

What is carbohydrate counting?

Counting carbohydrate (carbs) in the food that you eat can help you manage your blood sugar. Foods that contain carbohydrate give you energy to work and play. Your body turns these carbs into glucose (sugar). Eating too many carbs may cause high blood sugar.

Learning what foods contain carb and learning how to count those carbs can help you:

- Manage your blood sugar
- Be flexible in your choice of foods
- Eat more foods that you enjoy

Which foods contain carbohydrate? What is a carb “choice” or “serving”?

Each food listed below has about 15 grams of carbohydrate; each is “one” carb choice

- Non starchy vegetables contain small amounts of carb, but generally do not increase blood sugar.
- The only food groups that do not contain carbs are meat and meat substitutes, fats and oils, and calorie-free foods.

<u>Grains</u> (rice, pasta, barley etc.), breads, cereals and dried beans	1 slice bread (1 ounce) $\frac{1}{3}$ cup rice or pasta (cooked) 1 tortilla (6-inch size) $\frac{3}{4}$ cup ready-to-eat cereal $\frac{1}{2}$ English muffin	$\frac{1}{4}$ large bagel (1 ounce) 1 cup bean or broth-based soup $\frac{1}{2}$ cup cooked cereal 6 saltines crackers
<u>Starchy Vegetables</u> potato, corn and peas	$\frac{1}{2}$ cup mashed or boiled potatoes, beans, lentils, corn, peas, sweet potatoes, winter squash (cooked) $\frac{1}{4}$ large baked potato (3 ounces)	
<u>Fruits & Juices</u>	$\frac{1}{2}$ banana 17 small grapes $\frac{1}{2}$ cup canned fruit (in juice) $\frac{1}{2}$ cup 100% fruit juice	1 small piece of fresh fruit 1 cup berries or melon $\frac{1}{4}$ cup dried fruit (2 TBSP)
<u>Milk & Yogurt</u>	1 cup low-fat or skim milk $\frac{2}{3}$ cup fat-free yogurt with no sugar added (6 ounces)	1 cup soymilk
<u>Sweets & Snacks</u> Candy, sweets, desserts, soda and fruit drinks (not diet soda and diet drinks)	$\frac{1}{2}$ cup ice cream or frozen yogurt 2 small cookies ($\frac{2}{3}$ ounce) 15 wheat thins 1 tablespoon honey, syrup, or jam	$\frac{1}{4}$ cup sherbet $\frac{3}{4}$ ounce pretzels or chips Small brownie (2-inch) 3 cups popcorn (popped)

How many carbs can I have?

Men → **4-5 carb choices at each meal**

Women → **3-4 carb choices at each meal**

At snacks → **1-2 carb choices**, only if hungry

Breakfast: _____ choices or _____ grams
Lunch: _____ choices or _____ grams
Dinner: _____ choices or _____ grams
Snack (optional): _____ choices or _____ grams

Read the nutrition facts label

1. Locate the serving size.
2. Find the Total Carbohydrate in one serving.
3. Compare the serving size to your portion.
4. Remember **15 grams = 1 carb choice**.
5. How many carbs do you need to eat? You may need to reduce your portion size!
6. Dietary fiber and sugar are part of the total carbohydrate.
7. Use % Daily Value as a guide. Your daily value may be lower or higher dependent on your calorie needs.

Nutrition Facts			
Serving Size 1/2 cup dry (40 g)			
Servings Per container: 13			
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Amount Per Serving			
<hr/>			
Calories 150	Calories from Fat 25		
<hr/>			
% Daily Value*			
<hr/>			
Total Fat 3 g			4%
Saturated Fat 0.5 g			2%
Trans Fat 0 g			0%
Cholesterol 0 mg			0%
Sodium 0 mg			0%
Total Carbohydrate 27 g			9%
Dietary Fiber 4 g			15%
Sugars 1 g			
Protein 5 g			
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Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Note: Dietary Fiber may be subtracted from Total Carbohydrate, as it is not broken down and absorbed into the blood stream.

A healthy-eating action plan:

- Eat meals and snacks at about the same time each day.
- Start counting carbs and aim for _____ choices per meal.
- Choose whole grains such as: whole wheat bread, oatmeal, bran cereals, brown rice or quinoa. These carbs are healthier than white bread or foods made without whole grain ingredients.
 - **TIP:** Look for the word “whole” in the ingredient list.
- Eat low fat or lean proteins such as: poultry, lean beef and pork, fish, beans and nuts.
- Eat less butter, stick margarine and baked pastries.
- Make most of your fat sources from vegetable oils and nuts.
- Make half your plate non-starchy vegetables.
- Drink 6-8 cups of water per day.

Revised: 4/30/2012