CARBOHYDRATE COUNTING GUIDE

STARCH – 15 g Carb/serving
½ c corn, peas, potatoes, dried beans
1/3 c pasta, rice
4 – 6 crackers 1 c soup
1 – 4” pancake 3 c popped popcorn
½ c cooked or ¾ c dry cereal

FRUIT – 15 g Carb/serving
½ c canned (juice pack)
1 small fresh
¼ c dried
½ c juice

MILK – 12 g Carb/serving
8 oz milk
4 oz chocolate milk
¾ c plain yogurt

SWEETS – 15 g Carb/serving
1 Tbsp Sugar, Honey, Syrup
1 medium cooky
½ c ice cream, lite ice cream
½ c sherbet

Lo Carb Vegetables -
5 g Carb/serving
Asparagus, green or wax beans
Beets, broccoli, brussel sprouts
Salad greens, cabbage, carrots
Onions, summer squash

Meat
NO CARBS
Beef  Pork  Fish
Cheese  Poultry
Peanut Butter  Eggs

Fat
NO CARBS
Oleo  Butter
Nuts ½ & ½
Bacon  Olives
Salad Dressing

GENERAL “RULES OF THUMB”

15 grams of carbohydrate = 1 Carb serving

Women: 3 – 4 Carb servings per meal
1 – 2 Carb servings per snack for a
Total of 12 Carb servings or less per day.

Men: 4 – 5 Carb servings per meal
1 – 2 Carb servings per snack for a
Total of 15 Carb servings or less per day

READING LABELS

Read “Total Carbohydrate”

0 – 5 g = Do Not Count
6 – 10 g = .5 Carb serving
11 – 20 g = 1 Carb serving
21 – 25 g = 1.5 Carb servings
26 – 35 g = 2 Carb servings
36 – 40 g = 2.5 Carb servings
41 – 50 g = 3 Carb servings
51 – 55 g = 3.5 Carb servings
56 – 65 g = 4 Carb servings
66 – 70 g = 4.5 Carb servings
71 – 80 g = 5 Carb servings
Carb Counting

The human body needs six nutrients – Carbohydrates, protein, fat, vitamins, minerals and water. Each is vital to our existence.

There are only three nutrients which give us calories or energy. These are protein, fat, and carbohydrate. **The only one of these that affects blood sugars is carbohydrate.**

Carbohydrate foods are starches and sugars. Both affect blood sugars equally.

The Diabetes Association has listed the carbohydrate foods into four groups:

- Starches, such as breads, grains, starchy vegetables,
- Fruits, such as fresh and canned fruits and fruit juices,
- Milk, such as milk and yogurt, and
- Sweets and Desserts, such as pies, cakes, brownies, etc. (It used to be that persons with diabetes had to avoid these foods, but now they are allowed – in limited amounts - as long as the amount of carbohydrate in them is figured in the overall food plan).

The serving sizes are set up so that they have about the same amount of carbohydrate – each food in the amount listed has approximately **15 grams of carbohydrate – one carbohydrate serving.** (This method of counting carbohydrate servings is one way of doing things – another way is to count each gram of carbohydrate).

If you read a label and it says that one serving of a product has 30 grams of carbohydrate, by the carb serving method that would be 2 carb servings. By the gram counting method, it would be 30 grams of carbohydrate.

Remember when doing label reading that the amounts listed on the left side of the label are for ONE SERVING of the product, not the whole container.