

CARB COUNTING

Carbohydrate counting involves keeping track of the amount of carbohydrate in the foods you eat. The amount of carbohydrates in food is measured in grams. To count grams of carbohydrates, you'll need to know which foods contain carbohydrates. Next, you will add up the number of grams of carbohydrate from each food you eat to get your total for each meal.

FOODS THAT CONTAIN CARBS

- Grains, like bread, noodles, pasta, crackers, cereals, and rice
- Fruits, like apples, bananas, berries, mangoes, melons, oranges, and pineapples
- Dairy products, like milk and yogurt
- Legumes, including dried beans, lentils, and peas
- Snack foods and sweets, like cakes, cookies, candy, and other desserts
- Juices, soft drinks, fruit drinks, sports drinks, energy drinks, and alcoholic beverages
- Starchy vegetables, like potatoes, sweet potatoes, corn, and peas

FOODS THAT DO NOT CONTAIN CARBS

- Meat, fish, and poultry
- Most types of cheese, nuts, seeds, oils, and other fats
- Non-starchy veggies like leafy greens, peppers, and cauliflower contain minimal amounts of carbs

MY GOAL IS:

_____ grams of total carbs per meal

_____ grams of total carbs per snack



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HOW MANY CARBOHYDRATES SHOULD I HAVE PER DAY?

The general guideline for most adults with diabetes is 45 to 60 grams of carbohydrate per meal, which is 3 to 4 carbohydrate servings. In order to meet YOUR energy needs, blood glucose targets, and weight management goals, your total carb allowance may be different.

HOW DO I COUNT CARBS?

Your quickest and most accurate carb count will come from reading the Nutrition Facts label. It will tell you Total Carbohydrates for the servings size indicated. For foods without a label, use an exchange list (see other side) or a carbohydrate counting book or phone app to help you.

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	10%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

AVERAGE CARBOHYDRATE SERVINGS

You can also estimate total carbohydrates by using average serving sizes which provide approximately 15 grams per serving.

1 carb serving =
15g of total carbohydrate



STARCHES: 1 CARB SERVING =

- 1 slice of bread or 6" flour or corn tortilla
- 1 waffle or pancake (¼ inch thick)
- ½ English muffin, hot dog bun, hamburger bun or small pita
- ¼ bagel or ½ of a mini bagel
- ¾ cup unsweetened cold cereal
- ½ cup cooked cereal
- ⅓ cup cooked rice or pasta
- ½ cup cooked dried beans, peas, corn, lentils
- 1 small baked potato or ½ cup mashed potatoes
- ⅓ cup mashed sweet potatoes
- 10 French fries
- 4-6 crackers
- ¾ oz pretzels, potato chips or tortilla chips
- 3 cups plain popped popcorn

FRUITS: 1 CARB SERVING =

- 1 small fresh fruit or 4" of banana
- ½ cup 100% fruit juice
- ½ cup unsweetened canned fruit (in water or natural juice)
- ¼ cup dried fruit
- 15 small grapes
- 1 cup melon cubes: cantaloupe, honeydew or watermelon
- ¾ cup blueberries or blackberries
- 1¼ cup strawberries

MILK: 1 CARB SERVING =

- 1 cup fat free, 1%, 2% or whole milk
- 1 cup soy milk
- ⅔ cup (6 oz) plain or flavored fat free yogurt, sweetened with artificial sweetener or fructose

NON-STARCHY VEGGIES: 1 CARB SERVING =

- 3 cups or more of raw veggies
- 1-2 cups or more of cooked vegetables or vegetable juice

Note: If you eat less, these non-starchy veggies are considered free foods.

SWEETS: 1 CARB SERVING =

- 2 inch square cake or brownie (unfrosted)
- ⅓ of a slice of apple pie (1 slice= ⅓ of 8-inch pie)
- ½ slice of plain cheesecake, no topping
- 2 small cookies (2 ¼ inch diameter)
- ½ cup sugar-free pudding
- ½ cup regular gelatin
- ½ cup ice cream
- ¼ cup sherbert or sorbet
- ⅓ cup fat free frozen yogurt
- 1 Tablespoon pancake syrup, jam, jelly, table sugar, or honey
- 3 ounces soda pop (⅓ of small can)
- 4-5 pieces of hard candy



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