

Carbohydrate Counting

Meal Plan

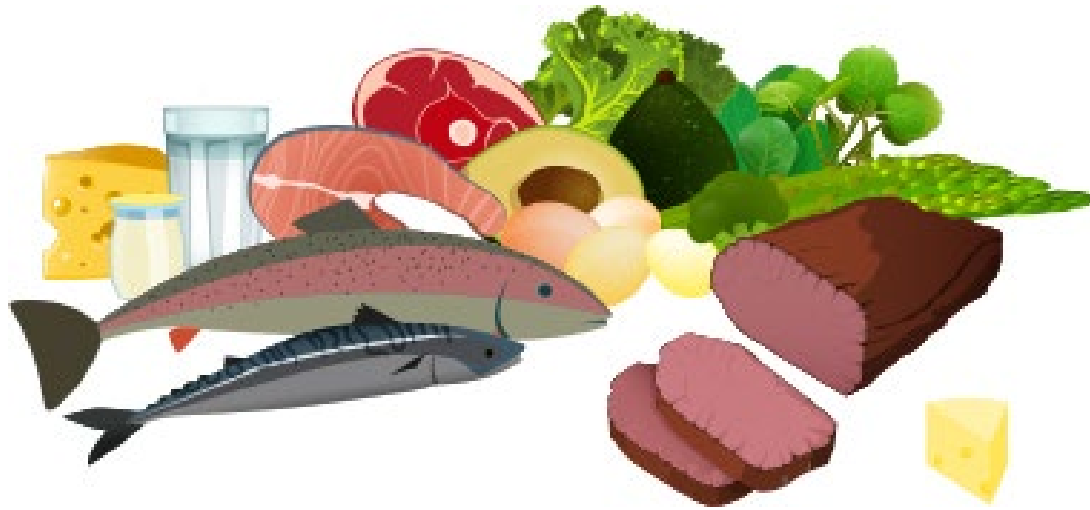
A primer...



Memorial Sloan Kettering
Cancer Center

What is Carbohydrate Counting?

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.

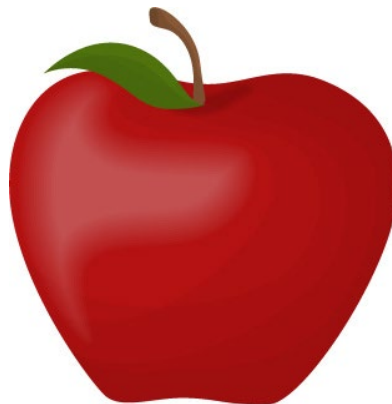


- ▶ **15 grams of carbohydrate equals One Carbohydrate Choice**
- ▶ **Read Nutrition Facts Label**
- ▶ **Use menu choices from your Consistent Carbohydrate Meal Plan**



1 Starch

=



1 Fruit

=



1 Glass of Milk



Effects on Blood Sugar

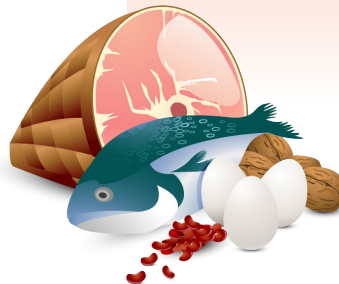
CARBS

Bread
Bagels
Milk
Yogurt
Juice
Fruit
Rice
Brown Rice
Pasta
Potato
Corn
Beans
Peas
Sugar-free Foods
(sugar alcohols)



PROTEIN

Meat
Fish
Eggs
Nuts
Poultry
Hard Cheese
Peanut Butter
Cottage and
Ricotta Cheese



FATS

Olive Oil
Canola Oil
Olives
Walnuts
Almonds
Avocado



Nutrition Label

Nutrition Facts	
4 servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 2.5g	
Cholesterol 120mg	40%
Sodium 640mg	27%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	8%
Total Sugars 0g	
Protein 24g	
Vitamin A	2%
Vitamin C	2%
Calcium	2%
Iron	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

