

READY, SET, START COUNTING

HOW TO USE CARBOHYDRATE COUNTING TO KEEP YOUR BLOOD GLUCOSE HEALTHY

When you have diabetes, keeping your blood glucose in a healthy range helps you feel your best today and in the future. Carbohydrate counting is a way to plan the amount of carbohydrate you eat and better manage your diabetes. Carbohydrate counting is not a diet. It is a *meal planning tool* that helps you understand how your food choices affect your blood glucose level.

CARBOHYDRATE AND BLOOD GLUCOSE

Most of the carbohydrate you eat is digested to glucose. The right balance between carbohydrate and insulin (made by the pancreas or from injections) keeps your blood glucose level normal. When you eat, how much you eat, and whether or not you have snacks should be based on your lifestyle, medications, and meal planning goals. A dietitian can help you choose, from the goals below, the one that is best for you.

- CONSISTENCY** For many people who use diabetes medications or insulin, it is important to eat the same amount of food at the same times. Planning the amount of carbohydrate you eat can keep your blood glucose from going too high or too low.
- MAXIMUMS** If you use a healthy lifestyle to control your diabetes, or medications that do not cause low blood glucose, having a maximum limit for carbohydrate at meals keeps your blood glucose from going too high, and allows you to choose less carbohydrate when you wish.
- MATCHING** Some insulin plans allow you to vary meal times or carbohydrate amounts. If you follow this type of insulin plan you need to know how to match your insulin to the amount of carbohydrate you eat.

TO COUNT CARBOHYDRATES YOU NEED TO KNOW:

FOODS THAT CONTAIN CARBOHYDRATE

- Grains, breads, cereals and dried beans
- Starchy vegetables
- Fruits
- Milk and yogurt
- Sweets and desserts

(Nonstarchy vegetables contain small amounts of carbohydrate and will not affect blood glucose unless you eat large amounts.)

PORTION SIZES

- A "carbohydrate choice" is a portion of food that has 15 grams of carbohydrate. (1 carbohydrate choice = 15 grams of carbohydrate)
- Carbohydrate from any food has the same effect on blood glucose. Small portions of sweets or sugar can be used in place of other carbohydrate foods.
- Measure or weigh foods to learn what common portion sizes look like. When you can't, use these hand estimates.



HOW TO READ A FOOD LABEL

- Find the **Serving Size**.
- Find the **Carbohydrate** in one serving. (Sugars are included in this number, do not count them separately.)
- Compare the serving size listed to your portion.
- Calculate the amount of carbohydrate in your portion.
- You can count grams of carbohydrate or carbohydrate choices.

Nutrition Facts Valeur nutritive	Amount/Teneur	%DV / %VQ*	Amount/Teneur	%DV / %VQ*	
2 cookies (28g) pour 2 biscuits (28g)	Fat / Lipides	7g	11%	Carbohydrate / Glucides	18g 6%
	Saturated / saturés	2g	10%	Fibre / Fibres	1g 3%
	Trans / trans	0g		Sugars / Sucres	0g
	Cholesterol / Cholestérol	0mg	Protein / Protéines	2g	
	Sodium / Sodium	110mg	5%		
Calories 60	* % Daily Value / % valeur quotidienne: Vit A 0% Vit C 0% • Calcium 0% • Iron / Fer 6%				

The Diabetes Food Guide To Healthy Eating

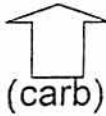

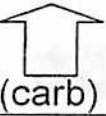
Your # of carb (Carbohydrate/sugar making) food servings per meal = $\frac{3-4 \text{ (female)}}{4-5 \text{ (male)}}$ sm. male

FOOD GROUPS

What is 1 carb serving or choice?

Check label if in doubt = 15 gms CHO = 3 tps. sugar

* Each item below is one serving & contains 15 grams of carbohydrate

Raise Blood Sugar  (carb)	* STARCH FOODS (each is 1 serving & 15 grams of carb.) <u>servings/meal</u> (measure after cooking) (*Choose high fiber)	1 slice bread (whole grain preferred) 1/2 c. noodles or pasta 1/3 c. rice 1/2 - 3/4 c. high fiber cereal (cold-hot) 1/2 potato/yam or 1/2 c. mashed 1/2 hotdog/hamburg bun 1/2 c. corn, 1/2 cob, 3c. popped	4 - 6 high fiber crackers 1 c. soup, thick or chili 1/2 pita bread (6") 1/2 small, 1/4 large bagel 10 french fries 25 small pretzel sticks 1 All Bran Bar
Raise Blood Sugar  (carb)	* FRUITS (each is 1 serving & 15 grams of carb.) <u>1 serving/meal and</u> 1 for snack (if active)	1 med. orange, peach, 1 med. apple, pear 1 small 1/2 med. banana 3 prunes 12- 15 grapes or cherries 2 med. kiwi 3/4 c. pineapple 1/2 cup juice (limit)	1/2 c. unsweetened applesauce 1/2 c. canned fruit in juice 1 c. berries or melon 1/2 large grapefruit 2 med. plums 1/2 med. mango 2 tblsp dried fruit (raisins)
Raise Blood Sugar  (carb)	* MILK PRODUCTS & Alternatives (each is 1 serving & 15 grams of carb.) <u>1 serving/meal</u> (1 for snack if active)	1 c. milk (skim preferred) 1/2 c. chocolate milk 1 % 2 tblsp skim milk powder 1/2 c evaporated milk 1/2 c light ice cream or frozen yogurt	1/2 c. yogurt sweetened 3/4 c. yogurt (fat free, sugar free) 1 c soy beverage, plain 1/2 c. soy beverage flavoured 1/2 c. light pudding
FREE (don't raise blood Sugar)	VEGETABLE (No carb: no limit) <u>2 servings (at least) for lunch and dinner each day</u>	1 c salad greens 1/2 c cooked broccoli, spinach, cabbage, asparagus cauliflower, carrot, peas, turnip, parsnips	1/2 c. radish, onion, mushrooms cucumber, zucchini, peppers, celery, carrots, tomatoes (raw) 1/2 c. cooked squash, beets, green & yellow beans etc
Do not Raise Blood Sugar. ? wt/ lipids	PROTEIN FOODS Meats & alternatives (no carbs) <u>servings /day</u> (size of deck of cards = 1 serving!)	2 oz. lean meat, poultry or fish 2 eggs (max 2 yolks/wk) 1 c. tofu 2 tblsp. peanut butter (0 trans fat) 1/4 c. nuts (unsalted)	1/3 c. can of fish 1/2 c. cottage cheese 1-2% 2 oz. cheese (60gm) 1/3 c. hummus 1/2 c. legumes, beans (<u>do have carb = 1 starch serving</u>)

FOODS TO LIMIT : Fats and Oils (choose non-hydrogenated margarine, canola and olive oils, light salad dressings and mayonnaise)

Alcohol (take with food)

Sweets (brown & white sugar, candies, soft drinks, jams
- choose artificially sweetened)