University Hospitals of Leicester NHS Trust

Carbohydrate counting guide for children and young people with type 1 diabetes

Nutrition and Dietetics

Information for Patients

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Contents page

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1. Introduction

Managing type 1 diabetes means keeping a healthy balance between insulin, food and activity. Carbohydrate counting helps you match your mealtime insulin with the carbohydrates you eat.

Although there are no foods which are banned, it is important to make healthy food choices and have a balanced diet. This will help to make sure you continue to grow and have a healthy weight.

2. Insulin and carbohydrate counting

You need to take 2 different types of insulin to control your blood sugars:

1. **Rapid Acting Insulin** (like Trurapi, NovoRapid, Fiasp):
   - Works quickly. It starts in minutes. Best to give 20 minutes before eating.
   - Helps to move glucose (sugar) from your blood into your cells.

2. **Basal (Background) Insulin** (like Glargine, Degludec):
   - This is a long acting insulin. You take this once a day at the same time.
   - Keeps glucose (sugar) levels steady between meals working slowly all day and night.

The amount of insulin needed will depend on the amount of carbohydrates eaten.

By learning to count carbohydrates, you can:

- Keep your glucose levels in range.
- Enjoy a wider variety of foods safely.
- Match your insulin dose more accurately.

3. What are carbohydrates?

Your body prefers to get energy from carbohydrates.

When you eat them, your body breaks them down into **glucose (sugar).** Glucose goes into your blood and gives your cells energy. This give you energy for your everyday activities.

Foods that have carbohydrates:

Breads and cereals



Pasta | Bread | Cereal | Potato | Rice

Noodles, chapatti, roti buckwheat, oats, cornmeal sweet potatoes, yams, plantain and all foods containing flour all have carbohydrates.

Milk sugar (lactose)

Milk | Yogurt

Custards, creamy/ milky puddings, ice-cream**, plant based** milk alternatives like soya, oat, rice all have carbohydrates.

Fruit sugar (fructose)




All fruit and fruit juices

Including canned and dried fruit all have carbohydrates.

Added sugars in food

Cereal bars, jams and chutneys, lollipops, full sugar soft/ fizzy drinks such as cola or lemonade, sauces like ketchup, brown sauce and baked beans (sauce only) all have carbohydrates.

Batter, pastry and breadcrumbs

Chicken Nuggets	Samosas	Fish Fingers	Pies/ Pastries	Sausages (check labels)

Although meat and fish have no carbohydrate, if it is covered in batter, pastry or breadcrumbs or is a food containing meat, like sausage, it can have carbohydrate.

Foods have little/ no carbohydrates:

Plain Meat / Fish	Cheese / Eggs	Nuts / Nut Butters	Vegetable Sticks	Sugar Free Jelly / Cordial

Butter, oil, ghee, mayonnaise, chickpeas, lentils and beans all have little or no carbohydrate.

Please refer to the start of Session 3 in the DEAPP videos found in the My Clinic section on the Digibete App.

4. How do carbohydrates work in the body?

All carbohydrates are broken down in the body into glucose (also called blood sugar). This is used for energy.

How quickly a carbohydrates turn into glucose in the blood depends on the type of food.

- **Simple sugars** break down and enter the blood stream quickly. This is foods like sweets or sugary drinks.
- **Starchy carbohydrates** take longer to digest. They cause our blood glucose levels to rise slower. This is foods like bread, pasta, rice and potatoes.

Foods like meat, cheese, eggs, nuts and most vegetables have little or no carbohydrate. You often do not need insulin when eating them.