The Food Label shows the Total Carbs for 1 serving



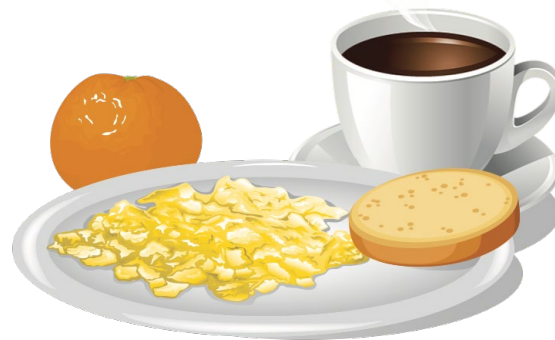
Carbohydrate Goal

3 carb servings or 45 grams (g)

Breakfast #1

Food	Amount	Carb (g)
Orange	1 small	15
Scrambled Eggs	2	—
English Muffin	1	30
Butter	1 teaspoon	—
Coffee	1 cup	—

45 grams



Carbohydrate Goal

3 carb servings or 45 grams (g)

Breakfast #2

Food	Amount	Carb (g)
Corn Flakes	½ cup	15
1% Milk	1 cup	15
One Slice of Toast	1 oz.	15
Peanut Butter	1 tablespoon	–
Coffee	1 cup	–

45 grams

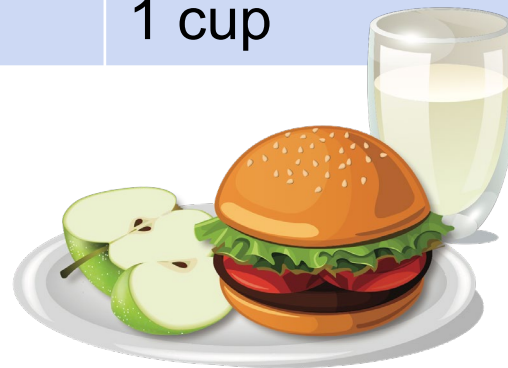


Carbohydrate Goal

4 carb servings or 60 grams (g)

Lunch #1

Food	Amount	Carb (g)
Hamburger	4 oz.	—
Lettuce and Tomato	1 slice of each	1
Hamburger Bun	1 top/1 bottom	30
Apple	1 small	15
1% Milk	1 cup	15



60 grams

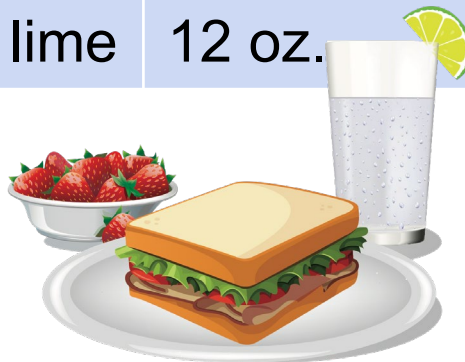


Carbohydrate Goal

3 carb servings or 45 grams (g)

Lunch #2

Food	Amount	Carb (g)
Turkey	3 oz.	—
Lettuce and Tomato	1 slice of each	1
Bread	2 slices	30
Strawberries	1 cup	15
Seltzer with a slice of lime	12 oz.	—



60 grams

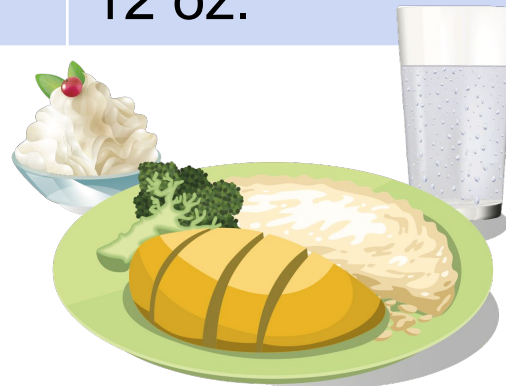


Carbohydrate Goal

4 carb servings or 60 grams (g)

Dinner #1

Food	Amount	Carb (g)
Chicken	3 oz.	–
Rice	1 cup	45
Broccoli	1 cup	–
Ice Cream	½ cup	15
Seltzer	12 oz.	–



60 grams



Carbohydrate Goal

4 carb servings or 60 grams (g)

Dinner #2

Food	Amount	Carb (g)
Lasagna	1 cup (8 oz.)	30
Tossed Salad	1 cup	—
Oil and Vinegar	1 tablespoon	—
Italian Bread	1 slice (1 oz.)	15
Butter	1 teaspoon	—
Strawberries	1 to 1/4 cup	15



