

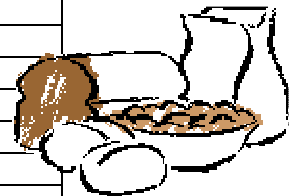
Carbohydrate Counting

Carbohydrates are essential nutrients that are found in many foods that we eat. Carbohydrates are important because our body breaks them down into sugar which gives us energy. In patients that are diabetic, too many carbohydrates can cause elevated blood sugar levels which are dangerous. However, for most people, carbohydrates should make up at least 50% of the total calories that we eat each day. Diabetic patients and those with hyperglycemia can use a theory called **carbohydrate counting** to allow all types of carbohydrate to fit into a meal plan.

The Basics:

- Carbohydrates are one of three main components in the foods we eat. The other components are fats and protein.
- Carbohydrates are found in starches including breads, pasta, and rice, fruit and fruit juice, milk and vegetables.
- The amount of carbohydrate varies in different foods.

Group	Carbohydrates (g)	Protein (g)	Fat (g)	Calories
Starch	15	3	0-1	80
Fruit	15	-	-	60
Milk				
Skim	12	8	0	90
Low-fat	12	8	5	120
Whole	12	8	8	180
Other Carbs	15	Varies	Varies	Varies
Vegetables	5	2	-	25



- Using the food label, you can determine how many carbohydrate servings are in a serving of a particular food.
- This theory allows all foods to fit within a diabetic meal plan.

Getting Started:

- **One serving of carbohydrate = 15 grams of carbohydrate**
- Read your food label looking for total carbohydrate
 - Divide total carbohydrate by 15 to determine # of carbohydrate servings.
 - $31 \text{ grams} / 15 \text{ grams} = 2 \text{ servings of carbs}$
 - The exception to the rule:
 - If a food has ≥ 3 grams of fiber, you can subtract fiber from total carbohydrate before you divide by 15.
 - 48 total grams of carbohydrate, 3 grams of fiber
 - $48\text{g} - 3\text{g} = 45\text{g} / 15\text{g} = 3 \text{ servings of carbs}$
 - 38 total grams of carbohydrate, 8 grams of fiber
 - $38\text{g} - 8\text{g} = 30\text{g} / 15\text{g} = 2 \text{ servings of carbs}$
- The total servings of carbohydrate recommended at each meal will vary from person to person. Any diabetic patient should meet with a dietitian to create a customized meal plan.

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 1.5g	
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

