

Consistent Carbohydrate Counting: Why is it important?

Carbohydrate counting is an important part of diabetes self-management. It can help you take control of your diabetes! Eating a consistent amount of carbohydrate through out the day helps keep blood glucose (sugar) in control, helps reduce blood glucose spikes and can reduce the occurrence of low blood glucose.

Know foods with Carbohydrates:

- Carbohydrates are the sugar, starches, and fiber in foods
- 1 Carb choice = 15grams of carbohydrate

Examples of 1 carb choices (15 grams):

Bread, grains, and cereals	Starchy Vegetables	Milk and Yogurt	Fruits	Sweets and snack foods
1 slice bread	½ cup potato, sweet potato, peas, corn	1 cup milk	1 small piece of fruit	¾ ounce snack food (pretzels, 4-6 crackers)
¼ large bagel			½ medium fruit (apple, banana)	
½ English muffin		1 cup low-fat or fat-free plain yogurt	½ cup canned fruit	15 potato chips
6" tortilla	½ cup cooked beans		1 cup melon	1 ounce sweet snack (2 small sandwich cookies, 5 vanilla wafers)
1/3 cup cooked pasta, or rice		6 ounces flavored yogurt made with low-cal sweetener	½ cup fruit juice	
½ cup cooked cereal	1 cup winter squash		2 Tbsp dried fruit	
¾ ounce unsweetened cold cereal			1 cup raspberries	1 Tbsp sugar or honey
3 cups air-popped pop-corn	Medium (3 oz) baked potato		¾ cup blueberries	
4" diameter pancake			15 medium grapes	½ cup regular ice cream

Carbohydrate and blood glucose goals:

- Men: 4 – 5 carb choices (60-75 grams) at each meal
- Women: 3 – 4 carb choices (45-60 grams) at each meal
- 1-2 carb choices (15 – 30 grams) at each snack, if you eat snacks
- General guidelines for blood glucose meals are listed below:

Blood Glucose Goals	American Diabetes Association	American Association of Clinical Endocrinologists
Fasting or before meals	70 to 130 mg/dl	Less than 110 mg/dl
Two hours after the start of a meal	Less than 180 mg/dl	Less than 140 mg/dl

Sample food and blood glucose diary before and after a consistent carb meal plan*

	Breakfast-7:30AM	Lunch-noon	Dinner-5 PM
Sample day <i>before</i> eating consistently	Fasting BG 82 mg/dl 4 four inch pancakes (4 carbs) 2 Tbsp regular syrup (2 carbs) 3 sausage links 1 hard-boiled egg white 8 oz orange juice (2 carbs) Total: 8 carb choices (120grams) 2 hour BG: 226 mg/dl	Before Meal BG 162 mg/dl 4 oz chicken 1 cup green beans (Free) 6 oz light yogurt (1 carbs) Total: 1 carb choice (15 grams) 2 hour BG: 66 mg/dl (4 glucose tablets to treat low)	Before Meal BG 100 mg/dl 1 cup rice (3 carbs) 1 cup red beans (2 carbs) 2 small dinner rolls (2 carbs) 4 oz pork loin ½ cup broccoli (Free) Total: 7 carb choices (105 grams) 2 hour BG: 300mg/dl
Sample day <i>after</i> eating consistently	Fasting BG 82 mg/dl 2 four-inch pancakes (2 carbs) ¼ cup sugar-free syrup (1 carb) 1 sausage link 1 hard boiled egg white 1 small orange (1 carb) Total: 4 carb choices (60grams) 2 hour BG: 125 mg/dl	Before Meal BG 95 mg/dl 4oz chicken 1 cup Spinach salad w/ pepper & onion slices (Free) ½ cup corn (1 carb) 1 whole wheat dinner roll (1carb) ¾ cup blueberries (1 carb) 6 oz sugar-free yogurt(1 carb) Total: 4 carb choices (60 grams) 2 hour BG: 140 mg/dl	Before dinner BG 100 mg/dl 2/3 cup brown rice (2 carb) ½ cup red beans (1 carb) 1 whole wheat dinner roll (1 carb) 4 oz Salmon ½ cup broccoli (Free) Total: 4 carb choices (60 grams) 2 hour BG: 130 mg/dl

*Adapted from DCE *Carbohydrate Counting: Focus on Consistency* handout.

It is important to follow up with your Registered Dietitian regularly to help stay on track. Contact **Norma Fielding, RD, CDE (Certified Diabetes Educator)** or **Jocena Schafer, RD, CD** at **574-753-1464**. Individual teaching, small group class, and support group meetings are all available.

Logansport Memorial Hospital's Diabetes Education Program is recognized by the American Diabetes Association as meeting the National Standards for Diabetes Self-Management Education.