

Ways to Make Carbohydrate Counting Easier

Finding Carbohydrate Information on the Food Composition Database

Website: www.foodcomposition.co.nz

1. Go to the **Search button (green box)** and click on it.
2. Type in the food you want to search for and hit Go.
3. From the list of foods provided pick the one that most closely matches what you are eating.
4. Adjust the serving size to match the gram weight of the serve you will be eating.
5. The result you will use is **Carbohydrate, available**.

(Information up to date as at January 2021)

Alternatively the Australian Food Composition Database is available free of charge at www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx as a searchable database or as downloadable electronic files. They may have some foods we don't.

Apps for carbohydrate counting

Preferred:

- Carbs and cals - \$8.99, pictorial counter
- Calorie King – make sure you get the Australian version or use their website
- Foodeye – NZ based app with nutrition information panels for local foods.

Others:

- Figwee
- Carb counting with Lenny – kids focus
- My Fitness Pal – scan barcodes in and create your own database.
- Nutrition Lookup – App store and Google Play