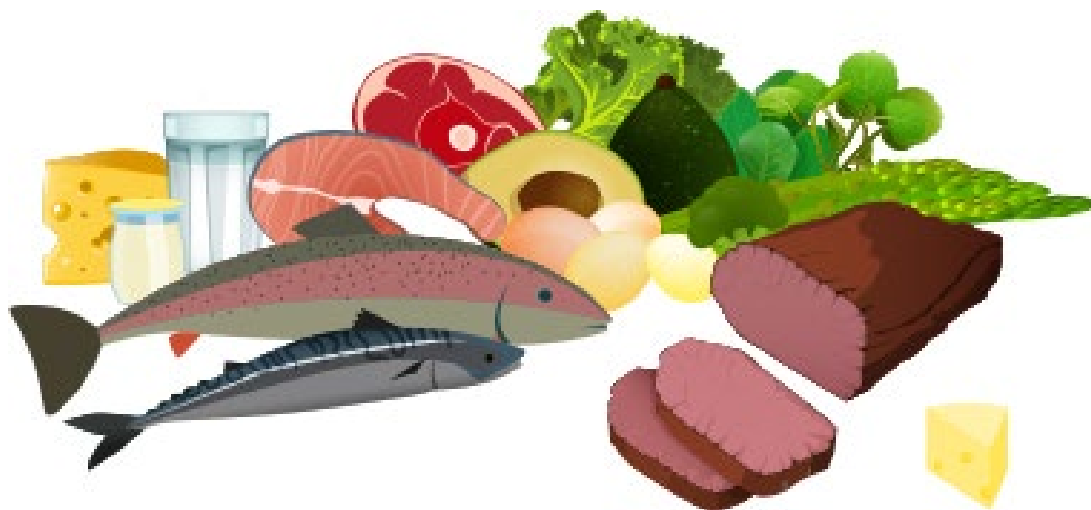# Carbohydrate Counting

Low Fiber and Low Fat

A primer…

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What is Carbohydrate Counting?

Carbohydrate counting involves counting only the carbohydrate (starch and sugar) portions of food.

Why Count Carbohydrates?

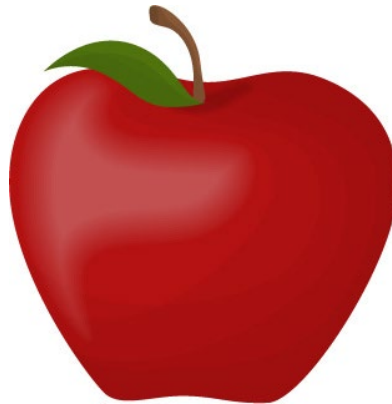**It focuses on the nutrient most responsible for the rise in blood glucose levels.**

➤**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
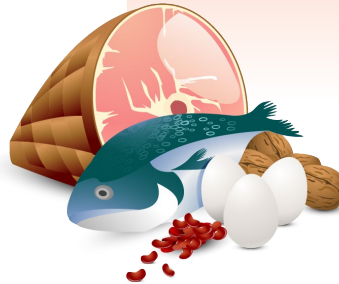
Effects on Blood Sugar

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%**
Trans 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%

* 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.

The Food Label shows the Total Carbs for 1 serving

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Carbohydrate Goal

3 carb servings or 45 grams (g)

Breakfast #1

Food	Amount	Carb (g)
Mandarin Oranges	½ cup	15
Scrambled Eggs	2	–
English Muffin	1	30
Butter	1 teaspoon	–
Coffee	1 cup	–

45 grams

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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

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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
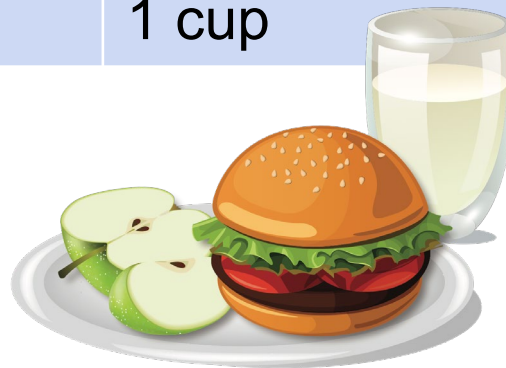
60 grams

