Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

Department of Nutrition and Dietetics

Paediatric Diabetes- Carb-counting home bakes

This leaflet is for children with diabetes and their carers.

Don’t let carb-counting confusion hold you back from cooking or baking with your child.

Like all children and young people without diabetes, children and young people with diabetes should limit discretionary foods, such as cakes and biscuits, to 1-2 per week.

The best time to give these foods is after a meal with insulin. It is important to **ensure these foods are carb-counted properly so the correct amount of insulin can be given**.

You will need:

- A set of digital scales
- A calculator, pen and paper
- Your recipe
- The nutritional label for each ingredient

If you do not have access to the labels you can use the following figures:

Ingredient	Carbs per 100g	Multiply weight in recipe by
Flour	67g	0.67
Sugar	100g	1.00
Dried fruit	83g	0.83
Syrup/ honey	100	1.00
Jam	70g	0.70
Cocoa powder	14g	0.14
Oats	70g	0.70
Milk	5g	0.05

Carb-counting home bakes step-by-step

Step 1: Calculate the carbs for each ingredient in the recipe.

Example*: A recipe for rock cakes has the following ingredients*

Ingredients		**Carbs for each ingredient**
60g sugar	60 x 1.0 = 60g carbs	**60g**
240g self-rising flour	240 x 0.67= 161g carbs	**161g**
90g dried fruit	90 x 0.83= 75g carbs	**75g**
90g margarine	Carb-free	**0g**
1 egg	Carb-free	**0g**
100ml milk	100 x 0.05= 5g carbs	**5g**
Mixed spice	Carb-free	**0g**

TOTAL carbs of recipe → 301g carbs

Step 2: Sum the carbs each ingredient provides to calculate the total carbs in your recipe.

Step 3: Divide total carbs of recipe by number of serves.

The recipe makes 12 rock cakes: $\frac{301}{12}$ = ***25g carbs per serve (rock cake)***

For further information on how to carb-count all other foods, please refer to the leaflet “A step-by-step guide to carb-counting with accuracy”.

If you have any questions, please contact your Diabetes Dietitians on 024 7696 6161.

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