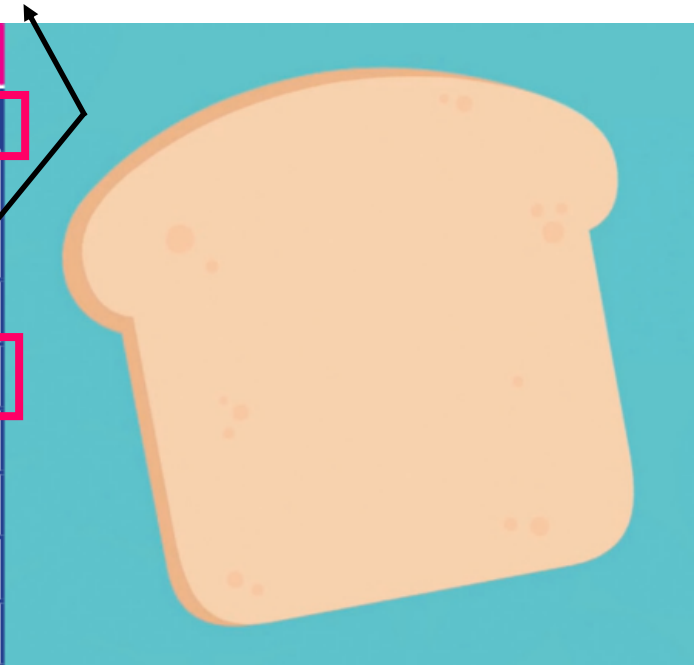
There are no foods you cannot have. Choosing healthier options and having balanced meals helps you grow, stay strong, and have a healthy weight.

5. How do I know how much carbohydrates (carb) I am eating?

Many foods are labelled per slice, per biscuit, per pack, per bar and so on. This is a good place to start looking when you are starting to work out how carb you are eating.

In this example 1 slice of bread has a total of **17.5g** of carbs.

Nutrition Information		
	Per 100g	Per 44g slice
Energy	236kcal	10.4kcal
Fat	2.4g	1.0g
of which saturates	0.4g	0.2g
Carbohydrate	39.8g	17.5g
of which sugars	2.4g	1.0g
Fibre	6.8g	3.0g
Protein	10.6g	4.7g
Salt	0.98g	0.43g



Carbohydrate per 100g:

Not all foods we eat have a set portion. For example an apple, a bowl of cereal or plate of pasta. We then need to learn how to use the **'per 100g'** value from the food label. In this example it is **39.8g** of carbs**.**

You may find it useful to use set of digital scales. This can help you weigh out your food.

6. How to work out carbs from 'one slice' or 'portion':

1. Look at the nutritional information of the food. This is normally at the back of the packaging.
2. Look out for the carbohydrates rows. In this example, 1 slice of bread has a total of 17.5g of carbs.
3. How much are you going to be eating?
4. You will need to multiply the grams of carbs by how many slices/portions you eat. For example if you are eating 2 slices:

17.5g x 2 = 35g ← The total grams of carbs you are eating.

Grams of carbs per slice. ↑

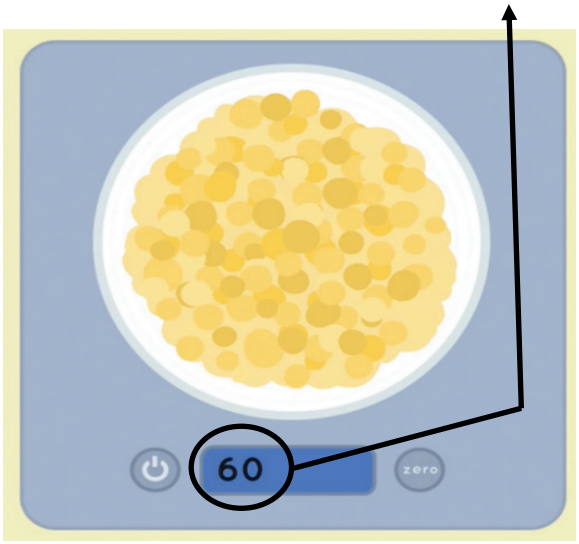
How many slices you are eating. ↑

7. How to work out carbs using the 'per 100g' column:

You will need a **weighing scale**. You will need to do some maths. Most of the time you can use calculators or apps like NutraCheck to do this for you:

1. Look at the nutritional information of the food. This is normally at the back of the packaging.
2. Look out for the carbohydrates rows. Find the carbohydrate **per 100g** from the food label.
3. In this example there are 80g of carbs per 100g you eat.
4. **Weigh how much you will be eating** on the scale. In this example the cereal weighs **60g.**