60 grams



Carbohydrate Goal

2 carb servings or 30 grams (g)

Snack #1

Food	Amount	Carb (g)
Crackers	6	15
Peanut Butter	2 tablespoons	–
1% Milk	1 cup	15

30 grams



Carbohydrate Goal

2 carb servings or 30 grams (g)

Snack #2

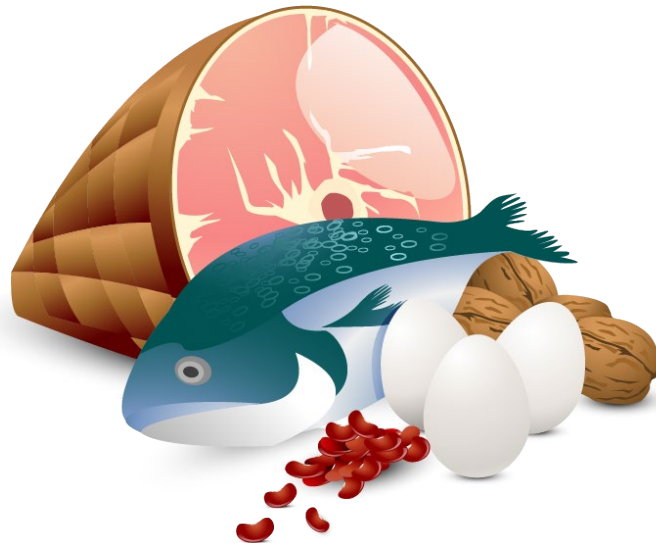
Food	Amount	Carb (g)
Apple	1 small	15
Popcorn (light)	3 cups	15

30 grams



Remember...

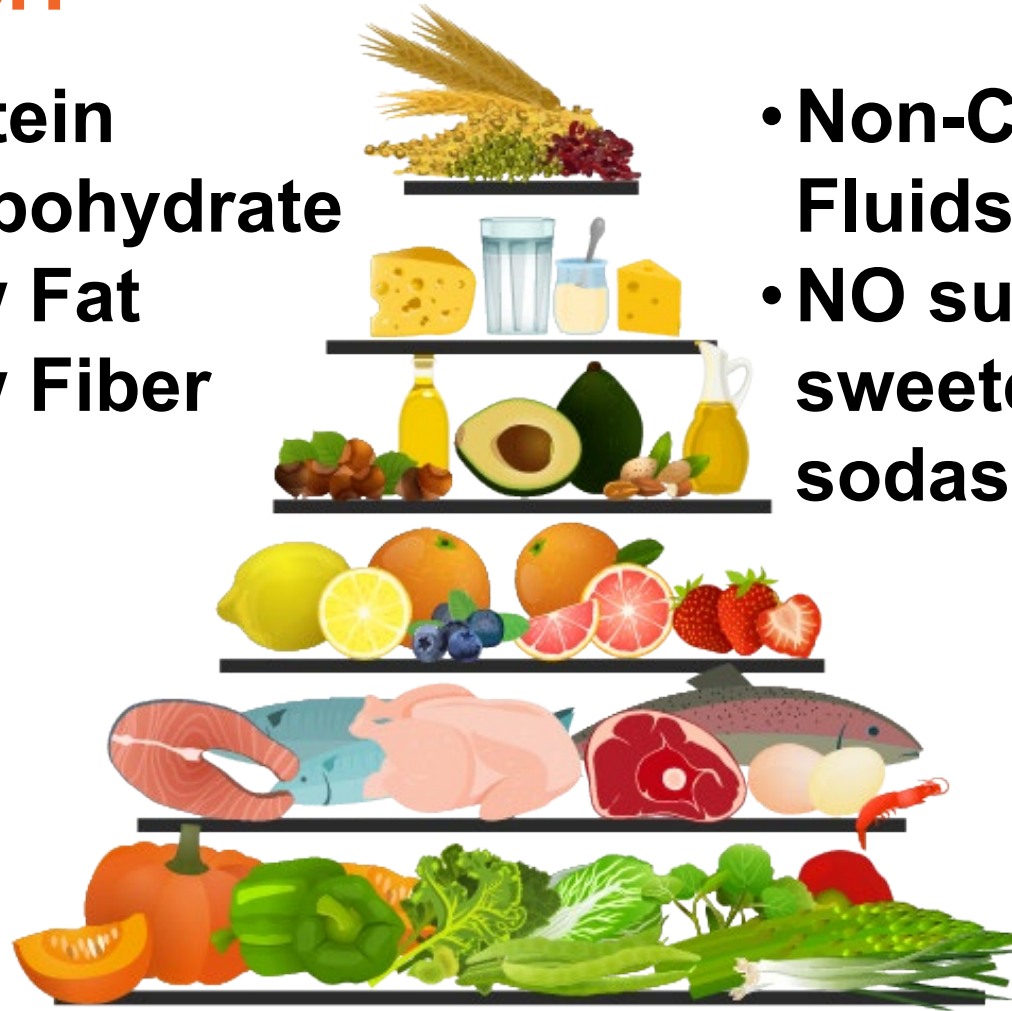
- Always eat a **carb with a protein**
- Always **add a protein for breakfast**
- Make sure **snacks include a protein**