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
String Beans	½ 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

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Carbohydrate Goal

2 carb servings or 30 grams (g)

Snack #1

Food	Amount	Carb (g)
Graham Crackers	4 Squares	15
1% Milk	1 cup	15

30 grams

Carbohydrate Goal

2 carb servings or 30 grams (g)

Snack #1

Food	Amount	Carb (g)
Crackers	6	15
Alpine Lace Cheese	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
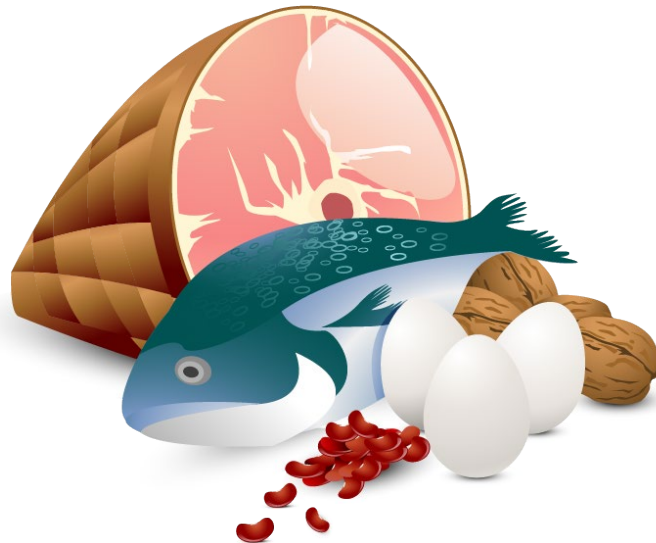
Balanced Portion-Controlled Meal Plan

Consider:

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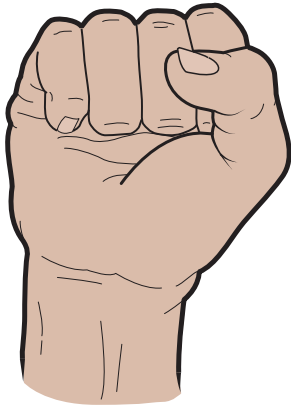- **Carbohydrate**
- **Low Fat**
- **Low Fiber**
- **Water**
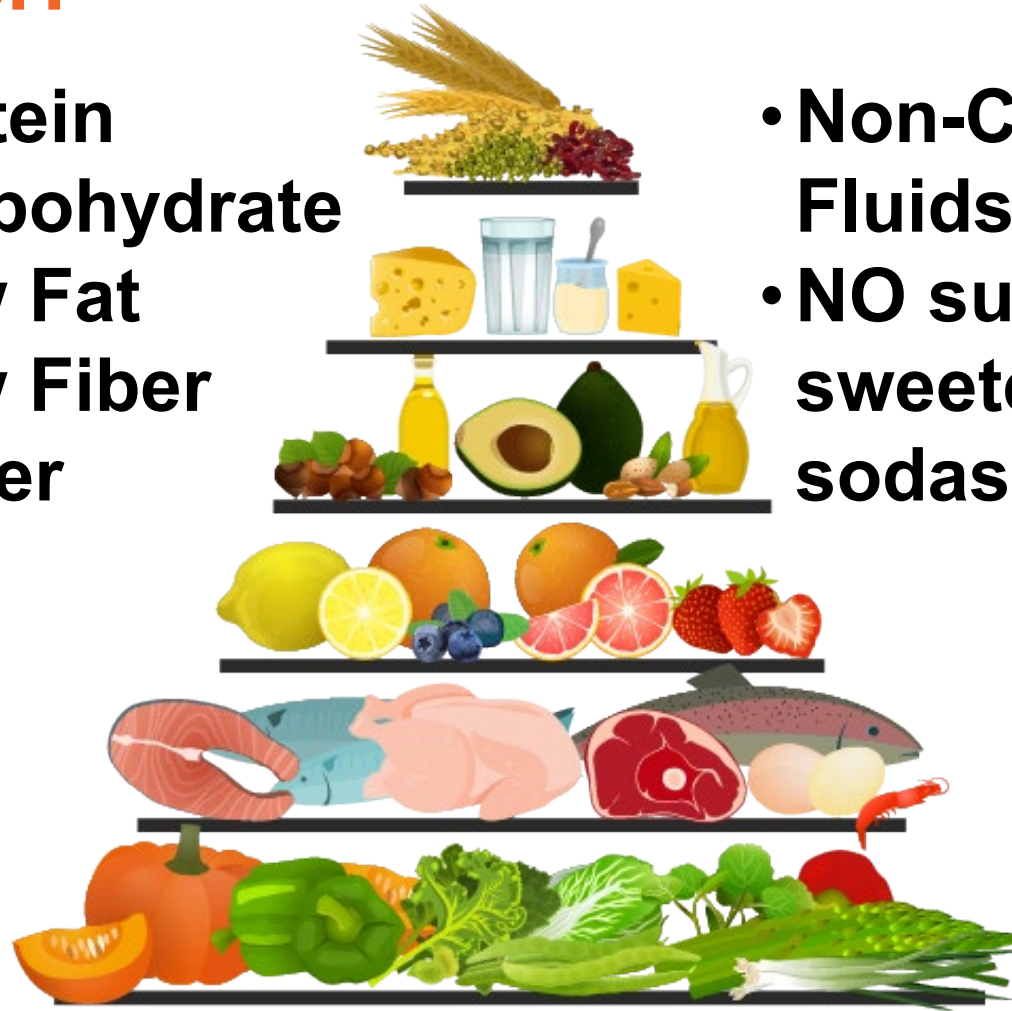
- **Non-Caloric Fluids**
- **NO sugar-sweetened sodas or drinks**

