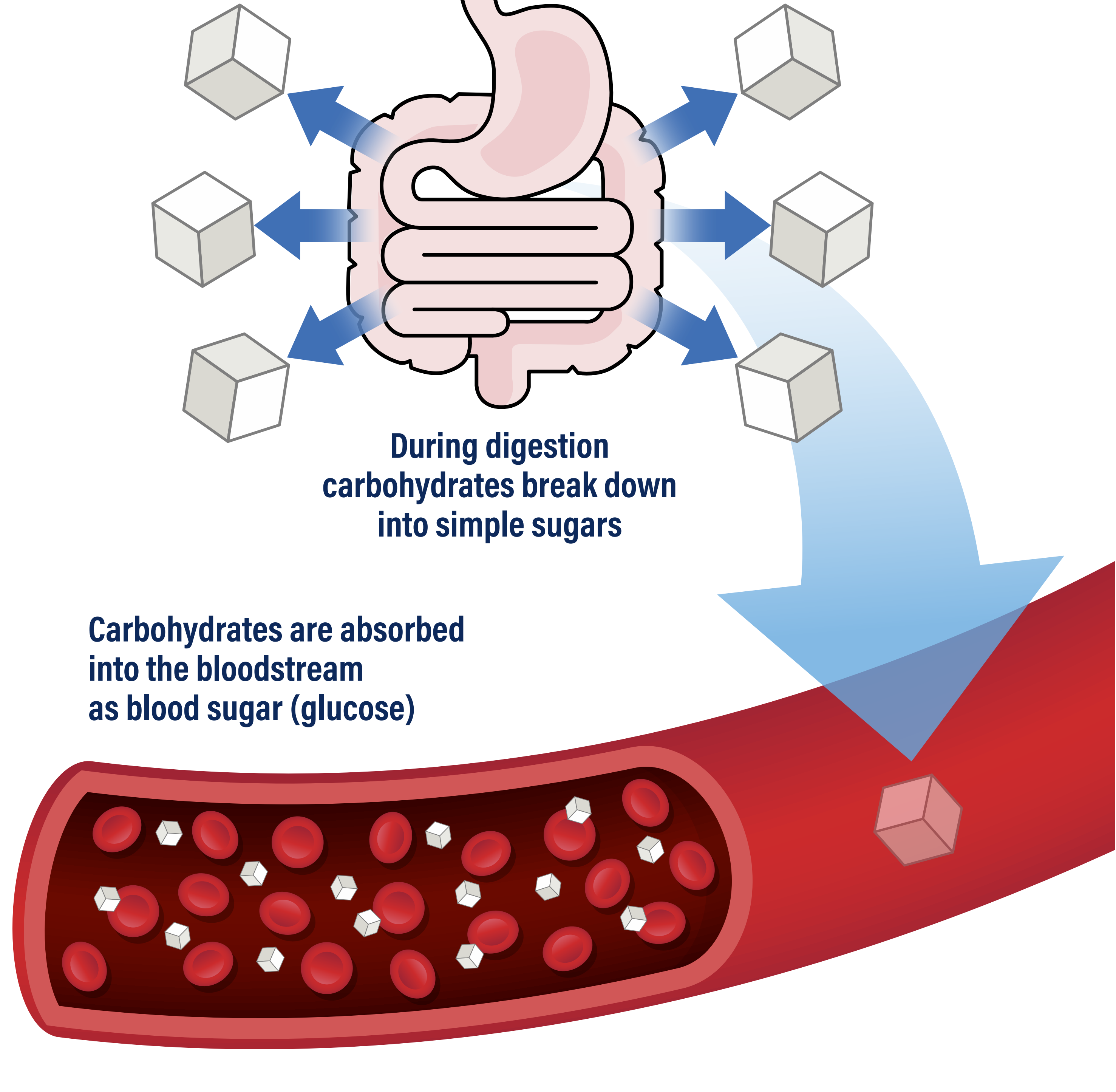


Counting Carbohydrates

What are carbohydrates?

- Carbohydrates can give your body some of the nutrition it needs
- Carbohydrates turn into glucose (or sugar) in the body and raise your blood sugar (glucose) level



Which foods have the most carbohydrates?



Drinks with sugar (juice, regular soda)



Sweets, desserts



Fruit (fresh, canned, dried)



Potatoes, corn, peas, beans



Bread, rice, pasta, cereal

Why do I need to count carbohydrates?

