

Carbohydrate portion list



Information for patients

Sheffield Dietetics



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



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Introduction

This carbohydrate portion list gives you a reliable source of information about the average carbohydrate content of commonly eaten foods. The list is one of a number of carbohydrate references that can be used to work out the carbohydrate amounts in your foods. This is known as carb counting and is used to calculate doses of quick acting insulin when you eat. Managing diabetes in this way leads to more stable and predictable blood glucose levels.

Tips! Use this list to carb count for your meals, snacks and drinks as required. These need to be counted and noted in your diary.

If you cannot find a particular food, then look for a similar food and try using the value given for this as a starting point or use a different carbohydrate reference such as food labels, books or phone app. Sometimes a food may not be found in the list because it contains no carbohydrate or insignificant amounts, for example mayonnaise, ham etc.

Alcoholic drinks have not been included as they will be discussed separately. Please ask for further information about this.

Your guide to reading the list

Foods have been grouped into categories as found on the contents page. The tables include the following information:

(i) Higher fat carbohydrates

Unprocessed carbohydrate foods are naturally low in fat. For your information, higher fat carbohydrate foods have been indicated by:

** These are high fat foods containing 20g or more of fat per 100g.

* These are moderate to high fat foods containing between 3-20g of fat per 100g.

(ii) This column describes the food

You will find that different brands of the same product can vary. Always check the label if you have one. If there is not one available this list will help you get started.

(iii) Portion size and weight of portion

This provides the serving size. It describes it as a weight of the food in grams and as a handy measure that you can visualise. Remember this may be different to the amount you plan to eat so you may need to recalculate the amount of carbs for your serving.

(iv) Carbohydrate (grams)

This is grams of carbohydrate in the portion of food listed.

(v) CP

This is the carbohydrate content when grams are converted in to carbohydrate portions (CP).

10 grams of carbohydrate = 1 carbohydrate portion (CP)

You can choose to count carbohydrates in grams or CPs.

There is space for you to add in your own additional foods at the back.

(i)	(ii) Biscuits	(iii) Portion size/weight	(iv) Carbs	(v) CP
*	Bourbon cream	1, 12g	10g	1
**	Chocolate Digestive	1, 18g	10g	1
*	Cream Crackers	2, 14g	10g	1
**	Custard Cream	1, 11g	10g	1
**	Digestive	1, 13g	10g	1
**	Flapjack	1 large, 90g	55g	5½
*	Frusli Bar	1, 30g	20g	2
*	Ginger Snap	1, 10g	10g	1
**	Hob Nob	1, 13g	10g	1
*	Jaffa Cake	2, 24g	15g	1½
**	Kit Kat (2 fingers)	1, 22g	15g	1½
**	Malted Milk	2, 18g	10g	1
*	Nutrigrain Bar	1, 37g	25g	2½
*	Oatcake	1, 12g	10g	1
**	Penguin	1, 22g	15g	1½
*	Rich Tea	2, 12g	10g	1
**	Ritz (plain)	5	10g	1
	Ryvita	1, 9g	5g	½
**	Shortbread Finger	1, 18g	10g	1
**	Snowball	1, 19g	10g	1
*	Tracker Bar	1, 26g	20g	2
**	TUC (plain)	4, 15g	10g	1
**	Wafer (caramel)	1, 28g	20g	2

(i)	(ii) Biscuits	(iii) Portion size/weight	(iv) Carbs	(v) CP
*	Wagon Wheel	1, 38g	25g	2½

	Bread	Portion size/weight	Carbs	CP
	Bagel	1, 70g	40g	4
	Baguette	5", 120g	50g	5
	Bread	100g	45g	4½
	Bread cake	1 small, 32g	15g	1½
	Bread cake	1 large, 72g	35g	3½
	Ciabatta	2" slice, 40g	20g	2
	Ciabatta	¼ loaf, 90g	40g	4
	Ciabatta roll	110g	50g	5
**	Croissant	1, 60g	25g	2½
	Crumpet	1, 40g	20g	2
	English muffin	1, 70g	30g	3
	Finger roll	1 large, 60g	30g	3
	French stick	2" slice, 40g	20g	2
	Fruit bread	1 slice, 42g	20g	2
	Garlic bread	1" slice, 20g	10g	1
*	Naan bread	1 large, 180g	90g	9
*	Peshwari naan	1, 160g	60g	6
	Gluten Free bread	100g	40g	4
	Pitta bread	1 medium, 60g	30g	3
	Pumpernickel	1 slice, 54g	25g	2½
	Rye bread	1 thin slice, 25g	10g	1

