

Carbohydrate Counting

Low Fiber and Low Fat

A Primer...

Ellen Coonerty, RN, CDE



Memorial Sloan-Kettering
Cancer Center



What is Carbohydrate Counting?

- Involves counting only the carbohydrate (starch and sugar) portions of food.

Why Count Carbohydrates?

- It focuses on the nutrient most responsible for the rise in blood glucose levels

→ 15 grams of Carbohydrate equals
One Carbohydrate Choice

→ Read Nutrition Facts Label

→ Use Exchange Lists or Carbohydrate Lists

1 Starch = 1 Fruit = 1 Milk



Low Fat

Effects on Blood Sugar



Carbs

Protein

Fats

Food Label

Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container 4

Amount Per Serving

Calories 280 Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 3.5g 18%

Trans Fat 2.5g

Cholesterol 120mg 40%

Sodium 640mg 27%

Total Carbohydrate 13g 4%

Dietary Fiber 1g 4%

Sugars 0g

Protein 24g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 6%

*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	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

The Food Label shows the Total Carbs for one serving

Carbohydrate Goal: 45 grams



Breakfast #1	Amount	Carb (g)
Mandarin oranges	1/2 cup	15 g
Scrambled eggs	2	--
English muffin	1	30 g
Margarine	1 teaspoon	--
Coffee	1 cup	--
Total:		45 grams

Carbohydrate Goal: 60 grams



Breakfast # 2	Amount	Carb (g)
Corn Flakes	1/2 cup	15 g
Skim milk	1 cup	15 g
Mini bagel	2 oz.	30 g
Cream Cheese	2 tablespoons	--
Coffee	1 cup	--
Total:		60 g

Carbohydrate Goal: 60 grams



Dinner # 1	Amount	Carb (g)
Chicken	3 oz.	--
Rice	1 cup	45 g
String beans	1/2 cup	--
Ice cream	1/2 cup	15 g
Seltzer	10 oz.	--
Total:		60 g

Carbohydrate Goal: 60 grams



Dinner # 2	Amount	Carb
Lasagna	1 cup (8 oz.)	30 Carb g
Tossed salad	1 cup	--
Oil & Vinegar	1 tablespoon	--
Italian bread	1 slice (1 oz.)	15 g
Margarine	1 teaspoon	--
Banana	Small (4 inches)	15 g
Total:		60 g

Carbohydrate Goal: 30 grams



Snack # 1	Amount	Carb (g)
Graham crackers	4	15 g
1% milk	1 cup	15 g
Total:		30 g

Carbohydrate Goal: 30 grams



Snack # 2 Amount Carb (g)

Crackers	6	15 g
Alpine Lace cheese	1 oz.	15 g
Total:		30 g



Remember ...

Always eat a **carb with a protein** ...

Always add a **protein for breakfast** ...

Make sure **snacks include a protein** ...

Consider: Balanced Portioned-Controlled Meal Plan



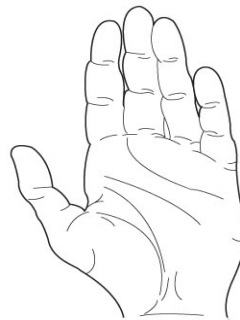
- Protein
- Carbohydrate
- Low Fat
- Low Fiber
- Non-Caloric Fluids
- NO sugar-sweetened sodas or drinks
- Water

Carbohydrate Counting Tips

HAND GUIDES



Fist = 8 fluid oz or 1 cup



Palm = 3 oz.



Thumb = 1 oz.



Handful = 1/2 cup



Thumb tip = 1 tsp.



**Consistent carb counting
and healthy eating
is a sure bet towards
good glucose control**