



Carbs & Cals



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✓ Type 1 Diabetes

✓ Type 2 Diabetes

✓ Weight Loss

RAMADAN MEALS (SEHRI / SAHOOR)

Sehri / Sahoor foods are eaten before dawn during Ramadan. Eat higher fibre foods, such as wholegrain bread or by adding nuts. Try low fat diet yogurt and semi-skimmed milk to reduce calories.

Bran Flakes

29g Carbs
45g
160 Cals
5g Prot
1g Fat
0g SatFat
8g Fibre

Fruit Salad

21g Carbs
150g
90 Cals
1g Prot
0g Fat
0g SatFat
2g Fibre

Jareesh

19g Carbs
150g
180 Cals
5g Prot
10g Fat
4g SatFat
2g Fibre

Omelette

0g Carbs
100g, 2 eggs
190 Cals
11g Prot
16g Fat
3g SatFat
0g Fibre

Porridge (with milk)

27g Carbs
220g (27g oats)
185 Cals
10g Prot
5g Fat
2g SatFat
2g Fibre

Yogurt with Nuts & Seeds

15g Carbs
155g yog, 20g nuts & seeds
240 Cals
13g Prot
15g Fat
4g SatFat
2g Fibre

Paratha

31g Carbs
70g
170 Cals
4g Prot
4g Fat
2g SatFat
1g Fibre

Pitta Bread (wholemeal)

27g Carbs
60g
145 Cals
7g Prot
1g Fat
0g SatFat
3g Fibre

Sliced Bread (granary)

15g Carbs
33g, medium slice
80 Cals
3g Prot
1g Fat
0g SatFat
2g Fibre