

How many carbohydrates am I having?

	Carbohydrate (g)
Breakfast	
Total	
Lunch	
Total	
Evening Meal	
Total	
Snacks (if eaten)	
Supper (if included)	
Daily total	



The Reference Intake (RI) of carbohydrate is 230g for women and 300g for men. These figures are just a guide and are based on the requirements of an average woman and man.

Depending on your nutritional goals, you may require less - this is individual to each person and it is important to avoid hypoglycaemia (low blood glucose levels).

In Type 2 diabetes you may need to reduce the quantity of carbohydrate in your diet to help control your blood glucose levels (e.g. 130-200g women, 130-230g men).

A lower carbohydrate diet could be an option for you but talk to a healthcare professional first, as your medication may need adjusting.