

Easter

Carb Counting

Cheat Sheet

| Carbohydrate Content | Type of Chocolate |
|----------------------|---|
| 29g | <ul style="list-style-type: none">• Cadbury's Crème Egg |
| 2g | <ul style="list-style-type: none">• Cadbury's Mini Egg X 1 |
| 5g | <ul style="list-style-type: none">• Lindt Ball X 1 |
| 18g | <ul style="list-style-type: none">• Choc Orange X 4 segments |
| 6g | <ul style="list-style-type: none">• Maltesars X 5 |
| 28g | <ul style="list-style-type: none">• Chocolate Bunny (50g) |
| 5g | <ul style="list-style-type: none">• Mini Lindt Animals (10g) |
| 14g | <ul style="list-style-type: none">• Hollow Easter Egg (per 25g) |
| 17g | <ul style="list-style-type: none">• Maltesar Bunny Bar (29g) |
| 14g | <ul style="list-style-type: none">• Chocolate X 6 squares |