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Carbohydrate Counting Tips

Hand Guides

Fist = 8 fluid oz. or 1 cup
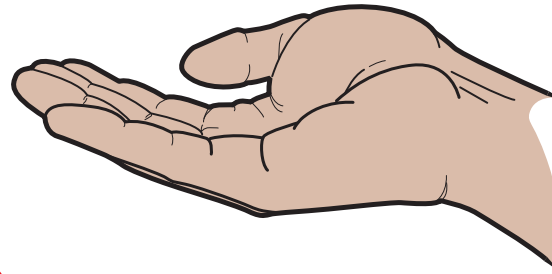
Handful = ½ cup
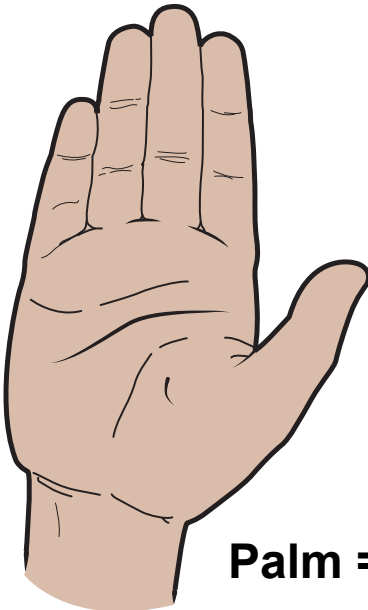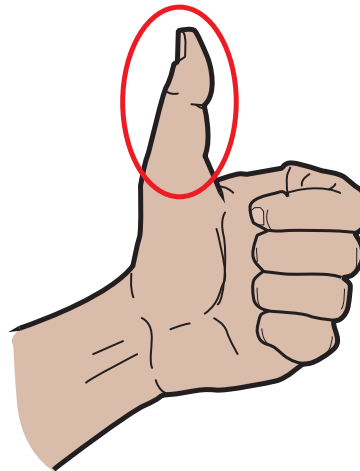
Thumb = 1 oz.

Thumb tip = 1 teaspoon

Palm = 3 oz.

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