Nutrition Information	
Per 100g	
Energy	380kcal
Fat	0.9g
of which saturates	0.3g
Total Carbohydrates	80g
of which sugars	10g
Fibre	4.5g
Protein	7.3g
Salt	0.43g



5. You need to work out 1g of carbs of your food. You do this by **dividing the total carbs by 100**:

80g ÷ 100 = 0.8g

6. You need to **multiply this number by how many grams of the food you are eating**. In this example you are eating 60g of cereal:

0.8g x 60g = 48g

Total amount of carbs in the food you are eating.

Carbohydrate in 1g of the food.

How many grams of the food you are eating.

You can also use the tables on pages 21-22 to estimate carbohydrates in portions of food.

Please refer to session 8 in the DEAPP videos found in the My Clinic Section of the Digibete App and the Children's Diabetes Handbook for more detailed information.

8. Try it yourself!

Try some activities using this method:

Activity 1:

Using the label below, calculate how many carbohydrates are in **45g** of crisps:

	Per 100g
Energy	2065kJ / 494kcal
Fat	24.7g
Saturates	2.3g
Carbohydrate	59.0g
Of which sugars	4.0g
Fibre	3.7g
Protein	6.9g
Salt	1.43g

Reminder:

1. Workout many grams of carbohydrate are there in 1g of crisps? _____
2. What is the weight of your food? _____
3. Multiply the carbohydrates per 1g by the weight of your food.

Write your workings out here:

g

Activity 2

You are having dinner and decide to have some garlic bread on the side. You have weighed the garlic bread and this comes to **66g.**

How many grams carbs are you eating?

	Per 100g	¼ of a baguette (40g)
Energy	1423kJ / 339kcal	569kJ / 136kcal
Fat	13.0g	5.2g
Saturates	4.0g	1.6g
Carbohydrate	44.6g	17.9g
Of which sugars	2.7g	1.1g
Fibre	2.2g	0.9g
Protein	9.7g	3.9g
Salt	0.8g	0.3g

Reminder:

1. Workout many grams of carbohydrate are there in 1g of crisps? _____
2. What is the weight of your food? _____
3. Multiply the carbohydrates per 1g by the weight of your food.

Write your workings out here:

g

9. 1 gram of carbs in everyday foods

The tables in the next pages tell you the carbs in 1g (gram) of a food.

Once you know this number, you can use it to work out the carbs in any portion of food. This is even if the label does not match what you eat.

How is this number worked out?

If a label tells you how many carbs are in 100g a food, you can divide that number by 100 to find out the carbs in 1g.

Example:

If 100g of pasta has 70g of carbohydrate,

Then each gram of pasta has 0.7g of carbohydrate: 70g ÷ 100 = 0.7g

10. How do I use these numbers?

1. Find your food in the table on the pages.
2. Look at the carbs per 1g number.
3. Weigh your portion of food in grams using digital scales.
4. Multiply the carbs per 1g by the weight of your portion. This tells you how many grams of carbohydrate are in your portion.

Example

Apples have 0.12g of carbohydrate per 1g.

My apple weighs 120g.

0.12g × 120 = 14.4g

So my apple has about 14g of carbohydrate.

Top tip

It does not need to be exact. Rounding to the nearest gram is fine!

Look back at pages the next pages when needing to calculate the carbs of some foods.

