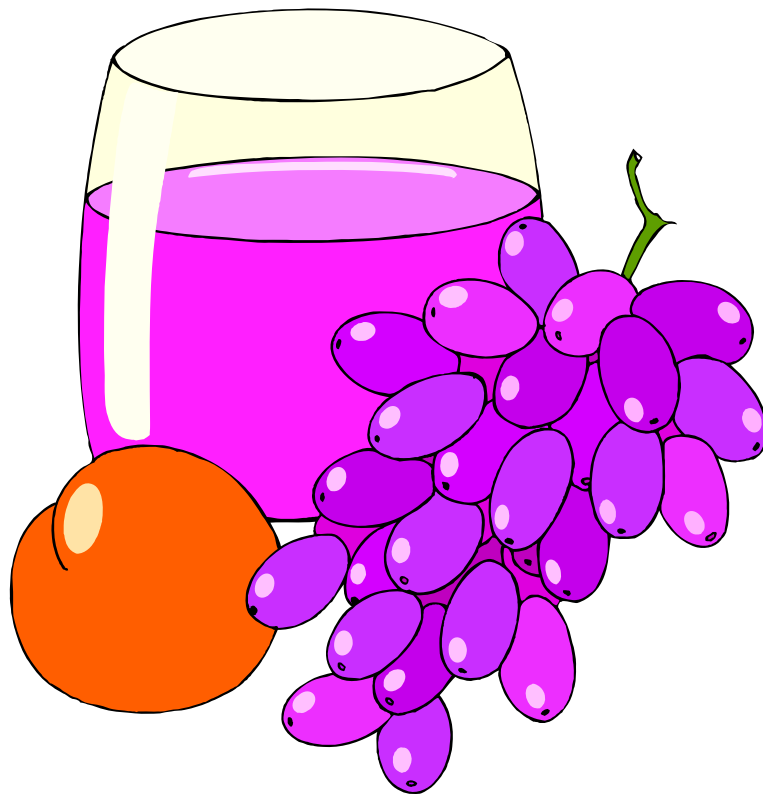


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WHAT IS **CARB** COUNTING?

Carb Counting helps you to keep your blood sugar levels in a healthier range. Carbohydrates are good for you and we need them to help us think, walk, and all the other things we like to do. Carbs become sugar after we eat them and this is the “fuel” the body uses to “run on”.

You only get the “fuel” and energy you need from carbs if you have enough insulin in your body. The insulin and carbs have to match to make your body work right and stay healthy.

Some of the general guidelines are:

- 1. Spread your carb foods throughout the day– some at each meal and small amounts at snacks.*
- 2. Try to be consistent in the amount of carbs you have for the meals– 45-75 grams at meal time and 15-30 grams at snack times.*
- 3. The amount of carbs you need depends on a lot of factors- see a dietitian or other health professional for help in finding the right amount for you.*
- 4. Try not to skip meals or snacks even when you sugars are higher than they should be.*
- 5. If you are an active person, you may need to adjust your carbs on your more active days. Again, talk with a dietitian for help with special circumstances.*

Carbs can be counted in two ways; either way works well.

- 1. Actual grams- Reading from a food label the exact number of carbs and comparing that to the number you can have at meal or snack time.*
- 2. Carb Choices- A carb choice is 15 grams/serving. So when a food has 30 grams, that would be 2 carb choices.*

Be sure to look at good nutrition when choosing carb counting as a way to control your blood sugars.

- 1. Try to use whole grains, whole fruits and vegetables, over fruit juices, or canned products.*
- 2. Limit foods high in fats, sugars, especially desserts, soft drinks, candy, etc.*



“CARB” Counting Food List



1 Carb Exchange = 15 grams of Carbohydrate

Breads:

½ (1 oz.) bagel/ bun/
croissant, medium/
English muffin/
½ pita 6”/6” taco shell
2.5 “biscuit-omit 1 Fat
1 slice bread
2 bread sticks-4” x ½”
2” cube cornbread-Omit 1 Fat
1 small muffin-omit 1 Fat
4” pancake-omit 1 Fat
4.5” waffle-omit 1 Fat



Cereals:

1/2c. Bran, sugar-
frosted flakes, or
cooked cereal
¼ c. granola
1 ½ c Puffed cereal
¾ c. ready to eat
cereal, unsweet



Crackers/Snacks:

8 animal crackers
3 graham crackers 2.5” sq.
3 c. popped popcorn
¾ oz, Pretzels, Chips, Matzoh
2-4” rice cakes
6 saltines or butter type
cracker, 3 Gingersnaps
5 whole wheat crackers
6 Vanilla Wafers
1/2c.Corn Chips (omit 2 Fats)
1c.Cheese Puffs (omit 1 Fat)
6 -3 Ring Pretzels, 25 Sticks
7 Ritz Crackers (omit 1 Fat)