	Bread	Portion size/weight	Carbs	CP
	Sliced bread - small loaf	1 slice, 25g	10g	1
	Sliced bread - medium	1 slice, 36g	15g	1½
	Sliced bread - thick	1 slice, 44g	20g	2

	Cakes	Portion size/weight	Carbs	CP
**	Cheese cake	¼ cake, 110g	35g	3½
**	Chelsea bun	1, 80g	40g	4
**	Chocolate Éclair (fresh)	1, 90g	20g	2
**	Chocolate Éclair (frozen)	1, 35g	10g	1
**	Chocolate mini roll	1, 13g	15g	1½
	Currant bun	1, 60g	30g	3
**	Danish pastry	1 medium, 110g	55g	5½
*	Doughnut (jam)	1, 75g	35g	3½
**	Doughnut (ring)	1, 60g	30g	3
**	Eccles cake	1, 45g	25g	2½
*	Fruit pie	1 individual, 55g	30g	3
*	Jam tart	1 individual, 35g	20g	2
*	Lemon meringue	¼ pie, 110g	50g	5
*	Madeira cake	1 slice, 40g	20g	2
*	Mr Kipling cakes	1 individual, 37g	20g	2
**	Muffin	1, 110g	55g	5½
	Malt loaf - fruit	1 slice, 35g	20g	2
*	Scone	1 medium, 45g	25g	2½
*	Scotch pancake	1, 30g	15g	1½

	Cakes	Portion size/weight	Carbs	CP
*	Sponge cake	1/6 cake, 100g	50g	5
**	Vanilla slice	1, 100g	40g	4
	Teacake (toasted)	1, 55g	30g	3

	Cereals	Portion size/weight	Carbs	CP
	Branflakes	¾ cup, 30g	20g	2
	Cheerios	1 cup, 30g	25g	2½
	Cornflakes	1 cup, 30g	25g	2½
*	Country Crisp	½ cup, 50g	30g	3
*	Crunchy Nut	1 cup, 40g	30g	3
*	Frosties	1 cup, 30g	30g	3
*	Fruit and Fibre	1 cup, 40g	30g	3
*	Muesli (no added sugar)	½ cup, 50g	40g	4
	Allbran	¾ cup, 40g	20g	2
	OatsoSimple (made with milk)	1 sachet, 30g	25g	2½
	Rice Krispies	1 cup, 30g	30g	3
	Shreddies	½ cup, 30g	20g	2
	Porridge Oates	½ cup, 50g	30g	3
	Shredded Wheat	1, 22g	15g	1½
*	Strawberry Crisp	¾ cup, 60g	40g	4
	Special K	1 cup, 35g	25g	2½
	Weetabix	2, 25g	25g	2½
	Porridge (made with water)	1 bowl, 200g	20g	2

	Cereals	Portion size/weight	Carbs	CP
	Porridge (made with milk)	1 bowl, 200g	30g	3
*	Oatibix	1, 15g	15g	1½
	Raisin Splits	2 tbsp, 18g	15g	1½
	Start	2 tbsp, 12g	10g	1

	Drinks	Portion size/weight	Carbs	CP
	Cadbury's Highlights	1 sachet, 11g	5g	½
	Cadbury's Instant Hot Chocolate	1 sachet, 28g	20g	2
*	Drinking Chocolate	3 heaped tsp, 18g	15g	1½
*	Horlicks Instant	1 sachet, 32g	20g	2
	Malted Milk drink	1 serving, 20g	15g	1½
	Orange juice	1 glass, 160ml	15g	1½