11. 1 gram of carbs in everyday foods (tables)

Fruit (raw weights)	**Carbohydrate content per 1g**
Apples	0.12g
Pears	0.11g
Bananas (weighed after peeling)	0.20g
Banana (weighed unpeeled)	0.13g
Blueberries	0.09g
Kiwi Fruit (flesh and seeds)	0.11g
Kiwi Fruit (weighed with skin)	0.09g
Grapes green	0.15g
Grapes red	0.17g
Mangos (flesh only, ripe)	0.14g
Mandarin, Clementine or Satsuma (weighed peeled)	0.10g
Clementine/Satsuma/Mandarin (weighed unpeeled)	0.07g
Nectarines	0.09g
Oranges (weighed peeled)	0.08g
Oranges (weighed unpeeled)	0.06g
Peaches	0.08g
Pineapple (flesh only)	0.10g
Melon (flesh only)	0.06g
Raspberries	0.05g
Strawberries	0.06g
Apricot (ready to eat)	0.37g
Cherries	0.12g
Plums	0.09g
Raisins/sultanas	0.70g
Watermelon (flesh only)	0.07g

11. 1 gram of carbs in everyday foods (tables)

Potatoes and potato products (cooked weights)	**Carbohydrate content per 1g**
Mashed potato (with butter and semi skimmed milk)	0.16g
Boiled potatoes (old potatoes, no skin)	0.17g
Boiled potatoes (new and salad with skins on)	0.15g
Jacket potatoes (with skin)	0.23g
Sweet potato (no skins)	0.20g
Roast potatoes in oil	0.26g
Wedges (with skin)	0.27g
Chips	0.30g
Chips (oven ready and baked)	0.35g
French Fries/chips (fine cut from places like McDonalds, Burger King)	0.40g
Chips (home made and fried)	0.34g
Chips (takeaway)	0.33g
Potato waffles (including smiley faces and letters)	0.28g

Potatoes (uncooked weight)	**Carbohydrate content per 1g**
Potato	0.20g

11. 1 gram of carbs in everyday foods (tables)

Pasta and rice (raw / uncooked weights)	**Carbohydrate content per 1g**
Dried white pasta, twists, fusilli	0.76g
Dried whole-wheat spaghetti	0.68g
Raw white long grain rice	0.85g
Raw wholegrain brown rice	0.77g
Raw risotto rice	0.85g
Raw white pudding rice	0.86g

Pasta, rice and couscous (cooked weights)	**Carbohydrate content per 1g**
White pasta, twists, fusilli	0.33g
White spaghetti	0.32g
Wholemeal spaghetti	0.28g
White rice	0.31g
Wholegrain rice	0.29g
Risotto rice	0.36g
Couscous	0.38g

11. 1 gram of carbs in everyday foods (tables)

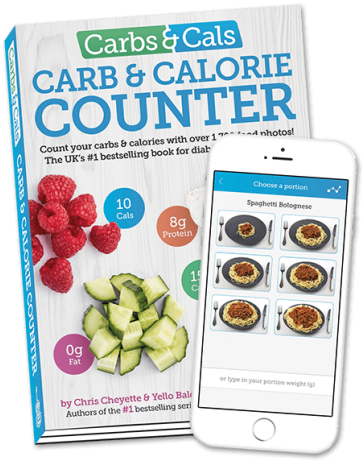
Baking items	Carbohydrate content per 1g
Plain white flour	0.81
White self raising flour	0.80
Wholemeal flour	0.70
Brown flour	0.73
Gram flour	0.57
White chapatti flour	0.78
Brown chapatti flour	0.73
Corn flour	0.92
Porridge Oats (raw)	0.61g
Semolina (raw)	0.78g
Dried apricots	0.43g
Raisins or sultanas	0.70g
Mixed dried fruit	0.68g
Glace cherries	0.78g
Jam: stone fruit or seeded	0.69g
Sugar: white, brown, Demerara, caster, icing	1.00g
Golden syrup	0.79g

12. Apps to help with carb counting

You will have been given a copy of Carbs and Cals book which can be a helpful resource for carb counting. There is an app to go with the book. The free version will give you similar information as the book including food portions and weights.

For a monthly/annual fee you can unlock more features including the option to use your own custom portion size to calculate carbohydrate.

