Simple Carbohydrate Counting

Carbohydrate (in orange) = anything sugary or starchy

**My meal plan:** _______ carbs at Breakfast  _______ carbs at Lunch  _______ carbs at Dinner  _______ carbs at snacks

**Carbohydrates have the biggest effect on your blood sugar, they are not to be avoided as they provide a good source of energy, just balanced throughout the day!**

<table>
<thead>
<tr>
<th>Grains 15 g carb each</th>
<th>Starchy Vegetables 15 g carb</th>
<th>Fruit 15 g carb each</th>
<th>Dairy/Milk 15 g carb each</th>
<th>Sweets &amp; Starchy Snacks 15 g carb each</th>
<th>Combination Foods 15 g carb each</th>
<th>Protein Foods: 0-5 g carb each</th>
<th>“Free” Foods 0-5 g carb each</th>
</tr>
</thead>
<tbody>
<tr>
<td>~Choose 100% whole grain</td>
<td>~Choose fresh, frozen, or canned without salt</td>
<td>~Choose fresh, frozen, or canned in juice</td>
<td>~Choose low fat or fat-free dairy</td>
<td>~Choose low-sodium, 100% whole grain, and/or low-fat</td>
<td>~Choose low-sodium and low-fat</td>
<td>~Choose lean meats and fatty fish; take off skin and cook without fat</td>
<td>~Choose fresh, frozen, or canned without salt</td>
</tr>
<tr>
<td>• Bagel, ¾ large</td>
<td>• Beans, ½ cup</td>
<td>• Apple, small</td>
<td>• Milk, 1 cup</td>
<td>• Brownie, 2” square</td>
<td>• Asian entrée (no rice), 1 cup</td>
<td>• Artichokes</td>
<td>• Oatmeal, ½ cup cooked or ½ cup dry</td>
</tr>
<tr>
<td>• Bread, 1 slice or 1 ounce</td>
<td>• Corn, ½ cup</td>
<td>• Banana, ½ large</td>
<td>• Rice Milk, 1 cup</td>
<td>• Candy bar, 1 fun-sized</td>
<td>• Burrito, ½</td>
<td>• Asparagus</td>
<td>• Pasta, 1/3 cup</td>
</tr>
<tr>
<td>• Cereal, unsweetened, ½ cup</td>
<td>• French Fries, ½ small order</td>
<td>• Berries, 1 cup</td>
<td>• Soy Milk, 1 cup</td>
<td>• Cheesecake, 1/6 of cake</td>
<td>• Casserole with pasta or rice, ½ cup</td>
<td>• Beets</td>
<td>• Rice, 1/3 cup</td>
</tr>
<tr>
<td>• English muffin, ½ of muffin</td>
<td>• Mixed vegetables, 1 cup</td>
<td>• Canned, ½ cup</td>
<td>• Chips, 15 chips</td>
<td>• Chili, 1 cup</td>
<td>• Cereal with pasta or rice, ½ cup</td>
<td>• Broccoli</td>
<td>• Roll, 2-inch X 2-inch</td>
</tr>
<tr>
<td>• Granola Bar, 3.5 oz</td>
<td>• Peas, ½ cup</td>
<td>• Cherries, 1 cup</td>
<td>• Cookie, 3 ½-inch diameter</td>
<td>• Lasagna, 2” X 3” X 2” piece</td>
<td>• Pasta or potato salad, ½ cup</td>
<td>• Brussels sprouts</td>
<td>• Pancake, 4” dia</td>
</tr>
<tr>
<td>• Hamburger or Hot dog bun, ½ of bun</td>
<td>• Spaghetti Sauce, 1 cup</td>
<td>• Clementine, 2 small</td>
<td>• Hard candy, 3-5 pieces</td>
<td>• Pizza, thick crust, 1/16 of 14” pizza</td>
<td>• Pizza, thin crust, 1/8 of 14” pizza Soup, 1 cup</td>
<td>• Cabbage</td>
<td>• Pasta, 2-inch</td>
</tr>
<tr>
<td>• Muffin, ½ small</td>
<td>• Sweet Potatoes, ½ cup</td>
<td>• Grapefruit, 1 medium</td>
<td>• Honey, sugar, jelly, or syrup, 1 Tablespoon</td>
<td>• Round roast</td>
<td>• Pork</td>
<td>• Carrots</td>
<td>• Rice, 2-inch</td>
</tr>
<tr>
<td>• Oatmeal, ½ cup cooked or ¼ cup dry</td>
<td>• Winter Squash (butternut or acorn), 1 cup</td>
<td>• Juice, ½ cup</td>
<td>• Ice cream, ½ cup</td>
<td>• Venison</td>
<td>• Venison</td>
<td>• Cauliflower</td>
<td>• Roll, 2-inch X 2-inch</td>
</tr>
<tr>
<td>• Pancake, 4” dia</td>
<td>• Winter Squash (butternut or acorn), 1 cup</td>
<td>• Kiwi, 2 small</td>
<td>• Jell-O, ¼ cup</td>
<td>• Meat alternatives:</td>
<td>• Cheese</td>
<td>• Celery</td>
<td>• Taco shell, 2</td>
</tr>
<tr>
<td>• Pasta, 1/3 cup</td>
<td>• Winter Squash (butternut or acorn), 1 cup</td>
<td>• Melon, 1 cup (watermelon, cantaloupe)</td>
<td>• Large crackers (saltines, Triscuits), 6</td>
<td>• Cheese</td>
<td>• Egg</td>
<td>• Cucumbers</td>
<td>• Tortilla, 6-inch</td>
</tr>
<tr>
<td>• Rice, 1/3 cup</td>
<td>• Winter Squash (butternut or acorn), 1 cup</td>
<td>• Nectarine, small</td>
<td>• Popcorn, 3 cups</td>
<td>• Nuts/seeds</td>
<td>• Nuts/seeds</td>
<td>• Cucumbers</td>
<td>• Bread, 1 slice or 1 ounce</td>
</tr>
<tr>
<td>• Roll, 2-inch X 2-inch</td>
<td>• Winter Squash (butternut or acorn), 1 cup</td>
<td>• Orange, small</td>
<td>• Pretzels, 53 sticks</td>
<td>• Peanut Butter</td>
<td>• Peanut Butter</td>
<td>• Eggplant</td>
<td>• Cereal, unsweetened, ½ cup</td>
</tr>
<tr>
<td>• Taco shell, 2</td>
<td>• Winter Squash (butternut or acorn), 1 cup</td>
<td>• Peach, small</td>
<td>• Wheat Thins, 16 crackers</td>
<td>• Tofu</td>
<td>• Tofu</td>
<td>• Green Beans</td>
<td>• English muffin, ½ of muffin</td>
</tr>
<tr>
<td>• Tortilla, 6-inch</td>
<td>• Winter Squash (butternut or acorn), 1 cup</td>
<td>• Pear, small</td>
<td></td>
<td></td>
<td></td>
<td>• Lettuce</td>
<td>• Granola Bar, 3.5 oz</td>
</tr>
</tbody>
</table>

