



Basics of Carbohydrate Counting

- Foods are made up of CARBOHYDRATES, PROTEIN & FAT
- Carbohydrates have the greatest effect on blood glucose
- Carbohydrates are needed for energy, vitamins, minerals and fiber
- Balancing CARBOHYDRATE and INSULIN amounts is critical for blood glucose control
- Foods that contain carbohydrates are:
 1. Grains (pasta, rice, cereals, bread)
 2. Starchy vegetables (potatoes, corn, peas, plantain)
 3. Beans
 4. Fruits & fruit juices
 5. Milk products (milk, yogurt, ice-cream)
 6. Sugar & sweets
- Foods that contain carbohydrates must be counted
- Meat, meat products, eggs, cheese, fish, fat & oil, nuts and non-starchy vegetables contain little or no carbohydrates and do not need to be counted
- Some foods contain little or no carbohydrate and are called "Free Foods", they also do not need to be counted (see attached list)
- Your care plan will include a ratio of 1 unit of insulin _____ for every _____ grams of carbohydrates
- This ratio may need to be adjusted to assure you are getting the right amount of insulin to cover your carbohydrate intake

Benefit of carbohydrate counting

- All foods can fit in your meal plan, sweets are not eliminated
- There is greater flexibility and freedom to choose what and when to eat
- Better control can be achieved by matching insulin to carbohydrates
- Carbohydrate counting gives your more control of your diabetes care