

Diabetes in Hospital

Information on

Carbohydrate Counting During Your Hospital Stay



Contents

Introduction

What is carbohydrate?	3
How can this booklet help me?	3
Additional information	3

Carbohydrate reference tables

Standard menu	4
Allergy-aware menu	12
Halal menu	13
Kosher menu	14
Renal menu	15
Texture-modified menu: level 3 – liquidised	16
Texture-modified menu: level 4 – pureed	17
Texture-modified menu: level 5 – minced and moist	18
Texture-modified menu: level 6 – soft and bite-sized	19
Vegan menu	20

Introduction

What is carbohydrate?

Carbohydrate is an essential nutrient in the diet and is the body's main source of energy. Food or drinks containing carbohydrate cause an increase to blood glucose (sugar) levels. Identifying their sources or counting how much of these you eat or drink can be helpful in managing your diabetes.

Caution: some carbohydrates are digested so slowly that they may not significantly affect your blood glucose levels. We advise you to not count their carbohydrate content (unless you did this pre-admission). These items have been highlighted with an asterisk (*) throughout this booklet.

How can this booklet help me?

This booklet provides carbohydrate values for the food and drinks available during your hospital stay. It has been produced for both people living with diabetes and their healthcare professionals, and can assist with identifying carbohydrate sources, carbohydrate counting and insulin dose adjustment (if applicable).

Additional information

This booklet has been produced by the Diabetes Team of NHS Greater Glasgow and Clyde.

Meals and ingredients are subject to change. The information this booklet contains was correct at the time of publication.

All carbohydrate values are based on average portion sizes and are displayed in g (grams). These values will not accommodate for slight variance in the portions you receive or which you manage to eat or drink.

Product labelling will always display the most up to date nutritional information. It is encouraged to refer to and use the carbohydrate values on labelling whenever this is possible.

You may find phone apps or online information helpful as additional means of carbohydrate counting.

Carbohydrate reference tables

Standard menu

Beverages	
Additions	
Milk (added to hot beverages)	1g
Sugar - 1 sachet	3g
Sugar - 1 teaspoon	5g
Sweetener	Nil
Coffee or tea (no milk or sugar added)	Nil
Fruit juice (orange) cupbox	10g
Hot chocolate (no milk or sugar added)	25g
Milk - 1 cup	7g
Squash (diluting juice)	Nil
Water	Nil

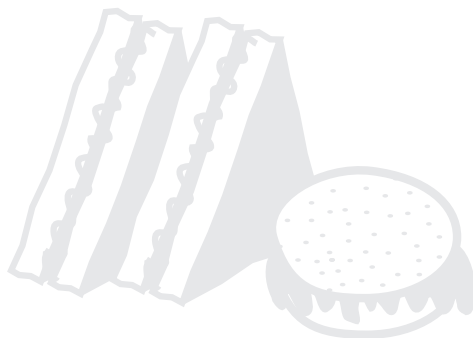
Breakfast	
Additions	
Butter or margarine portion	Nil
Jam portion	10g
Sugar - 1 sachet	3g
Sugar - 1 teaspoon	5g
Bread roll	26g
Bread or toast – 1 medium slice	15g
Cereals	
Bran flakes	20g
Cornflakes	25g
Rice krispies	26g
Porridge	16g
Weetabix – 2 biscuits	26g
Milk (added to cereal)	5g

Soups	
Carrot and lentil	*
Green split pea	*
Lentil	*
Minestrone	8g
Scotch broth	*
Vegetable	*
Yellow split pea	*
*carbohydrate content not applicable as it may not affect your blood glucose level	

Sandwiches and filled rolls	
1 cheese and 1 egg twin-pack sandwich – white bread	37g
Cheese and onion sandwich – wholemeal bread	33g
Cheese and pickle sandwich – white bread	42g
Chicken and sweetcorn sandwich – malted bread	44g
Chicken tikka sandwich – wholemeal bread	32g
Chicken, lettuce and mayonnaise roll – white roll	38g
Corned beef and tomato sandwich – white bread	37g
Cream cheese and chive sandwich – white bread	39g
Egg mayonnaise sandwich – white bread	36g
Egg mayonnaise sandwich – wholemeal bread	29g
Egg mayonnaise and tomato sandwich – white bread	37g
Egg, tomato and cress sandwich – white bread	36g
Ham and tomato sandwich – white bread	37g
Sliced cheddar cheese sandwich – wholemeal bread	29g

Sandwiches and filled rolls cont'd...	
Sliced honey ham sandwich – white bread	36g
Tuna mayonnaise roll – wholemeal roll	38g
Tuna mayonnaise sandwich – white bread	37g
Tuna mayonnaise sandwich – wholemeal bread	30g

Salads	
Cheese	*
Egg mayonnaise	*
Ham	*
Mackerel	*
Roast pork	*
Roast turkey	*
Side salad	*
Tomato and basil quiche	36g
Tuna mayonnaise	*
*carbohydrate content not applicable as it may not affect your blood glucose level	



