OR 70g = 15gC OR 90g = 19gC	Homemade Fruit and Oat Flapjack Primary 1x 30th (60g)= 28gC	Rice Pudding and Peaches 190g = 28gC	Frozen Mango Yogurt = 10gC		Beetroot & Choc Brownie 40th (37g) = 16gC	
Daily Options	Bread 20gC / Slice Baguette = 10gC / Fruit platter 10gC / 80g yoghurt 10gC / cheese and crackers x 3 = 14gC Jacket potato (ideally weight & use Carbs&cals app), Small (150g)= 32gC / medium (200g) = 42gC						



Method 3: Handy measures.



Cup measures are a standard measure. They are useful as they are consistent sizes in comparison to traditional serving spoons used in catering.

Below is a cup measure guide. The parent / guardian / school will go through the menu with the child and identify which foods they are going to choose and identify the appropriate measure for each food which contains carbs e.g. ½ cup rice or 1 cup pasta or 1/3 cup peas

* if using tablespoon(15ml) measures- ensure this is a standard measure*

These options may be useful for older children in secondary school / day out / after school and breakfast clubs.

Pro's	Con's
Portion is consistent	School to buy standard cup measures
The food does not need to be weighed daily	The portion may not be the same as other children receive / may not be age appropriate
	This method is not appropriate for all foods e.g. pie / lasagne / deserts which will still need to be weighed out

Food	Handy measure (e.g. 1 cup)	Portion weight	Carbohydrate Content of portion
Cows Milk	1 cup	250ml	12
	½ cup	125ml	6
	¼ cup	65ml	3
Grapes	1 cup	160g	24
	½ cup	80g	12
	¼ cup	40g	6
Cooked Pasta	1 Cup	150g	50
	½ cup	75g	25
Cooked Rice	1 cup	140g	47
	½ cup	70g	23
Mashed potato	1 cup	250g	36
	½ cup	125g	18
Cooked couscous	1 cup	230g	51
	½ cup	115g	26
	1 cup	139g	128g



Food	Portion size	Carbs(g)/ Portion
Starchy carbohydrates		
Thick chips / Skinny chips	5x thick chips / 5 x skinny chips	10 / 5
Mash potato	1 ice cream scoop	10
Roast / boiled potato	1 egg sized potato	10
Jacket potato with skin / flesh only	1 small (150g)	32 / 30
Jacket potato with skin / flesh only	1 medium (200g)	42 / 40
Jacket potato with skin / flesh only	1 large (250g)	52 / 50
Rice (boiled)	1 tablespoon(15ml)	10
Pasta (boiled)	1 tablespoon (15g)	7
Couscous(boiled)	1 tablespoon	10
Quinoa (boiled)	1 tablespoon	5
Wrap	1 average	30
Slice of bread	1 slice Medium / thick	15 / 20
Pitta bread	1 small / 1 large	30 / 55
Slice baguette /French stick / garlic bread	1" (inch)	10
Burger bap	small	25
Cracker (Jacobs)	1	5
Popadom	Small / large (standard)	4 / 7
Taco shell	1 medium	10
Yorkshire pudding	Small / large	5 / 10
Dairy		
Natural yoghurt	125g pot	10
Milk	100ml	5
Ice cream	1 scoop	10
Vegetables/Pulses		
Peas	1 tablespoons / 40g	4
Sweetcorn	1 tablespoons / 40g	6
Chickpeas	1 tablespoon	6
Dahl (thick) / boiled red lentils	1 tablespoon	7
Pakora	1 average size	5
Baked beans	1 tablespoon	5
Meat / fish		
Fish finger	1	4
Sausage	1	5
Chicken Nugget	1	3
Fruit		
Grapes / cherry	1 medium size	1
Satsuma	Small/large	5/10
Apple	Fun size	8
Raisins	1 match box size	10
Dried Apricots / dates / kiwi	1	5



Breakfast Club handy Measures

If the young person attends breakfast club, below are useful handy measures. Please note that many breakfast items are refined carbohydrates that we recommend are eaten in moderation. We have identified which foods would be preferred for general health as well as blood glucose management.

	Food	Handy measure (e.g. 1 cup)	Portion size in grams (weight)	Carbohydrate Content of portion
Recommended	Milk	1 cup	100ml 1 cup / 250ml	5g carbs 12g carbs
	Weetabix	X 1 X 2		14g carbs 28g Carbs
	Shredded Wheat biscuits	X1 X2		18g Carbs 36g Carbs
	Shredded wheat bite size	1/2cup 1 cup	28g 58g	24g Carbs 49g Carbs
	No added sugar Muesli	1/2 cup 1 cup	52g 104g	33g Carbs 66g Carbs
	Wholemeal bread	X 1 slice		14g carbs (or check packet)
	Small apple	Fun size		8g carbs
	Grapes	½ Cup Each grape	80g	12g carbs 1g carb each
	Natural yoghurt	1 small pot	125g	10g carbs
	Satsuma	Small / large		5g /10 g carbs
More likely to cause spikes in blood glucose levels	Rice Crispies			
	Cornflakes	1 cup	30g	25g Carbs
	Scotch pancake	X1		14g carbs
	Croissant	X1		18g carbs
	50:50 Bread / white bread	X1 Slice		17g carbs