For more information visit carbsandcals.com

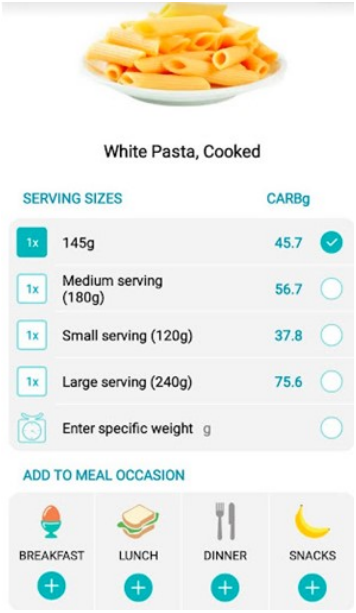


The Nutracheck app has the added bonus of a barcode scanner as well as a database of common foods/brands to search.

The Lite version is free and incudes the scanner, and the ability to use your own custom portion size to calculate carbohydrate. This version has enough features for day to day carb counting of your foods. This app tracks lots of nutrients. Make sure you choose carbohydrate as your key nutrient when you first set up the app.

You can upgrade for a fee which will unlock more features including the ability to save more foods/meals onto a database.

For more information visit nutracheck.co.uk/Home



Other resources

- **Supermarket online shopping websites** can help with nutritional information. It is useful when you are away from home, or cannot find the label for a food item. Look it up or search for a similar product.
- **Restaurant websites** will often display nutritional information to help when eating out.

13. Using an insulin to carbohydrate ratio

As part of learning to count carbohydrates you will be given your own individual insulin to **carbohydrate ratio**.

We will show you how to use this to work out how much insulin you need to give for the amount of carbohydrate you eat.

Insulin to carbohydrate ratios are different from person to person. The diabetes team will work out your ratio based on your blood glucose levels and the foods you eat. You may have different ratios for different meal times.

Your ratio will also change as you grow and your need for insulin goes up.

	Carbohydrate Ratio			
Grams of carbohydrate ↓	**1:10g**	**1:15g**	**1:20g**	**1:25g**
5	0.5	0	0	0
10	1.0	0.5	0.5	0.5
15	1.5	1.0	1.0	0.5
20	2.0	1.5	1.0	1.0
25	2.5	1.5	1.0	1.0
30	3.0	2.0	1.5	1.0
35	3.5	2.5	2.0	1.5
40	4.0	2.5	2.0	1.5
45	4.5	3.0	2.0	2.0
50	5.0	3.5	2.5	2.0
55	5.5	3.5	3.0	2.0
60	6.0	4.0	3.0	2.5
65	6.5	4.5	3.0	2.5
70	7.0	4.5	3.5	3.0
75	7.5	5.0	4.0	3.0
80	8.0	5.5	4.0	3.0
85	8.5	5.5	4.0	3.5
90	9.0	6.0	4.5	3.5
95	9.5	6.0	5.0	4.0
100	10.0	6.5	5.0	4.0

Your insulin to carbohydrate ratio:

1:____

To work out how much insulin you need:

1. Find the amount of carbohydrate to the **nearest 5g** down the left hand side of the table.
2. **Find your insulin to carbohydrate ratio** and see where these numbers meet in the middle.
3. This is the amount of **insulin you will need** to give.

14. Snacking and diabetes

You do not need snacks between meals to keep your blood glucose level stable, but you may feel hungry between meals. You need to give insulin for all snacks that have carbohydrate using the doses/ ratios set by the diabetes team.

The snacks list below includes some foods with minimal or no carbohydrate. Snacks containing more than 5g carbohydrate are indicated by **Carbs**. Try to choose the healthier options.

