



Carbs & Cals




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🌲 Count your Carbs & Cals at Christmas! 🌲

STARTERS

Pâté on Toast



45g Carbs 80g bread, 40g pâté

353 Cals **13g Prot** **15g Fat** **4g SatFat** **3g Fibre**

swap
to →

Saves you
261 calories
and 13g fat


Pumpkin & Chestnut Soup



16g Carbs 300g **1 5-a-day**

92 Cals **2g Prot** **2g Fat** **1g SatFat** **4g Fibre**

Prawn Cocktail



13g Carbs 160g

340 Cals **8g Prot** **28g Fat** **2g SatFat** **2g Fibre**

swap
to →

Saves you
139 calories
and 12g fat

Smoked Mackerel Salad



0g Carbs 67g fish, 20g salad

201 Cals **14g Prot** **16g Fat** **3g SatFat** **0g Fibre**



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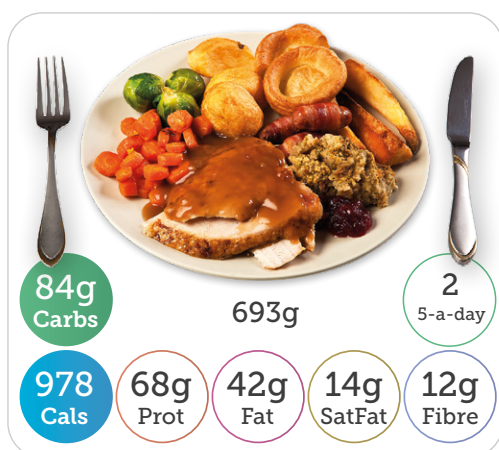


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MAIN COURSE

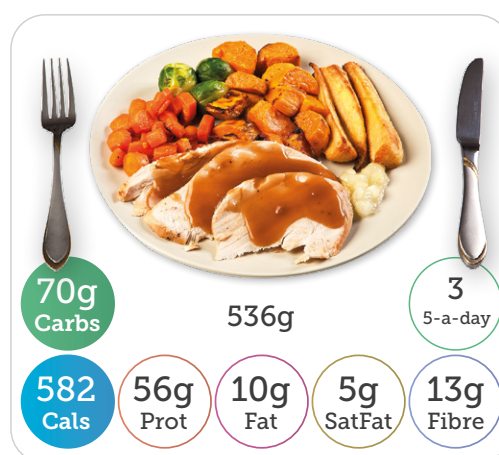
Traditional Christmas Dinner



swap
to →

Saves you
396 calories
and 32g fat

Alternative Christmas Dinner



- 150g roast turkey (with skin)
- 60g carrots (roasted)
- 3 sprouts (boiled)
- 3 roast potatoes
- 1½ Yorkshire puddings
- 3 sausage & bacon rolls
- 3 parsnip wedges (roasted)
- 60g stuffing & 45g gravy
- 1 tbsp cranberry sauce

- 150g roast turkey (without skin)
- 60g carrots (roasted)
- 3 sprouts (boiled)
- 150g sweet potatoes (roasted)
- 3 parsnip wedges (roasted)
- 1 tbsp apple sauce
- 30g gravy



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DESSERTS

Christmas Pudding with Brandy Cream



116g
Carbs

200g pudding,
2 tbsp cream

683
Cals

7g
Prot

24g
Fat

13g
SatFat

8g
Fibre

swap
to →

Saves you
535 calories
and 16g fat

Fruit Salad with Crème Fraîche (low fat)



17g
Carbs

160g fruit,
50g crème fraîche

2
5-a-day

148
Cals

2g
Prot

8g
Fat

5g
SatFat

2g
Fibre

Mince Pie with Cream



81g
Carbs

130g pies,
20g cream

591
Cals

5g
Prot

26g
Fat

9g
SatFat

3g
Fibre

swap
to →

Saves you
442 calories
and 19g fat

Chocolate Mousse



20g
Carbs

100g

149
Cals

4g
Prot

7g
Fat

3g
SatFat

1g
Fibre



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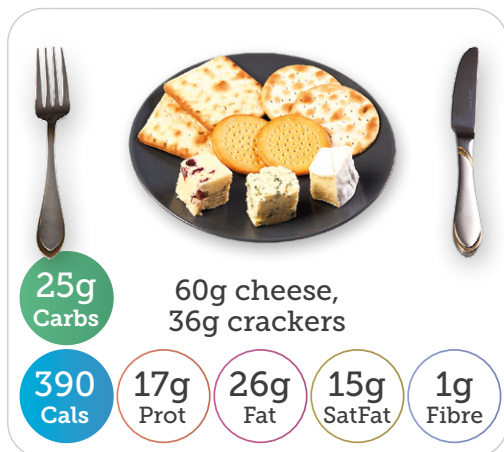