- To make sure your blood sugar does not get too high after you eat
- When you know what foods have carbohydrates and can count how many carbohydrates you eat, you can make sure your blood sugar level does not get too high
- If you do not take insulin at meals, counting carbohydrates is important for helping you reach your blood sugar goals
- If you do take meal-time insulin, you may be able to change your meal time insulin dose if you eat more or less carbohydrates after you talk with your healthcare provider

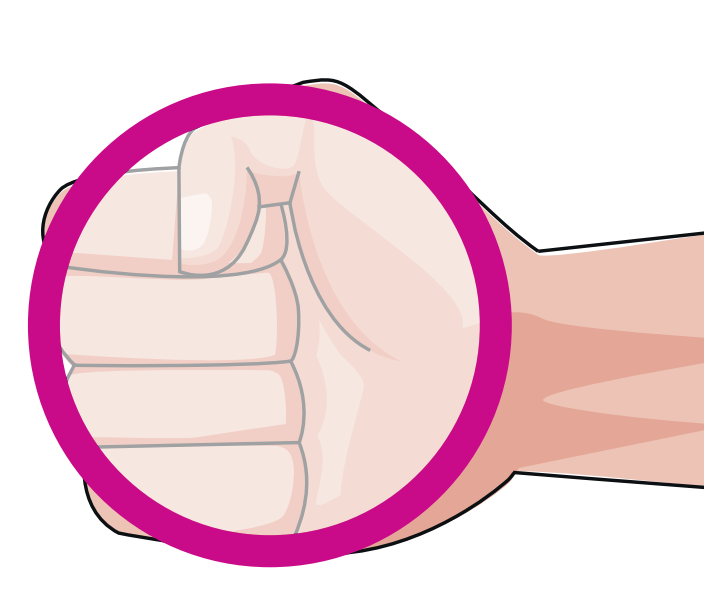
Tips for counting carbohydrates

HOW MANY CARBOHYDRATES ARE IN...?		
FOOD	QUANTITY	CARBOHYDRATE CONTENT
Apple/orange/peach/pear/nectarine	1 small	15 grams
Banana	1	30 grams
Corn or peas	1/2 cup	15 grams
Ear of corn	1 ear	30 grams
Granola bar	1	30 grams
Mashed potatoes	1/2 cup	15 grams
Milk	1 cup	12 grams
Potato or sweet potato	1 medium	30 grams
Spaghetti sauce	1/2 cup	15 grams
Watermelon	1 slice	15 grams
Yogurt, non-fat	3/4 cup	25-30 grams

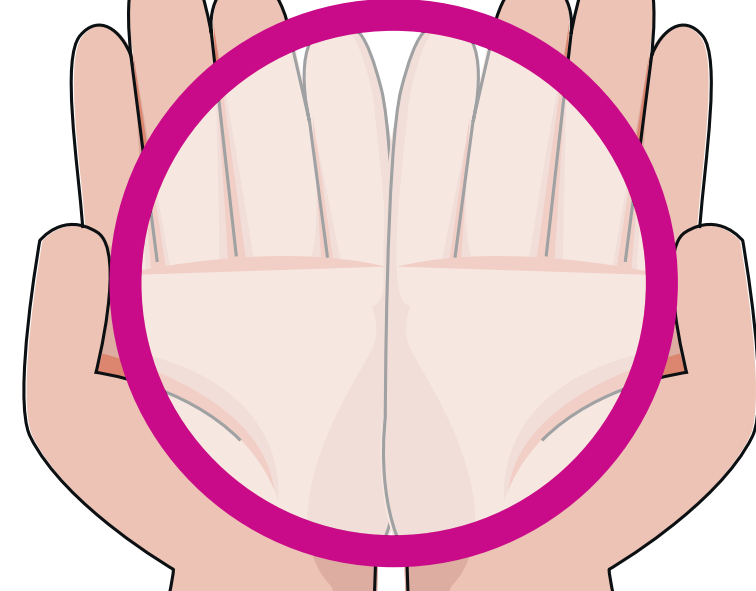
- Work with someone like a registered dietitian who can help you make a meal plan
- Most people with diabetes should try to have:
 - 30-60 grams of carbohydrate with meals
 - 15-30 grams of carbohydrate with snacks
- Try not to eat too many carbohydrates from sweets, sweet drinks, and packaged foods
- Eat fresh fruits, fresh vegetables, and other high fiber foods (whole-grain breads, pastas, and cereals)