Fats: 0-5 g carb each
- Butter
- Oil
- Salad Dressing
- Mayo
- Bacon/Sausage
- Olives
- Cream
- Avocado
- Margarine
- Gravy

Seasonings
- Salt
- Pepper
- Pepper
- Spinach
- Tomatoes
- Zucchini
- Broth
- Mustard/Ketchup

The University of Kansas Hospital

Cray Hospital Management Center

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3 Simple Steps

1. First, look at the Serving Size:
   The serving size is what the rest of the label is referring to. Start here, but you can eat a different amount if your meal plan allows.

2. Then look at Total Carbohydrate:
   This is the amount of carbohydrate in 1 serving size (see above). Total Carbohydrates affect your blood sugar. This number includes all the Other Carbohydrates (starch), Fiber, and Sugar.

3. Finally, decide how much are you going to eat:
   ✓ If you eat only 1 serving – your Total Carbohydrates are on the label!
     For Example: I am eating 1 cup of this food, so I am eating 45 grams of carb
   ✓ If you eat DOUBLE the serving size – you need to DOUBLE the carbohydrates on the label!
     For Example: I am eating 2 cups of this food, so I am eating 90 grams of carb (45+45=90)
   ✓ If you eat HALF the serving size – you need to cut the Total Carbohydrates in HALF on the label!
     For Example: I am eating ½ cup of this food, so I am eating 23 grams of carb (45÷2 = 23)

Nutrition Facts

Serving Size 1 cup (56g)*
Servings Per Container about 4

Amount Per Serving
Calories 210  Calories from Fat 10
% Daily Value
Total Fat 1 g  2%
Saturated Fat 0 g  0%
Trans Fat 0 g
Cholesterol 0 mg  0%
Sodium 115 mg  5%
Total Carbohydrate 45 g  15%
Other Carbohydrate 20 g
Dietary Fiber 7 g  26%
Sugars 18 g
Protein 4 g

Vitamin A 15%  Vitamin C 10%
Calcium 4%  Iron 25%