



Carbs & Cals

Bestselling Book & Award-winning App for Diabetes & Weight Loss



Type 1 Diabetes ☐

Type 2 Diabetes ☒

Weight Loss ☒

5:2 Diet ☒

How to Save 100 Calories

Losing weight slowly and steadily is beneficial in the long term, as rapid weight loss has been shown to be unsustainable and may even be dangerous to health. Making changes in the long term is easier if you set realistic targets and try to make one small change at a time.

A realistic goal is losing ½ kg (1 lb) to 1 kg (2 lb) per week.

Even saving 100 calories per day could lead to steady weight loss.

Here are some handy examples of how you could save 100 calories by choosing a lower-calorie option.

Chocolate Cake

20g
CARBS

186
CALS

3g
PROTEIN

11g
FAT



1g
FIBRE

Weight: 40g

3g
SAT FAT

Swap for

Lemon Sorbet

22g
CARBS

85
CALS

0g
PROTEIN

0g
FAT



1g
FIBRE

Weight: 88g

0g
SAT FAT

Strawberry Milkshake

29g
CARBS

196
CALS

9g
PROTEIN

5g
FAT



0g
FIBRE

Weight: 284g
(half pint)

3g
SAT FAT

Swap for

Grapes

25g
CARBS

96
CALS

1g
PROTEIN

0g
FAT



1g
FIBRE

Weight: 160g

0g
SAT FAT

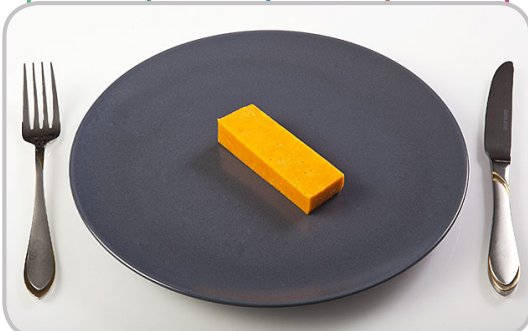
Red Leicester

0g
CARBS

201
CALS

12g
PROTEIN

17g
FAT



0g
FIBRE

Weight: 50g

11g
SAT FAT

Swap for

Cottage Cheese

3g
CARBS

101
CALS

13g
PROTEIN

4g
FAT



0g
FIBRE

Weight: 100g

2g
SAT FAT

Peanuts

2g
CARBS

181
CALS

7g
PROTEIN

16g
FAT



2g
FIBRE

Weight: 30g

3g
SAT FAT

Swap for

Banana

20g
CARBS

81
CALS

1g
PROTEIN

0g
FAT

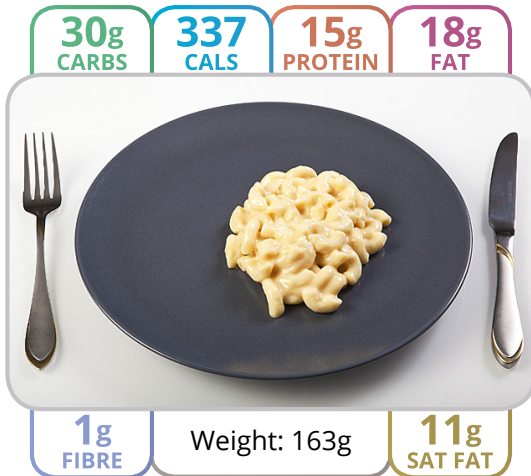


1g
FIBRE

Weight: 130g

0g
SAT FAT

Macaroni Cheese



Swap for

Fajita (chicken)



Panini

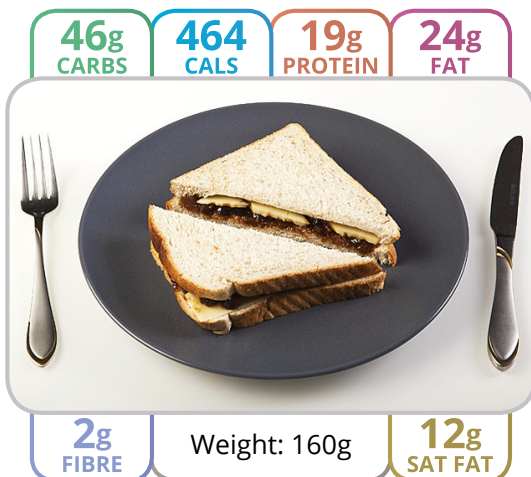


Swap for

Pitta Bread



Cheese & Pickle Sandwich



Swap for

Chicken Salad Sandwich

