

An Introduction to Carbohydrates Counting

Carbohydrate counting or simply having more of a carbohydrate awareness can greatly help you in controlling your blood glucose. One serving of carbohydrate is 15g. That is the amount in a slice of bread, a small piece of fruit, and a cup of milk. General guidelines for amounts of carbohydrate for women are 30-60g for a meal and for men, 45-75g carbohydrate. For snacks and desserts aim for 15-30g carbohydrate. To the right are some examples of the amounts of carbohydrate in specific foods.

1C cooked pasta or 1C cooked rice	45g carbohydrate
Whole English muffin	30g carbohydrate
3C popped popcorn	15g carbohydrate
Medium potato	30g carbohydrate
1C corn or peas	30g carbohydrate
1 1/2C veggies (green beans, broccoli, or carrots)	15g carbohydrate
Medium fruit(apple, orange, banana)	30g carbohydrate
1C fruit(grapes, cherries, applesauce)	30g carbohydrate
1C milk	15g carbohydrate
1C fruited yogurt	45g carbohydrate
1/2C vanilla ice cream	15g carbohydrate
1/2C sherbet	30g carbohydrate
2 small cookies	15g carbohydrate

Food labels can help you learn the number of carbohydrates

To Find the Amount of Carb Servings:

1. **Check the product serving size.** In this example it is 1 cup.
2. **See the total g (grams) carb amount for the serving size.** In this example it is 31g. (The sugars are already accounted for in the total carb amount.)
3. **Find the dietary fiber amount for the serving size.** If a food you are planning to eat has five or more grams of fiber per serving, subtract the grams of fiber from the total carb grams in the meal. Fiber is a carb that is not absorbed by the body, so high fiber foods have less of an effect on blood sugar levels.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Total Fat	Calories: 2,000 2,500
Sat Fat	Less than 65g 80g
Cholesterol	Less than 20g 25g
Sodium	Less than 300mg 300mg
Total Carbohydrate	Less than 2,400mg 2,400mg
Dietary Fiber	300g 375g
	25g 30g

Once you know what to look for on the label, you will be able to count carbohydrates by the serving or gram.