	Fruit	Portion size/weight	Carbs	CP
	Apple	1 medium, 120g	10g	1
	Apricots	3 raw, 120g	10g	1
	Apricots (semi dried)	4, 30g	10g	1
	Banana (no skin)	1 medium, 100g	20g	2
	Blueberries	100g	15g	1½
	Fruit cocktail (juice)	½ tin drained, 125g	10g	1
	Fruit cocktail (syrup)	½ tin drained, 125g	20g	2
	Grapes	1 small bunch, 100g	15g	1½
	Kiwi	1, 60g	5g	½

	Fruit	Portion size/weight	Carbs	CP
	Mango (no stone)	1 medium, 150g	20g	2
	Mango (no stone)	1 slice, 40g	5g	½
	Melon	1 slice, 200g	10g	1
	Nectarine / peach	1, 100g	10g	1
	Orange (without skin)	1 medium, 160g	15g	1½
	Pear	1 small, 100g	10g	1
	Pear	1 medium, 170g	15g	1½
	Pineapple (tinned)	1 slice, 40g	5g	½
	Plums (no stone)	2 medium, 110g	10g	1
	Strawberries	5 medium, 100g	5g	½
	Raspberries	100g	5g	½
	Satsumas	2 individual	10g	1

	Home Baking	Portion size/weight	Carbs	CP
	Cornflour	1 heaped tbsp, 30g	30g	3
	Custard powder	1 heaped tbsp, 30g	30g	3
	Dried fruit	1 heaped tbsp, 25g	15g	1½
	Flour	2 tbsp, 25g	20g	2
	Glacé cherries	25g	15g	1½
	Oats	25g	15g	1½
	Syrup / honey	25g	20g	2
	Sugar	25g	25g	2½

	Hypo Treatments	Portion size/weight	Carbs	CP
	These carbs raise the blood glucose levels rapidly and so are good for hypos. When using these to treat a hypo, insulin should not be given.	This is the correct amount to treat a hypo.		
	Cola	1 mini can, 150ml	15g	1½
	Dextrose tablets	5, 15g	15g	1½
	Fruit juice	1 glass, 160ml	15g	1½
	Jelly babies	4, 25g	15-20g	1½ - 2
	Lemonade	1 large glass, 300ml	15g	1½
	Lucozade	Half a glass, 100ml	15g	1½
	Ribena	2 tablespoons, 30ml	20g	2

	Ice Creams	Portion size/weight	Carbs	CP
*	Choc ice	1, 50-70ml	10g	1
*	Cornetto	1, 125ml	20g	2
	Fruit lolly	1, 80ml	15g	1½
*	Ice cream	1 scoop, 60g	10g	1
*	Ice cream	100g	25g	2½
*	Magnum	1, 70g	25g	2½
*	Mars Bar Ice cream	1, 47g	20g	2
	Solero	1, 225g	20g	2
	Sorbet	1, 100g	25g	2½
*	Vienetta	¼, 80g	20g	2

	Indo Asian	Portion size/weight	Carbs	CP
*	Bhajia (battered)	3, 145g	30g	3
**	Burfi	2 squares, 100g	40g	4
	Chapatti - Gujerati	1 small/thin, 30g	15g	1½
	Chapatti - Punjabi/Urdu	1 large, 75g	40g	4
**	Chickpea and potato curry	200g	25g	2½
*	Gulabjaman (in syrup)	3 pieces, 70g	35g	3½
*	Jellabi	2 pieces, 70g	30g	3
	Kheer	200g	60g	6
	Khitcherie	250g	30g	3
*	Paratha	1, 80g	30g	3
*	Pilau - plain	180g	45g	4½
*	Pilau - meat	300g	75g	7½
*	Pilau - vegetable	250g	60g	6
*	Potato curry	200g	40g	4
	Rus-mango pulp	150g	45g	4½
**	Samosa (thin pastry)	3, 115g	45g	4½
**	Samosa (thick pastry)	3, 175g	60g	6
*	Vegetable curry	200g	15g	1½

	Main meal accompaniments	Portion size/weight	Carbs	CP
	Baked beans	1 small tin, 200g	10g	1
*	Dumplings	1, 70g	15g	1½
*	Garlic bread	1" slice, 20g	10g	1
*	Stuffing balls	1, 25g	10g	1

