

Carbs & Cals

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7 FACTS

WHAT ARE CARBS?

15g Carbs (bread)
9g Carbs (apple slices)
27g Carbs (cereal)

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15 LOW CALORIE SNACK SWAPS

175 Cals (toast)
70 Cals (smaller snack)

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CARBS in BREAD

26g Carbs (crust)
15g Carbs (slice)
11g Carbs (crust)
40g Carbs (sandwich)
10 TOP TIPS!

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SMOOTHIES RECIPE BOOK

8g Carbs (smoothie)

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LOW CARB VEGAN SALAD

18g Carbs (salad)
Avocado & Bean!

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