



Carbs & Cals

Bestselling Book & Award-winning App for Diabetes & Weight Loss



- ✓ Type 1 Diabetes
- ✓ Type 2 Diabetes
- ✓ Weight Loss

BREAD

Bread is a staple of many people's diets. It is an excellent source of carbohydrate and the wholegrain varieties are rich in dietary fibre. Depending on the ingredients used to make bread, it can contain a range of vitamins and minerals, such as B-vitamins, calcium and iron.

Bagel

86g

50g Carbs

235 Cals

9g Prot

2g Fat

0g SatFat

3g Fibre

Ciabatta

100g

52g Carbs

271 Cals

10g Prot

4g Fat

1g SatFat

3g Fibre

Granary Bread

33g, medium slice

15g Carbs

78 Cals

3g Prot

1g Fat

0g SatFat

2g Fibre

Naan

60g, mini

30g Carbs

171 Cals

5g Prot

4g Fat

1g SatFat

2g Fibre

Pitta Bread

70g

39g Carbs

179 Cals

6g Prot

1g Fat

0g SatFat

2g Fibre

White Bread

33g, medium slice

15g Carbs

72 Cals

3g Prot

1g Fat

0g SatFat

1g Fibre

Wholemeal Bap

51g

24g Carbs

124 Cals

5g Prot

2g Fat

0g SatFat

3g Fibre

Chapatti (without fat)

90g

39g Carbs

182 Cals

7g Prot

1g Fat

0g SatFat

3g Fibre

Baguette

85g

48g Carbs

224 Cals

8g Prot

2g Fat

0g SatFat

3g Fibre