	Main meal accompaniments	Portion size/weight	Carbs	CP
**	Taco shells	2, 28g	15g	1½
*	Tortillas (8")	1, 63g	30g	3
*	Yorkshire pudding	1 individual, 18g	5g	½
*	Yorkshire pudding	1 giant, 115g	40g	4

	Milk and Dairy	Portion size/weight	Carbs	CP
	Fromage Frais, fruit	1 pot, 100g	10g	1
	Low fat fruit yoghurt	1 pot, 150g	20g	2
	Low fat natural yoghurt	1 pot, 150g	10g	1
	Low fat/low sugar yoghurt	1 pot, 150g	10g	1
	Milk	1 glass, 200ml	10g	1
	Milk	Average on cereal, 100ml	5g	½
	Milkshake	1 glass, 200ml	20g	2
	Muller Corner (fruit)	1 individual, 175g	25g	2½
*	Muller Corner (Crunch)	1 individual, 150g	30g	3
	Muller Corner	1 individual, 150g	35g	3½
	Muller Light	1 pot, 150g	15g	1½

	Pasta & Rice	Portion size/weight	Carbs	CP
	Cannelloni (uncooked)	1 tube, 12g	10g	1
	Couscous (uncooked)	100g	70g	7
	Couscous (cooked)	1 tbsp, 30g	10g	1
	Lasagne ready meal	300g serving	40g	4
	Lasagne sheet (uncooked)	1, 14g	10g	1
	Macaroni cheese	1 small tin, 200g	20g	2
	Noodles dried	1 packet, 100g	70g	7
	Noodles (uncooked)	1 sheet	45g	4½
	Pasta (uncooked)	100g	70g	7
	Pasta fresh (uncooked)	100g	55g	5½
	Pasta (cooked)	1 cup, 100g	30g	3
	Pasta (cooked)	1 tbsp, 30g	10g	1
*	Pot Noodle	1 pot, 90g	55g	5½
	Ravioli	1 small tin, 200g	25g	2½
	Rice (uncooked)	½ cup, 100g	80g	8
	Rice (cooked)	⅔ cup, 100g	30g	3
	Rice (cooked)	1 level tbsp, 30g	10g	1
	Rice (instant/pre-cooked)	1 packet, 250g	75g	7½
	Tinned spaghetti	1 small tin, 200g	25g	2½
*	Tortellini (fresh)	½ packet, 125g	45g	4½
	Gluten Free pasta (uncooked)	100g	80g	8

	Pies, Pastries and Pizza	Portion size/weight	Carbs	CP
*	Crispy pancake	1, 60g	15g	1½
**	Cornish pasty	1 medium, 155g	40g	4
**	Cornish pasty	1 large, 260g	65g	6½
*	Fish fingers	3, 60g	10g	1
**	Pork pie	1 individual, 140g	30g	3
**	Pork pie	1 mini, 50g	10g	1
*	Pizza - deep pan	7", 230g	80g	8
*	Pizza - deep pan	9", 410g	140g	14
*	Pizza - deep pan	12", 700g	245g	24½
*	Pizza - thin crust	7", 120g	40g	4
*	Pizza - thin crust	9", 260g	90g	9
*	Pizza - thin crust	12", 560g	190g	19
**	Quiche - thick pastry	1 slice (2" wide), 140g	20g	2
**	Sausage roll	3 cocktail, 42g	10g	1
**	Sausage roll	1 medium, 60g	15g	1½
	Scotch egg	1 large, 227g	15g	1½
	Scotch egg	2 small, 75g	5g	½
*	Spring roll (thin)	3" long, 50g	10g	1
**	Steak and kidney pie	1 individual, 160g	40g	4

	Potato and Starchy Vegetables	Portion size/weight	Carbs	CP
	Boiled potato	1 egg sized, 60g	10g	1

