

Instructions

Cut along marked solid horizontal lines.
 Cut out window in calculator body. Fold backwards along dotted lines.
 Glue or tape Tab to Back, then cut out Slide Grip Cutout (cut both front and back of body).
 Insert "Food Weight" slider into body, showing grams or ounces scale through the window as required.

Approximate Carbohydrate per 100g for some common foods

- Plain meat, fish, eggs 0
- Fried, battered/crumbed 15
- Fish Fingers 20
- Fish Goujons, scampi 30
- Leaf vegetables 0
- Broccoli, peppers 0
- Tomatoes, celery 0
- Milk 5
- Carrots 8
- Beet, Parsnips, Peas 10
- Scotch Egg 13
- Fried onions 14
- Boiled/mashed potato 15
- Processed, mushy peas 15
- Pulses, beans 15-20
- Haggis 20
- Roast potato 23
- Baked potato 30
- Baked beans 30
- Cooked rice 32
- Fried potato, chips 35
- Wholemeal bread 40
- Brown bread 45
- White bread 50
- Porridge oats (uncooked) 60
- Pasta (dried, uncooked) 70

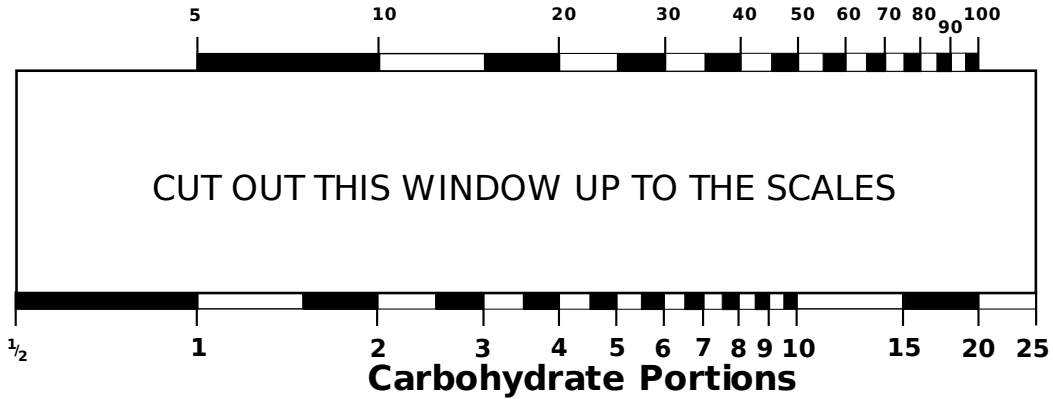
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Calder Carbohydrate Calculator
 Version 1.1, August 2008

Fold back

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Carbohydrate per 100 grams



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 non-commercial use, provided you credit the author
 and the Calder Carbohydrate Calculator project.
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 logo.

Slide Grip cutout.
 Cut out after glueing tab

Guillemot Design Ltd

Move Slider to set arrow against Carbohydrate per 100 grams, read Portions against Food Weight from scales

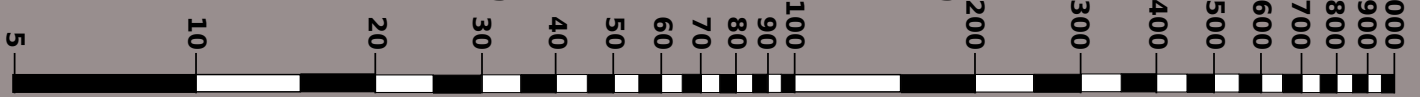
Fold back



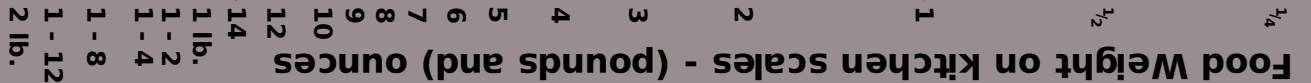
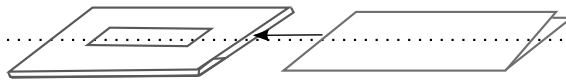
Glue or tape this tab to the back of the calculator body

Insert this Slider into the calculator body showing the scale you want to use with triangle pointing in the same direction as that on the body

Food Weight on kitchen scales - grams



Fold back



Insert this Slider into the calculator body showing the scale you want to use with triangle pointing in the same direction as that on the body