Carbs: Contains more than 5g carbohydrate per serving	**Healthy Choice**

Carbs	**Fruit**	Fresh, dried or tinned in natural juice.
Carbs	**Light / Diet yogurt or fromage frais**	Beware as low fat yogurts often contain more sugar than full fat or light varieties.
Carbs	**Crackers with cheese**	Lower fat cream cheese is a good choice
Carbs	**Breadsticks with dip / cream cheese / hummus**	Salsa, guacamole, yoghurt based dips.
Carbs	**Popcorn**	Buy ready-made or pop your own. Unsalted is healthier
	Raw vegetables/ salad	All veg and salad is very low in carbs. Try with a dip like salsa, cream cheese or hummus.
Carbs	**Milk**	All types of cow's milk contain the same amount of carbohydrate and calcium.
Carbs	**Bread items**	Sliced bread or toast, bread rolls, baguette, pitta bread, melba toast, English muffins, Scotch pancakes, fruit scones, teacakes, crumpets.
Carbs	**Breakfast cereal**	This is a healthy snack if you avoid high sugar varieties such as coco pops and frosted flakes
Carbs	**Plain biscuits**	Hobnob, ginger nut, fig roll, garibaldi, rich tea, digestive.
Carbs	**Crisps**	Potato crisps or corn snacks.
	Unsalted nuts & seeds	Do not give nuts to children under the age of 5 due to risk of choking, and avoid nuts if you have a known allergy.
	Sugar free jelly	Ready-made or make up packet in small pots with a few slices of fruit in the bottom.
	Low sugar ice lollies or ice poles	Make your own using no added sugar squash, diet lemonade or diet cola. Most brands contain less than 5g carbohydrate
	Low calorie hot chocolate	Highlights, Options, or Supermarket own brand. Most instant hot chocolates made with water are low in carbohydrate.
	Cooked meats/ham/ sausage	High in saturated fat and salt, so only have it sometimes.
	Cheese	A good source of calcium for younger children/toddlers. Can have high fat content for older children and young people.
	Eggs	Scrambled or boiled egg, or omelette with cheese or salad.

15. Calculating carbohydrates in a recipe

It is useful to know how much carbs are in your favorite homemade meals. You can work out how much carbs there are in a recipe by following the steps below:

Step 1: Write down all the ingredients in your recipes and how much you need of each in grams.

Step 2: Find the ingredients that have carbohydrates. We are only going to be focusing on them.

Sultana scones recipe (makes 8)

Ingredients:

200g Flour

50g Margarine

50g Sugar

125ml Milk

1 Egg

50g Sultanas

Step 3:

Find the carbohydrate **per 100g** from the label and make note of this (go back to page 7 if you need help doing this).

Step 4:

Work out the carbohydrates of each ingredient and add them up together.

Ingredient	Carb/100g	Weight	Calculation	Total Carbs
Flour	78g	200g	(78g ÷ 100) x 200g	156g
Sugar	100g	50g	(100g ÷ 100) x 50g	50g
Milk	5g	125ml	(5g ÷ 100) x 125ml	6.25g
Sultanas	69g	50g	(69g ÷ 100) x 50g	34.5g
			Total	**246.75g**

156.00g
50.00g
6.25g
+ 34.50g
246.75g

Step 5:

Divide by the number of portions in your recipe. In this recipe it is 8.

246.75g ÷ 8 = 30.85g ← Amount of carbs in 1 scone.

Total number of carbs in recipe.

How many scones the recipes makes.

16. Try it yourself!

Try some activities using this method. Work out the carbohydrate value of each dish.

Activity 1:

Macaroni Cheese (serves 2)

Ingredients:

150g Macaroni

150g Cheese

25g Flour

25g Margarine

375ml Milk

Ingredient	Carb/100g	Weight	Calculation	Total Carbs
Macaroni (dry weight)		150g		
Cheese		150g		
Flour		25g		
Margarine		25g		
Milk		375ml		
			Total	**g**

Write your workings out here:

Total carbs per portion: g

Activity 2:

Chocolate Cornflake Cakes (makes 18)

Ingredients:

150g Chocolate

45g Golden Syrup

75g Butter

150g Cornflakes

30g Marshmallows

Ingredient	Carb/100g	Weight	Calculation	Total Carbs
Chocolate		150g		
Golden Syrup		45g		
Butter		75g		
Cornflakes		150g		
Marshmallows		30g		
			Total	**g**

Write your workings out here:

Total carbs per portion: g

17. Weight of food portion in grams

Carbs per 100g	Weight of food portion in grams																		
	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
5	0	1	1	1	1	2	2	2	2	3	3	3	3	4	4	4	4	5	5	5
10	1	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9	10	10
15	1	2	2	3	4	5	5	6	7	8	8	9	10	11	11	12	13	14	14	15
20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
25	1	3	4	5	6	8	9	10	11	13	14	15	16	18	19	20	21	23	24	25
30	2	3	5	6	8	9	11	12	14	15	17	18	20	21	23	24	26	27	29	30
35	2	4	5	7	9	11	12	14	16	18	19	21	23	25	26	28	30	32	33	35
40	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
45	2	5	7	9	11	14	16	18	20	23	25	27	29	32	34	36	38	41	43	45
50	3	5	8	10	13	15	18	20	23	25	28	30	33	35	38	40	43	45	48	50
55	3	6	8	11	14	17	19	22	25	28	30	33	36	39	41	44	47	50	52	55
60	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60
65	3	7	10	13	16	20	23	26	29	33	36	39	42	46	49	52	55	59	62	65
70	4	7	11	14	18	21	25	28	32	35	39	42	46	49	53	56	60	63	67	70
75	4	8	11	15	19	23	26	30	34	38	41	45	49	53	56	60	64	68	71	75
80	4	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80
85	4	9	13	17	21	26	30	34	38	43	47	51	55	60	64	68	72	77	81	85
90	5	9	14	18	23	27	32	36	41	45	50	54	59	63	68	72	77	81	86	90
95	5	10	14	19	24	29	33	38	43	48	52	57	62	67	71	76	81	86	90	95
100	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100

Carbs per 100g	Weight of food portion in grams																		
	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300	320	340	360	380	400
5	6	6	7	7	8	8	9	9	10	10	11	12	13	14	15	16	17	18	19	20
10	11	12	13	14	15	16	17	18	19	20	22	24	26	28	30	32	34	36	38	40
15	17	18	20	21	23	24	26	27	29	30	33	36	39	42	45	48	51	54	57	60
20	22	24	26	28	30	32	34	36	38	40	44	48	52	56	60	64	68	72	76	80
25	28	30	33	35	38	40	43	45	48	50	55	60	65	70	75	80	85	90	95	100
30	33	36	39	42	45	48	51	54	57	60	66	72	78	84	90	96	102	108	114	120
35	39	42	46	49	53	56	60	63	67	70	77	84	91	98	105	112	119	126	133	140
40	44	48	52	56	60	64	68	72	76	80	88	96	104	112	120	128	136	144	152	160
45	50	54	59	63	68	72	77	81	86	90	99	108	117	126	135	144	153	162	171	180
50	55	60	65	70	75	80	85	90	95	100	110	120	130	140	150	160	170	180	190	200
55	61	66	72	77	83	88	94	99	105	110	121	132	143	154	165	176	187	198	209	220
60	66	72	78	84	90	96	102	108	114	120	132	144	156	168	180	192	204	216	228	240
65	72	78	85	91	98	104	111	117	124	130	143	156	169	182	195	208	221	234	247	260
70	77	84	91	98	105	112	119	126	133	140	154	168	182	196	210	224	238	252	266	280
75	83	90	98	105	113	120	128	135	143	150	165	180	195	210	225	240	255	270	285	300
80	88	96	104	112	120	128	136	144	152	160	176	192	208	224	240	256	272	288	304	320
85	94	102	111	119	128	136	145	153	162	170	187	204	221	238	255	272	289	306	323	340
90	99	108	117	126	135	144	153	162	171	180	198	216	234	252	270	288	306	324	342	360
95	105	114	124	133	143	152	162	171	181	190	209	228	247	266	285	304	323	342	361	380
100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300	320	340	360	380	400

Contact details

The diabetes team are based at the Leicester Royal Infirmary.

Please get in touch with any queries.

Paediatric Diabetes Specialist Dietitians (8:30am to 4:30pm)

Tel: **0116 258 5400** or **0795 616 4413**

Paediatric Diabetes Specialist Nurses (8:30am to 4:30pm)

Tel: **0116 258 6796**

There is an answer machine available if no one is available to take your call.

You can also email us: uhl-tr.paediatricdiabetesteam@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

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