

Carbohydrate Counting

Carbohydrate counting, or carb counting, means counting the number of grams of carbohydrates in a food or meal. You then match this number to your insulin dose. Carb counting is best used to manage your blood sugar so you can be prepared when meal planning, eating out, or eating at home.

- 1 Know what foods contain carbohydrates by looking at the nutrition label.
- 2 Check for total grams of carbohydrates and any added sugars.
- 3 Pay attention to the serving size and number of servings on the nutrition label.

Nutrition Facts			
Serving Size 3 oz. (85g)			
Serving Per Container 2			
Amount Per Serving			
Calories	200	Calories from Fat 120	
% Daily Value*			
Total Fat	15g		20 %
Saturated Fat	5g		28 %
Trans Fat	3g		
Cholesterol	30mg		10 %
Sodium	650ma		28 %
Total Carbohydrate	30g		10 %
Dietary Fiber	0g		0 %
Sugars	5g		
Protein	5g		
Vitamin A	5%	•	Vitamin C 2%
Calcium	15%	•	Iron 5%
*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		300mg	375mg
Dietary Fiber		25g	30g

1 serving = 15 grams = 1 choice