	Potato and Starchy Vegetables	Portion size/weight	Carbs	CP
	Boiled potato	100g	15g	1½
	Butternut squash	100g	10g	1
*	Chips	3-4 medium cut, 35g	10g	1
*	Chips	100g	30g	3
*	Croquettes	1, 90g	20g	2
	Cassava - raw	100g	30g	3
*	Fries	Regular, 110g	45g	4½
	Jacket potato	1 small, 100g	20g	2
	Jacket potato	1 medium, 180g	35g	3½
	Jacket potato	1 large, 330g	70g	7
	Mashed potato	1 scoop, 60g	10g	1
	Mashed potato	100g	15g	1½
*	Micro Chips	1 box, 100g	25g	2½
	Parsnip	100g	10g	1
	Plantain (boiled)	100g	30g	3
*	Plantain (fried)	100g	45g	4½
	Potato (raw)	100g	15g	1½
*	Potato waffle	1, 60g	10g	1
	Potato wedges	2 large, 30g	10g	1
	Roast potato	1 small, 50g	10g	1
*	Roast potato	100g	25g	2½
	Sweet potato (raw)	100g	20g	2
	Yam (raw)	100g	30g	3

	Preserves	Portion size/weight	Carbs	CP
*	Chocolate spread	1 tspn, 12g	10g	1
	Jam / honey	1 heaped tspn, 10g	10g	1
	Mango Chutney	1 heaped tspn, 20g	5g	½
	Sugar	1 level tspn, 5g	5g	½

	Puddings	Portion size/weight	Carbs	CP
	Angel Delight	¼ packet, 100g	15g	1½
*	Christmas pudding	1 individual, 100g	55g	5½
**	Crepes	1, 40g	10g	1
	Custard - instant	¼ packet=¼ pt, 140g	20g	2
	Custard - homemade	¼ pint, 140ml	20g	2
	Custard - tinned	½ large tin, 215g	35g	3½
	Meringue nest	1 small, 13g	10g	1
	Milk pudding	½ large tin, 200g	30g	3
	Mousse (Onken)	1 pot, 110g	20g	2
	Muller Rice	1 pot, 200g	40g	4
**	Sponge pudding	1 individual	60g	6
**	Sponge pudding	¼ tin, 75g	35g	3½
**	Toffee pecan tart	1/6 tart, 65g	25g	2½
*	Trifle	1 individual, 150g	30g	3

	Snacks	Portion size/weight	Carbs	CP
**	Bombay Mix	Small handful, 25g	10g	1
**	Bombay Mix	100g	35g	3½
**	Crisps	1 packet, 35g	15g	1½

	Snacks	Portion size/weight	Carbs	CP
**	Crisps, thick cut	1 packet, 50g	25g	2½
**	Doritos	1 packet, 33g	20g	2
	Popcorn - savoury	⅓ family bag, 100g	55g	5½
	Popcorn - savoury	2 handfuls, 20g	10g	1
*	Popcorn - sweet	⅓ family bag, 100g	80g	8
**	Pringles	12 crisps, 25g	10g	1
**	Quavers	1, 13g	10g	1
	Rice cakes	1 packet, 17g	10g	1
*	Snack-a-Jacks	1 packet, 35g	25g	2½

	Soups and Sauces	Portion size/weight	Carbs	CP
	Cup-a-Soup (with croutons)	1 sachet, 25g	15g	1½
**	Curry sauce (Korma)	¼ large jar, 125g	15g	1½
	Soup - tomato	½ large tin, 200g	10g	1
	Soup - vegetable	½ large tin, 200g	15g	1½
	Soup - pasta/potato	½ large tin, 200g	15g	1½
	Sweet and sour sauce	⅓ large jar, 170g	30g	3
	Tomato ketchup	1 individual portion	5g	½
	BBQ sauce	1 individual portion	10g	1
	White sauce	¼ pint	20g	2

	Sweets	Portion size/weight	Carbs	CP
**	Bounty bar	1 (2 small bars), 57g	30g	3
**	Chocolate bar	1, 50g	25g	2½
**	Chocolate (filled)	1, 13g	5g	½
*	Crème Egg	1, 42g	30g	3
*	Crunchie	1, 40g	30g	3
**	Flake	1, 34g	20g	2
**	Individual chocolate		5g	½
	Fruit pastilles	1 packet, 52g	45g	4½
	Jelly beans	1 packet, 45g	40g	4
	Jelly sweets	10 x large (1" long), 80g	60g	6
	Jelly Baby	1 x individual	5g	½
**	Maltesers	Standard packet, 37g	20g	2
**	Maltesers	Fun size, 21g	10g	1
**	Mars Bar	Standard, 62g	45g	4½
	Marshmallows (pink and white)	2, 10g	10g	1
**	Minstrels	1 packet, 45g	30g	3
**	M & Ms (peanuts)	1 packet, 45g	25g	2½
**	M & Ms (chocolate)	1 packet	30g	3
	Polo Mints	7, 10g	10g	1
	Skittles	1 packet, 55g	50g	5
**	Snickers	Standard bar, 61g	35g	3½
	Starburst	Standard tube, 45g	35g	3½

