



Carbs & Cals



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RAMADAN BREADS

During Ramadan, bread is a staple food in many Muslim households. Traditional breads include anjero, chapati, naan and khubz. These can be eaten alone or used to wrap around meat or vegetable fillings. It is important to eat in moderation and balance your diet with other food groups.

Anjero

24g Carbs
65g

105 Cals
3g Prot
1g Fat
0g SatFat
1g Fibre

Chapati (without fat)

26g Carbs
60g, large

120 Cals
4g Prot
1g Fat
0g SatFat
2g Fibre

Khubz

35g Carbs
60g

170 Cals
6g Prot
1g Fat
0g SatFat
2g Fibre

Markook Shrak

14g Carbs
25g

75 Cals
2g Prot
1g Fat
0g SatFat
1g Fibre

Naan Bread

43g Carbs
85g

240 Cals
7g Prot
6g Fat
1g SatFat
3g Fibre

Paratha

31g Carbs
70g

170 Cals
4g Prot
4g Fat
2g SatFat
1g Fibre

Pitta Bread (white)

47g Carbs
85g, large

215 Cals
8g Prot
1g Fat
0g SatFat
2g Fibre

Sliced Bread (white)

15g Carbs
33g, medium slice

70 Cals
3g Prot
1g Fat
0g SatFat
1g Fibre

Turkish Flatbread

33g Carbs
60g

160 Cals
6g Prot
1g Fat
0g SatFat
1g Fibre