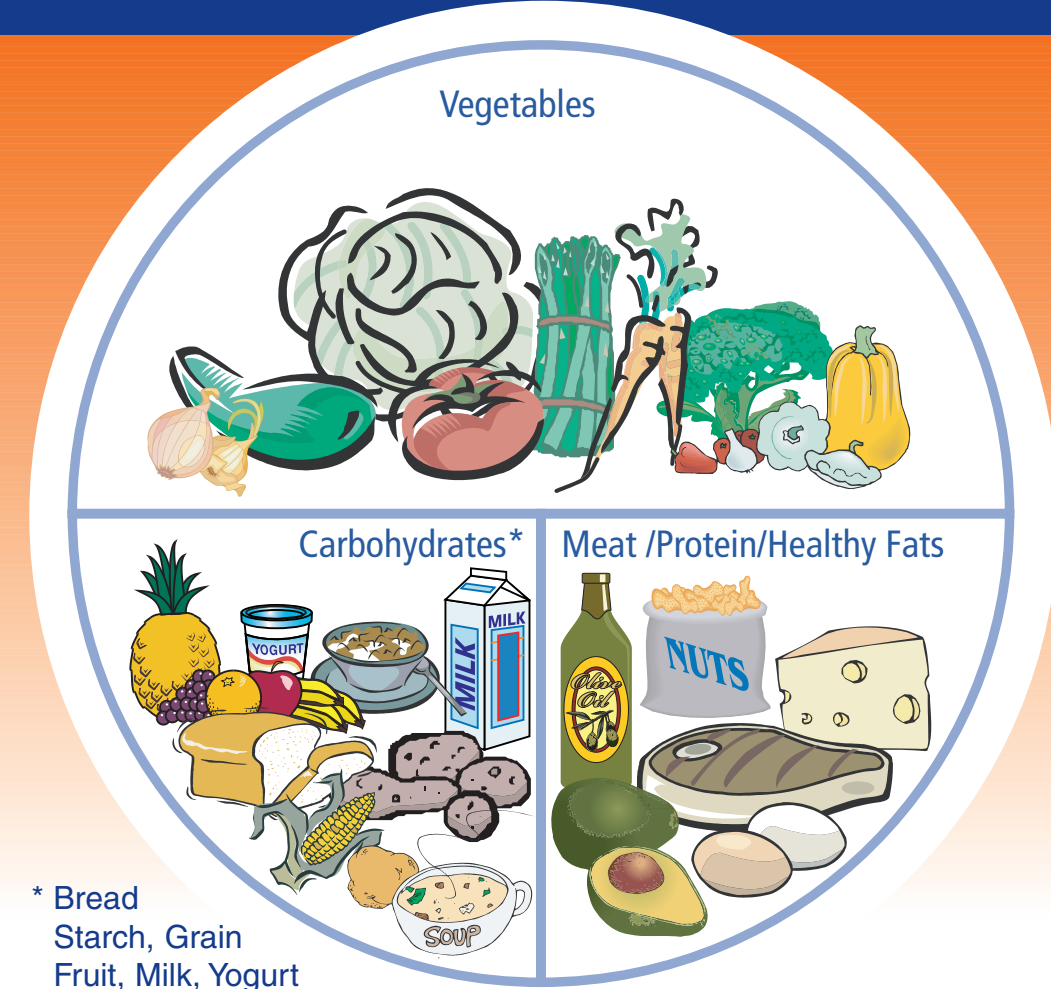


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BD Getting Started™

Healthy Eating Guidelines



Food contains many nutrients such as carbohydrate, protein, fat, vitamins, minerals, and water. Carbohydrate, protein, and fat supply the calories in foods that give you energy. Carbohydrates have the most effect on your blood glucose where protein and fat have much less of an effect. A healthy diet includes a balance of carbohydrate, protein, and fat.

A simple meal plan approach is to visualize “The Healthy Plate” where half of the plate includes

vegetables, a quarter of the plate lean protein and healthy fat, and a quarter from carbohydrate: bread, starch, grain, fruit and milk. Choosing high fiber carbohydrates are your healthiest options: oatmeal, whole wheat pasta, brown rice, legumes, fruits and vegetables. Desserts, sweets, and sugars are also carbohydrates. They provide few nutrients, can be high in fat and calories, and should be eaten in moderation.

Plate Should include:

- 1C cooked pasta or 1C cooked rice – 45g carbohydrate
- Medium potato – 30g carbohydrate
- Medium fruit(apple, orange, banana) – 30g carbohydrate
- 1C milk – 15g carbohydrate

General Eating Tips

- Try not to skip meals
- Eating regularly and spacing carbohydrates evenly throughout the day maintains better blood glucose control
- Balance your meals: include a good source of carbohydrate, lean protein and/or healthy fat
- Include daily: 1 1/2C veggies, 2-3 servings of fruit, 1-3C lowfat milk or yogurt
- Drink water! Aim for 6-8C per day



Target Blood Glucose Level

Before Meals _____

After Meals _____

Symbol Guide



Blood glucose level BEFORE eating



Meal – Write down what you ate, how much and calculate total carbs



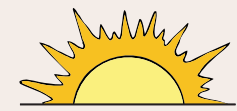
Blood glucose level 2 HOURS AFTER eating



How do you feel? Why? (Write a few words to explain)



Exercise/Activity – Write down time of day you exercised, what you did, and for how long?



What changes will you make to improve tomorrow? (List ideas)

	BREAKFAST	LUNCH	DINNER	SNACKS		TOMORROW?
DAY 1	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When? <input type="text"/>		What? <input type="text"/>		How Long? <input type="text"/>	
DAY 2	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When? <input type="text"/>		What? <input type="text"/>		How Long? <input type="text"/>	
DAY 3	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When? <input type="text"/>		What? <input type="text"/>		How Long? <input type="text"/>	
DAY 4	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When? <input type="text"/>		What? <input type="text"/>		How Long? <input type="text"/>	
DAY 5	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When? <input type="text"/>		What? <input type="text"/>		How Long? <input type="text"/>	
DAY 6	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When? <input type="text"/>		What? <input type="text"/>		How Long? <input type="text"/>	
DAY 7	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
	Exercise/Activity: When? <input type="text"/>		What? <input type="text"/>		How Long? <input type="text"/>	