

Food Item	Calculated Carbohydrate (grams)
Turkey	0
1 Cocktail sausage	1
1 Pig in Blanket	<2
Stuffing	7
Gravy	2
Christmas Vegetable Parcel	32
Peas	4
Carrots	2
Roast Potatoes	26
1 Festive Cookie	27

***Information Correct as of 6.11.17**

Calculated Portion Size (grams)

58

14

Approx. 15

34

40

112

40

40

100

45

***Please check portion sizes are appropriate.**