

Carbohydrate Counting for People with Type 2 Diabetes

Healthy eating is one of the most important ways you can help manage blood sugar. Carbohydrate (or "carb") counting is one option that can help you plan your healthy meals.

What are carbs?

Carbs are one of the main sources of energy in food. Along with protein and fat, they are important to a healthy diet. However, they also raise blood sugar. Foods that have carbs include:

- Starches like bread, cereal, and rice
- Starchy vegetables like potatoes and corn
- Fruit and fruit juice
- Milk and yogurt
- Sweets and snacks like candy, cookies, and chips

There is about 1 serving (15 grams) of carbs in:

- 1 small piece of fresh fruit (4 oz)
- 1 slice of bread
- 1/2 cup of oatmeal
- 1/3 cup of cooked rice or pasta
- 1/4 of a large baked potato
- 1/2 cup starchy vegetable
- 1 cup of soup
- 4 to 6 crackers
- 1/2 cup ice cream or sherbet

Why count carbs?

Carb counting can help you choose what and how much to eat. To help keep your blood sugar levels in your target range, work with your healthcare provider or registered dietitian to:

- Set a carb limit to eat at each meal and snack.
- Keep track of how many carbs you eat at each meal and snack.

How many carbs are enough?

The American Diabetes Association (ADA) recommends that most people with diabetes start with:

- 3 or 4 servings (45 to 60 grams) of carbs at each meal

You may need more or less carbs depending on how you manage your diabetes. Use the chart to the right as a guide to choosing your carbs.

Add your daily carb limits to the first column of the chart below. Then write down the date and number of carbs eaten at each meal and snack.

WEEK ONE	CARB LIMIT	CARBS EATEN						
		SUN / /	MON / /	TUES / /	WED / /	THURS / /	FRI / /	SAT / /
Breakfast								
Lunch								
Dinner								
Snack								
Snack								
TOTAL								

(continued)

WEEK TWO	CARB LIMIT	CARBS EATEN						
		SUN	MON	TUES	WED	THURS	FRI	SAT
		///	///	///	///	///	///	///
Breakfast								
Lunch								
Dinner								
Snack								
Snack								
TOTAL								

WEEK THREE	CARB LIMIT	CARBS EATEN						
		SUN	MON	TUES	WED	THURS	FRI	SAT
		///	///	///	///	///	///	///
Breakfast								
Lunch								
Dinner								
Snack								
Snack								
TOTAL								

WEEK FOUR	CARB LIMIT	CARBS EATEN						
		SUN	MON	TUES	WED	THURS	FRI	SAT
		///	///	///	///	///	///	///
Breakfast								
Lunch								
Dinner								
Snack								
Snack								
TOTAL								

Talk with your healthcare provider or registered dietitian about whether carb counting could be added to your diabetes management plan.