Main meals	
Baked egg and cheese	*
Baked potato (without filling)	
small	35g
medium	47g
large	60g
Beef and black bean sauce	19g
Beef curry	13g
Beef lasagne	26g
Beef stew and dumplings	21g
Beef stroganoff	10g
Beef burger in onion gravy	37g
Breaded fish	27g
Cannelloni verdi	39g
Cheesy cottage pie	24g
Chicken and mushroom pie	29g
Chicken curry	20g
Chicken in mushroom and pepper sauce	3g
Chicken in tarragon sauce	10g
Chicken korma	14g
Chilli con carne	4g
Cottage pie	19g
Creamy pasta bolognese	24g
Fish mornay	6g
Fish pie	24g
Haggis	25g
Macaroni cheese	29g

Main meals cont'd...	
Mince pie	22g
Minced beef	5g
Mushroom ravioli in cheese sauce	32g
Omelette – cheese	*
Omelette – plain	*
Pork cutlet in gravy	11g
Pork meatballs in tomato sauce	17g
Quorn and bean chilli	24g
Quorn korma	12g
Quorn pasta bolognese	13g
Roast beef	14g
Roast turkey	5g
Sausage casserole	32g
Sausage roll	31g
Sausages in onion gravy	14g
Savoury scrambled egg	7g
Savoury spaghetti	21g
Scotch pie	39g
Steak pie	23g
Sweet and sour pork	16g
Vegetable rissoles	27g
*carbohydrate content not applicable as it may not affect your blood glucose level	



Sides	
Baked beans	*
Bread roll – white	23g
Broccoli	*
Brussel sprouts	*
Cabbage	*
Carrots	*
Carrots and turnips – mashed	*
Garlic bread	9g
Green beans	*
Mixed vegetables – diced	*
Oven chips	21g
Peas	*
Potato – croquettes	25g
Potato – mashed	13g
Potato – roasted	49g
Potato – wedges	19g
Rice – white	54g
Sweetcorn	*
Turnip	*
*carbohydrate content not applicable as it may not affect your blood glucose level	

Desserts	
Creamed rice pot	21g
Apple crumble and custard	60g
Cheese and biscuits	10g
Doughnut	34g
Eve's pudding (apple sponge) and custard	47g
Fruit cocktail dairy cream	25g
Ginger sponge and custard	47g
Jelly and ice cream	35g
Peach and pear crumble and custard	63g
Rhubarb crumble and custard	50g
Strawberry cheesecake	28g

Snacks	
Additions	
Butter or margarine portion	Nil
Jam portion	10g
Cheese portion	Nil
Crackers (2)	10g
Creamed rice pot	21g
Custard pot	19g
Doughnut	34g
Fruit	
Apple - small	8g
Apple - medium	13g
Apple - large	17g
Banana - small	13g
Banana - medium	17g
Banana - large	26g
Orange - small	8g
Orange - medium	13g
Orange - large	20g
Pancake	13g
Plain biscuits	
Custard cream	8g
Rich tea	5g
Digestive	10g
Scone (plain)	27g
Yoghurt	
Fruit	13g
Thick and creamy	7g

Allergy-aware menu

Main meals	
Chicken, bacon and thyme hotpot with green beans, mashed carrot and swede	37g
Chilli con carne with vegetable rice	44g
Pork in gravy with roast potatoes, carrots and peas	38g
Provençale vegetable bake with mixed green vegetables	49g
Roast beef in gravy with roast potatoes, sliced carrots and green beans	36g
Spicy bean casserole with potato wedges and mixed vegetables	55g
Sweet and sour chicken with vegetable rice	66g

Desserts	
Fruit	
Apple - small	8g
Apple - medium	13g
Apple - large	17g
Banana - small	13g
Banana - medium	17g
Banana - large	26g
Orange - small	8g
Orange - medium	13g
Orange - large	20g
Fruit cocktail	11g

Halal menu

Main meals	
Chicken curry with rice	49g
Chicken tikka masala with rice	53g
Chickpea daal with rice	57g
Cottage pie with roast potatoes, carrots and green beans	48g
Fisherman's pie with peas and carrots	39g
Keema with potatoes	53g
Lamb and potato with rice	53g
Lamb hotpot with roast potatoes, carrots and broccoli	34g
Lentil bolognese pasta with vegetables	42g
Moong daal with rice	61g
Roast chicken and gravy with roast potatoes, peas and cauliflower	33g
Vegetable masala with rice	57g

Kosher menu

Main meals	
Grilled plaice with sauté potatoes and ratatouille	29g
Fried haddock with mashed potato and spinach	34g
Shepherd's pie sauerkraut with peas and carrots	42g
Spaghetti neapolitan with green beans and glazed carrots	59g
Sliced beef in gravy with rice, green beans, stuffing and tomato sauce	92g
Tomato omelette with parisienne potatoes and mixed vegetables	29g
Chicken schnitzel with sauté potatoes and sauerkraut	44g
Roast chicken in gravy with parisienne potatoes and mixed vegetables	40g
Sliced lamb with stuffing and gravy, macaroni, peas and carrots	60g
Beef goulash with mashed potatoes, sweetcorn and peas	52g
Spaghetti bolognese with mixed vegetables and spinach	40g
Fruit cocktail	11g
Fruit	
Apple - small	8g
Apple - medium	13g
Apple - large	17g
Banana - small	13g
Banana - medium	17g
Banana - large	26g
Orange - small	8g
Orange - medium	13g
Orange - large	20g
Yoghurt	
Fruit	13g
Thick and creamy	7g

Renal menu

Note: please refer to the standard menu for the carbohydrate content of any items not listed below.