Pasta/Grains:

1/2c. Chow Mein Noodles
3 T. Cornflake Crumbs
1 cup Croutons
1/2c. Chow Mein Noodles-
omit 1 Fat, hominy, pasta,
macaroni, noodles
1/3 c. rice- white, wild

Vegetables/Beans/Rice:

1/3 c. baked beans, humus,
rice
½ c. beans, peas, corn, grits,
lentils, potatoes, pasta,
grains-oatmeal, hominy, yam
16-25 Freedom Fries
1 Corn on Cob
2/3 c. lima beans



Fruits/Juices:

1 Apple, Peach, Pear, Plum,
Orange, Kiwi, Nectarine, Fig
1/2 Banana, Grapefruit, Nec-
tarine, Papaya, Ugli, 1 Guava
1/2 c. Applesauce, Pineapple
3 Apricots, 1/3 Pomegranate
3/4 c. Berries, Mandarin
Oranges, Pineapple, Melon
Grapes-20 small, 10 large
2 Plums, Tangerines, Dates
3 Prunes, dried, Kumquats
2 T. Raisins, 1/4 Mango
1 T. Currants, 1 Tangelo
4 Maraschino Cherries
1/2c. Sour Red Cherries
1/4c.MealReplacement, 1/2c.FruitSmoothie/Carbloader,3/4c.Soda,
1c.SportsDrink

Fruits/Juices:

1/2 c. apple, pineapple,
grapefruit, orange
1/3 c. cranberry juice cocktail,
fruit blend, grape, prune



Milk/Yogurt:

1 c. Fat Free Milk, 1%, 2%,
Buttermilk, Yogurt sugar free
fat free, plain yogurt
1/2 c. chocolate milk, evapo-
rated skim milk



Soups:

1 c. broth, chicken noodle
bean, cream with water
1/2 c. split pea soup



Sweets:

1 1/4 inch square Angel Food
Cake or Sponge Cake
3 Lorna Doones (omit 1 Fat)
4 Social Tea Biscuits
1 Plain Doughnut (omit 1 Fat)
1 Frozen Yogurt on a Stick
1/2 c. Vanilla Frozen Yogurt
1/2 c. Vanilla Ice Cream (omit
2 Fats)
1 Dairy Queen small ice
cream cone- (omit 1 Fat)
1/4 c. Sherbet
2 Lady Fingers
2 T. Malted Powder
1/4 c. Regular Pudding
3 Brown Edged Wafers

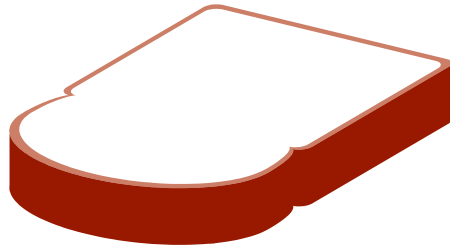


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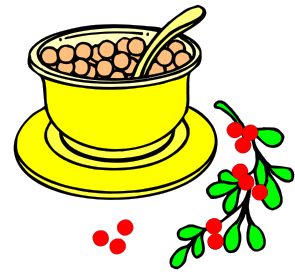
15 Grams of Carbohydrate:



Apple



Bread, white



Cereal, dry



Grapefruit



Milk



Orange



Peach



Pear



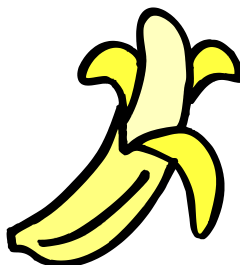
Rice, white

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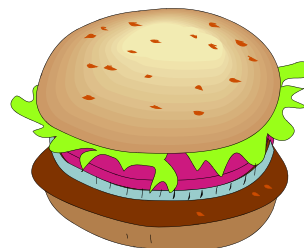
30 Grams of Carbohydrate:



1 Bagel



Banana



Bun for Burger



French Fries



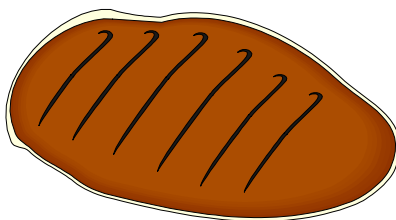
Ice Cream/Cone



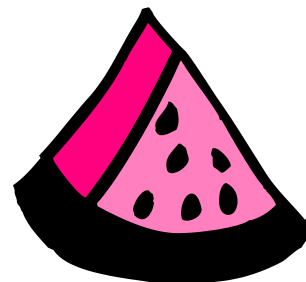
Muffin



Pear (2)



**Potato, Baked
(1 large Potato)**



**Watermelon
(2 cups)**