

Which of the following foods contain carbohydrates?

- a) Sausages
- b) Eggs
- c) Salmon
- d) Apples
- e) Porridge
- f) Chicken
- g) Parsnips
- h) Butter
- i) Wholemeal bread
- j) Brazil nuts

Which of the following foods contain carbohydrates?

- a) Sausages
- ~~b) Eggs~~
- ~~c) Salmon~~
- d) Apples
- e) Porridge
- ~~f) Chicken~~
- g) Parsnips
- ~~h) Butter~~
- i) Wholemeal bread
- ~~j) Brazil nuts~~



Approximately how much carbohydrate is there in this average size plate of spaghetti Bolognese?

- a) 50g
- b) 68g
- c) 90g



Approximately how much carbohydrate is there in this average plate of spaghetti Bolognese?

b) 68g

How much carbohydrate is there in a:

- a) pint of beer (ale)
- b) pint of lager
- c) 25ml serving of gin
- d) 125ml glass of red wine
- e) 150ml apple juice

How much carbohydrate is there in a:

- a) pint of beer (ale) 17g
- b) pint of lager 12g
- c) 25ml serving of gin 0
- d) 125ml glass of red wine 0
- e) 150ml apple juice 16g