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SNACKS

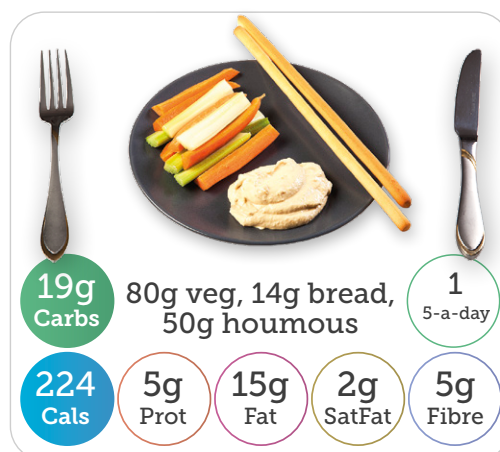
Cheese & Crackers



swap
to →

Saves you
166 calories
and 11g fat

Houmous & Dippers



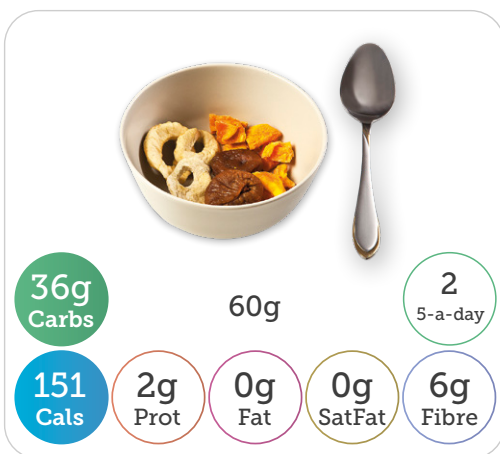
Crisps & Nuts



swap
to →

Saves you
179 calories
and 24g fat

Dried Fruit Selection





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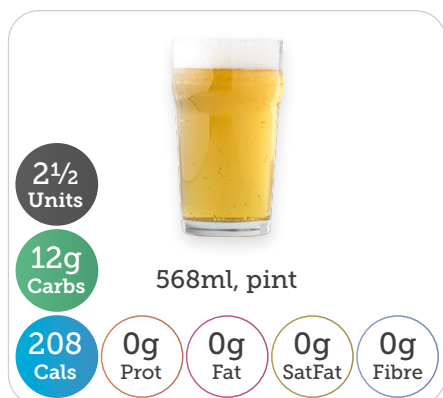


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DRINKS

Lager (4% ABV)



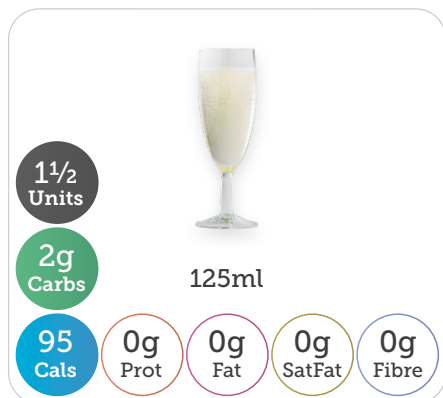
Red Wine (13% ABV)



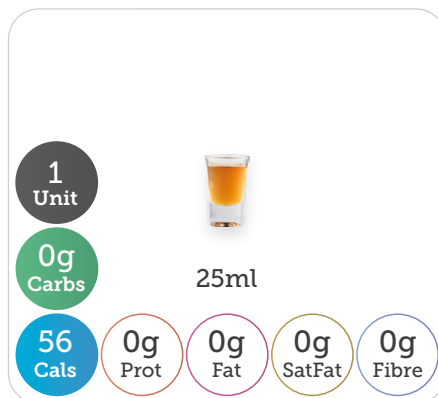
White Wine (dry, 12% ABV)



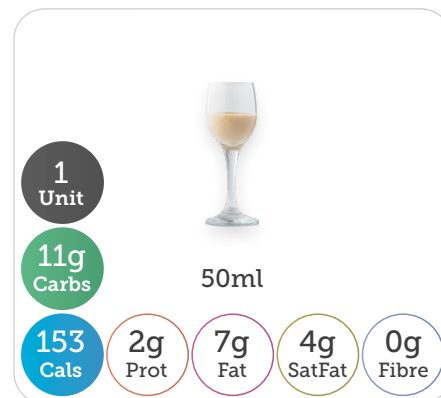
Champagne



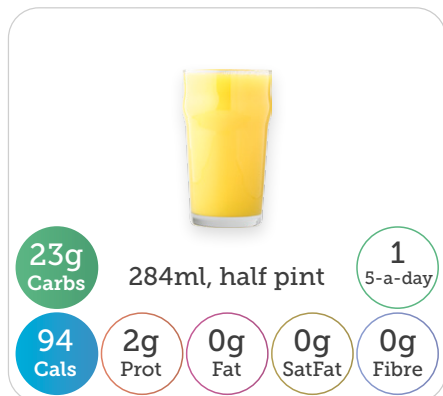
Whisky



Irish Cream



Orange Juice



Cranberry Juice



Cola



ALCOHOL GUIDELINES: The recommended limit for alcohol consumption is 14 units per week
(Try to ensure you have at least 2 alcohol-free days per week, preferably more!)