

## How Many Foods with Carbs Do You Need to Eat?

Your Registered Dietitian can help decide how many carbs you need. The amount depends on your age, weight, activity and diabetes medications, if used. You can learn how to 'carb count' in order to get the right amount of carbs at each meal (and snacks, if needed) to help keep your blood glucose at your target level.

1 carb choice = 15 grams of carbohydrates

## How do you count carbs?

CARB COUNTING	
Most <b>WOMEN</b> need about 3 to 4 carb choices <b>OR</b> 45 to 60g of carbs at each meal 1 carb choice or 15g of carbs for snacks (if needed)	Most <b>MEN</b> need about 4 to 5 carb choices <b>OR</b> 60 to 75g of carbs at each meal 1 to 2 carb choices or 15 to 30g of carbs for snacks (if needed)

Carbs are an important part of a healthy diet. With diabetes, watching portion sizes and getting most of your carbs from fruits, vegetables, whole grains and low fat milk and yogurt is key.

### Sample of a 4-Carb Meal:

- 1 slice of bread
- ½ cup mashed potatoes
- ½ cup canned peaches
- 1 cup skim milk
- 3 ounces of chicken
- 1 green salad
- 1 to 2 tablespoons of dressing

### Add these to complete the meal:

Source:  
\*For a referral to a Registered Dietitian or more information on meal planning, contact the American Dietetic Association at [www.eatright.org](http://www.eatright.org).

## Be a Carb Detective – Read Food Labels

### LOW SODIUM (SALT) CRACKERS

Nutrition Facts	
Serving Size 1 cup oyster crackers (45g)	
Amount per serving	
Calories 195	Fat Calories 48
% Daily Value	
<b>Total Fat 5g</b>	8%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 286mg	12%
<b>Total Carbohydrate 32g</b>	11%
Dietary Fiber 1g	5%
Sugar 1g	
<b>Protein 4g</b>	
Vitamin A	0%
Calcium	5%
Vitamin C	0%
Iron	14%

Check the serving size:  
1 cup oyster crackers  
Is that how much you plan  
to eat?

Count total carbohydrates.

You do not need to count  
sugars separately because  
it is already counted as  
part of the total  
carbohydrate.

### TO CALCULATE CARB CHOICES:

Divide the number of grams of total carbs by 15 (because 1 carb choice = 15 grams of carb).

Total carb = 32g  
32 divided by 15 = 2.1 (round to 2)

### FIBER\*:

If the item has 5 or more grams of fiber, subtract the amount of fiber from the total carbohydrate. These crackers have only 1g of fiber, so you do not subtract it.

Grams of Carb	Number of Carb Choices*
0 to 5g	Do not count
6 to 10g	½ carb choice
11 to 20g	1 carb choice
21 to 35g	1½ carb choices
26 to 35g	2 carb choices

Source:  
\* Daly A, Barry B, Gillespie S, Kulkarni K, Richardson M. Level 2 Carbohydrate Counting: Moving On. 1995. American Diabetes and American Dietetic Associations.