

Carbohydrate Counting

Method of calculating grams of carbohydrates eaten during a meal or a snack.

Foods that have carbohydrates make the most impact on your blood glucose compared to foods that have protein or fat. Managing how many carbohydrates you eat can help you control your blood glucose better.

Most of the carbohydrates we eat come from three food groups: starch, fruit and milk.

Average amount of carbohydrate in each food group per serving:

	Carbohydrate grams		Carbohydrate grams
Starch	15	Vegetable	5
Fruit	15	Meat	0
Protein	12	Fat	0

1 serving of carbohydrate = 15 grams of carbohydrate, examples include:

1 piece of bread, ½ cup oatmeal, 1 (6 inch) tortilla, ½ cup rice or pasta, ¼ of a baked potato, 1 cup of soup, 4-6 crackers, ⅔ cup yogurt, 1 tablespoon of syrup/jam/jelly/sugar/honey, ½ cup black beans, 1 small piece of fresh fruit (4 ounces).

Create a meal plan to understand how many carbohydrates you should be eating each day – aim for 30-45 grams per meal and 15-30 grams per snack.

	Breakfast	Lunch	Dinner	Snack
Carbohydrates	1-2	2-3	2-3	1
Proteins	1	1-2	1-2	
Fats	0	1	1	