Main meals	
Baked egg and cheese with green beans and mashed potato	18g
Breaded fish with peas and mashed potato	40g
Chicken breast in gravy with mixed vegetables and mashed potato	27g
Cottage pie with mixed vegetables	32g
Fish in parsley sauce with vegetables and mashed potato	23g
Liver and bacon casserole	26g
Macaroni cheese with mixed vegetables	44g
Roast beef with peas, swede and mashed potato	32g
Savoury minced beef with vegetables and mashed potato	27g
Shepherd's pie with peas and carrots	32g
Steak pie with brussel sprouts and mashed potato	36g
Sweet and sour chicken with egg fried rice	66g
Vegetable curry with boiled rice	61g
Vegetarian cottage pie with peas and carrots	48g
Tomato and mozzarella pasta	41g
Chilli con carne with salad and rice	58g
Chicken curry with rice	65g
Salmon crumble with mashed potato	38g
Roast chicken with vegetables and mashed potato	27g
Fisherman's pie with vegetables	37g
Roast turkey in gravy with vegetables and mashed potato	18g
Beef stroganoff with rice	64g
Pork cutlet in gravy with vegetables and mashed potato	24g
Scotch pie with vegetables and mashed potato	52g

Texture-modified menu: level 3 – liquidised

Soups	
Carrot soup	15g
Chicken soup	4g
Mushroom soup	7g

Texture-modified menu: level 4 – pureed

Soups	
Carrot soup	15g
Chicken soup	4g
Mushroom soup	7g

Main meals	
Chicken breast in gravy with mashed potato and broccoli	46g
Cottage pie and peas	51g
Fish in creamy sauce with mashed potatoes and carrots	59g
Macaroni cheese with mashed potato and peas	56g
Petite sausage and mash with peas	22g
Petite beef in gravy with duchesse potatoes and peas	25g
Petite pork in gravy with duchesse potatoes and broccoli	20g
Petite vegetarian sausage and mash with peas	31g
Baked beans on toast	25g
Scrambled egg on toast	16g
Vegetable curry with mashed potatoes and parsnips	50g

Desserts	
Apple pie and custard	28g
Chocolate mousse	5g
Rice pudding	32g
Smooth yoghurt	7g
Sticky toffee pudding and custard	28g
Strawberry mousse	5g

Texture-modified menu: level 5 - minced and moist

Soups	
Carrot soup	15g
Chicken soup	4g
Mushroom soup	7g

Main meals	
Cheesy potato bake with mashed potatoes, carrots and parsnips	45g
Chicken and vegetable casserole with potatoes, carrots and sprouts	44g
Chicken curry with rice, cauliflower and broccoli	55g
Fish in mornay sauce with mashed potatoes, carrots and broccoli	36g
Macaroni cheese with broccoli, carrots and swede	44g
Pork casserole with mashed potatoes, cauliflower and sprouts	44g
Rich beef stew with mashed potatoes, cauliflower and broccoli	24g
Sausages in onion gravy with mashed potatoes, broccoli and cauliflower	35g
Vegetable and lentil casserole with cauliflower and sprouts	52g

Desserts	
Apple pie and custard	28g
Chocolate mousse	5g
Rice pudding	32g
Smooth yoghurt	7g
Sticky toffee pudding and custard	28g
Strawberry mousse	5g

Texture-modified menu: level 6 - soft and bite-sized

Soups	
Carrot soup	15g
Chicken soup	4g
Mushroom soup	7g

Main meals	
Beef hotpot with carrots and broccoli	62g
Cauliflower, broccoli and cheese pie with beetroot	38g
Chicken in gravy with mashed potatoes, carrots and mashed sprouts	34g
Cottage pie with carrots and mashed swede	55g
Salmon supreme topped with fried potatoes, carrots and broccoli	49g
Sausage casserole with mashed potatoes, carrots and swede	52g
Vegetable and lentil casserole with mashed potatoes, carrots, parsnips and beetroot	67g
Vegetable hotpot with carrots and mashed swede	52g

Desserts	
Apple pie and custard	28g
Chocolate mousse	5g
Rice pudding	32g
Smooth yoghurt	7g
Sticky toffee pudding and custard	28g
Strawberry mousse	5g

Vegan menu

Soups	
Vegetable soup	*
Scotch broth	*
*carbohydrate content not applicable as it may not affect your blood glucose level	

Main meals	
Cauliflower and spinach curry with white rice and Bombay potatoes	61g
Penne pasta in a tomato and basil sauce	27g
Provençal vegetable bake with mixed green vegetables	49g
Spicy bean casserole with potato wedges and mixed vegetables	59g
Vegetable hotpot	47g
Vegetable rice	18g

Desserts	
Fruit cocktail	11g