Balanced Portion-Controlled Meal Plan

Consider:

- Protein
- Carbohydrate
- Low Fat
- Low Fiber

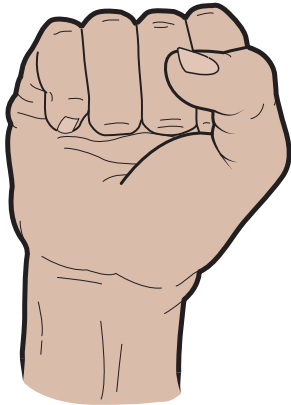


- Non-Caloric Fluids
- NO sugar-sweetened sodas or drinks

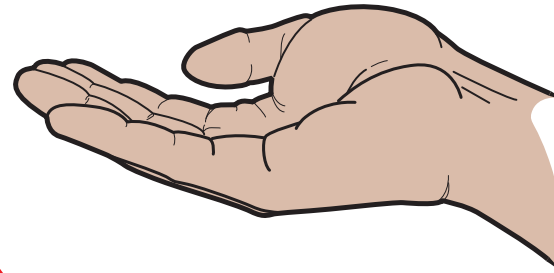


Carbohydrate Counting Tips

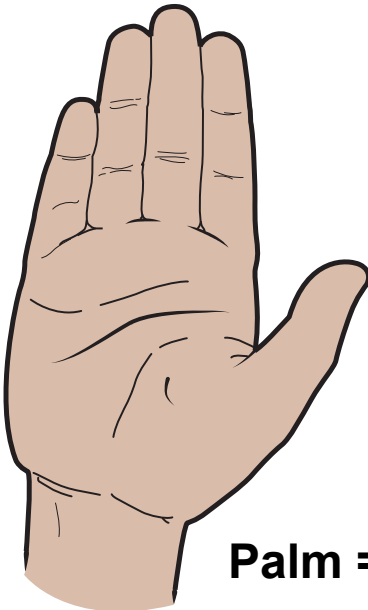
Hand Guides



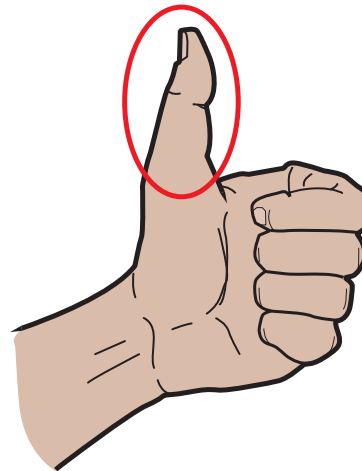
Fist = 8 fluid oz. or 1 cup



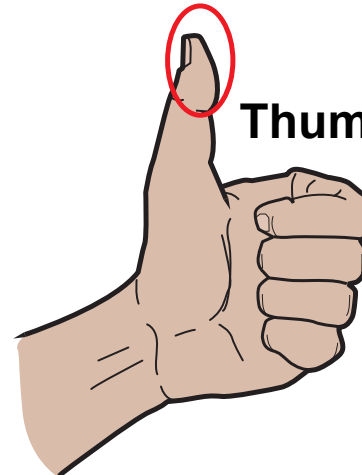
Handful = ½ cup



Palm = 3 oz.



Thumb = 1 oz.



Thumb tip = 1 teaspoon



Carb counting and healthy eating are a sure bet towards better sugar control.

