

# A Guide to Carbohydrate Counting

## What is Carbohydrate counting?

It is a meal planning tool for people with type 1 or type 2 diabetes. It involves keeping track of the amount of **carbohydrate** in the foods you eat each day. **Carbohydrates** are one of the main nutrients found in food and drinks.

## Basics on carbohydrate counting

The best place to start is to figure out how many carbs you are eating at your meals and snacks now.

The carbs you will need to count are both:

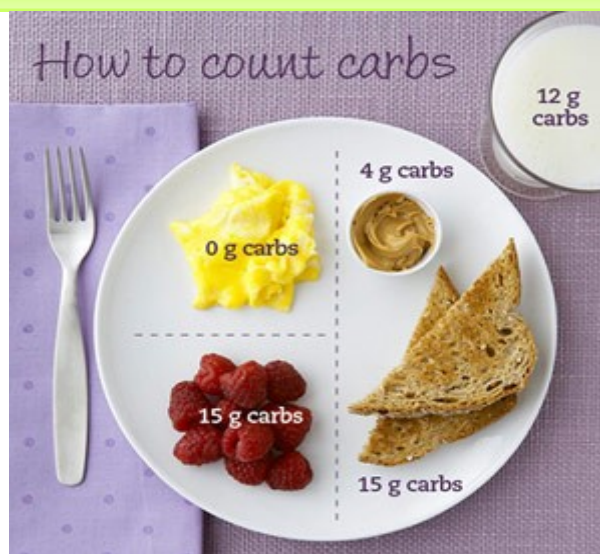
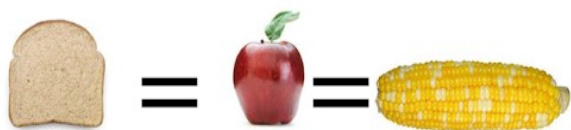
- starches that break down slowly into sugar.
- simple sugars that break down into blood glucose almost right away.

Being more aware of the carbohydrates you eat, or counting the carbs in your meals, can help you match your medication or activity levels to the food you eat. This can help you to better control your blood sugar levels.

One serving of carbohydrate is measured as 15 grams.

A food that contains 15 grams of carbohydrate is called "one carb serving"

For example, one slice of bread, a small piece of fruit, or a ear of corn each have around 15 grams of carb. Each of these equals one carb serving.



## How many Carbohydrate servings can I have?

Everyone needs a different amount of carb. The amount that is best for you depends on your age, height, weight, level of physical activity, current blood glucose level, and your blood glucose targets. Your doctor or nutritionist will give you specific carbohydrate targets for each meal and snack.

- Most women need 3-4 carbohydrate servings(45-60 grams) at each meal
- Most men need 4-5 carbohydrate servings(60-75 grams) at each meal
- Snacks should be limited to 1-2 carbohydrate servings (15-30grams)

1 cup cooked pasta or 1 cup cooked rice	45g carbohydrate
Whole English muffin	30g carbohydrate
3 cups popped popcorn	15g carbohydrate
Medium potato	30g carbohydrate
1 cup corn or peas	30g carbohydrate
1½ cups veggies (green beans, broccoli, or carrots, cooked)	15g carbohydrate
Small fruit (apple, orange, nectarine)	15g carbohydrate
17 grapes, 12 cherries, ½ cup applesauce	15g carbohydrate
1 cup milk	12g carbohydrate
1 container (6oz.) yogurt, flavored, artificially sweetened	12g carbohydrate
½ cup vanilla ice cream	15g carbohydrate
½ cup sherbet	30g carbohydrate
2 small cookies	15g carbohydrate