	Sweets	Portion size/weight	Carbs	CP
*	Twix	2 fingers, 58g	40g	4

Takeaways

	Chip Shop	Portion size/weight	Carbs	CP
*	Chips	1 medium portion, 240g	70g	7
*	Fish in batter	1 medium, 180g	20g	2
*	Yorkshire fishcake	260g	30g	3

	Indian and Chinese	Portion size/weight	Carbs	CP
**	Bhaji	3, 145g	30g	3
	Chow Mein	1 small portion, 350g	45g	4½
*	Naan bread	½ large, 100g	50g	5
**	Poppadoms	3 large	10g	1
	Rice - boiled	1 tray, 300g	90g	9
*	Rice - fried/pilau	1 tray, 300g	75g	7½
	Sweet'n'Sour (battered)	1 portion, 300g	60g	6

	Pizza	Portion size/weight	Carbs	CP
*	Pizza Hut - thin/crispy	Per slice	20g	2
*	Pizza Hut - pan pizza	Per slice	30g	3
*	Pizza Hut - stuffed crust	Per slice	40g	4
*	Pizza Hut 16" extra large	Per slice	50g	5

	Burger Bar	Portion size/weight	Carbs	CP
*	Apple Pie	1	25g	2½
	BBQ/Sweet'n'Sour dip	1 pot	10g	1
** *	Big Mac	1	45g	4½
*	Cheeseburger	1	30g	3
*	Chicken nuggets	9	15g	1½
*	Scampi	9, 100g	15g	1½
*	Filled breakfast muffin	1	25g	2½
*	French fries	Regular	30g	3
*	French fries	Medium	40g	4
*	French fries	Large	55g	5½
	Ice cream (McFlurry)	1	45g	4½

For more carbohydrate information on fast food chains, ask for a leaflet in store or look them up on their websites.

Your notes

	Additional Foods	Portion size/weight	Carbs	CP

Conversion Chart

Weights and Measures

Imperial	Metric
½ oz	10g
1 oz	25g
2 oz	50g
3 oz	75g
4 oz	110g
5 oz	150g
6 oz	175g
8 oz (½ lb)	225g
12 oz (¾ lb)	350g
16 oz (1 lb)	450g
1 teaspoon (1 tspn)	5ml
1 tablespoon (1 tbsp)	15ml
5 fl oz (¼ pint)	150ml
10 fl oz (½ pint)	275ml
15 fl oz (¾ pint)	425ml
20 fl oz (1 pint)	575ml

1 cup = 250ml standard metric cup

Abbreviations

tspn	=	teaspoon
tbsp	=	tablespoon
g	=	gram
ml	=	millilitre
"	=	inch
pt	=	pint
fl oz	=	fluid ounce

Further Information

Book

Carbs and Cals - Books and phone app for diabetes, weight loss and healthy eating. Contains over 1000 photos of foods and meals with their carbohydrate values. www.carbsandcals.com

Apps

Carbs and Cals - phone app. Contains 1000s photos of foods and meals with their carbohydrate values. www.carbsandcals.com and is regularly updated.

My Fitness Pal - search for the carb value of 1000s of branded food products. It has a bar code scanner to speed this up.

Videos

Sheffield Diabetes Dietitians - Carb counting videos. There are four videos which focus on different ways of carb counting at home. These can be found here <http://video.sth.nhs.uk/diabetes>

Carbs and Cals YouTube videos

Websites

Chain restaurants and take aways often have the nutritional information of their menu on their website. Use this to find the carbohydrate values of your favourites.

This information has been given to you by:

.....

Contact number:

.....



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