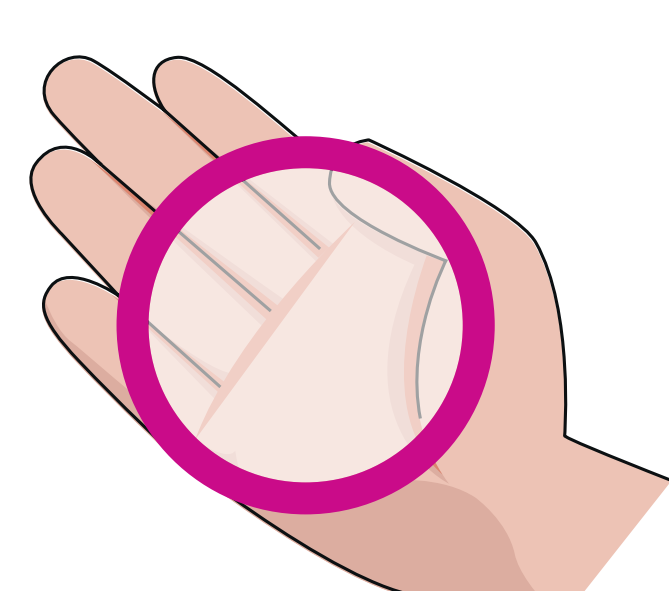
Use your hand to help you see how much you should eat



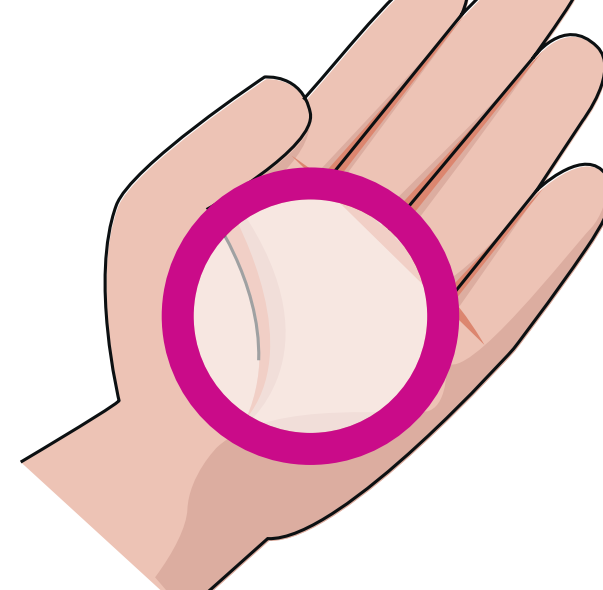
Fist = 1 cup or 8 fluid ounces



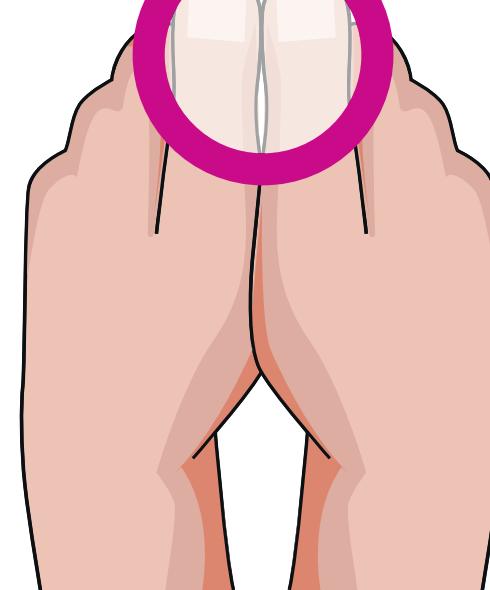
2 cupped hands = 1 cup



Cupped hands = 1/2 cup



Palm of hand = 1 ounces



From knuckle to tip of thumb = 1 tablespoon

Read food labels to identify carbohydrate content

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	230
Calories	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

- 1 Look at the **serving size**. If you are eating more or less than the serving size listed, then adjust the number of carbohydrate grams you are counting.
- 2 Aim for foods that are very low in **added sugars**.
- 3 Look at the **total carbohydrate** grams (g). If your carbohydrate target is in grams, then the number listed is the amount of grams for this food.