## Eat Smart & Move More

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## Carbohydrate Counting for People with Diabetes

**Why Is Carbohydrate Counting Important?**

* Counting carbohydrate servings may help you control your blood glucose level so that you feel better.
* The balance between the carbohydrates you eat and insulin determines what your blood glucose level will be after eating.
* Carbohydrate counting can also help you plan your meals.

## Carbohydrate Servings

In diabetes meal planning, 1 serving of a food with carbohydrate has about 15 grams of carbohydrate:

* Check serving sizes with measuring cups and spoons or a food scale.
* Read the Nutrition Facts on food labels to find out how many grams of carbohydrate are in foods you eat.
* The food lists in this handout show portions that have about 15 grams of carbohydrate.

Food Lists for Carbohydrate Counting

1 serving = about 15 grams of carbohydrates

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwjzwNbywOTYAhVlTt8KHRRPB9EQjRwIBw&url=https://www.huffingtonpost.com/dr-lisa-young/healthy-snacks-to-keep-yo_b_6136390.html&psig=AOvVaw17VSBvsPEO5bCbLB6zppyi&ust=1516467774415128)[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjk35L9weTYAhUhheAKHX-jAXgQjRwIBw&url=https://www.realsimple.com/health/nutrition-diet/nutritious-snacks&psig=AOvVaw2oVbjCgSvOruxr8TC1EwYn&ust=1516468017430793)

*15 grams of carbs snack list*

Fruit

|  |  |  |
| --- | --- | --- |
| Apple, small, 2” | Cherries, 12 | Kiwi |
| Banana, extra-small, 4 ounces | Dates, 3 | Mango, cubed, 1/2 cup |
| Apricots, 5.5 oz | Figs, 2 medium | Nectarine, small |
| Blueberries or Blackberries, 3/4 cup | Grapefruit, large, 1/2 | Orange, small |
| Cantaloupe, honeydew, papaya, cubed, 1 cup | Grapes, small, 3 oz or about 17 | Peach, medium |
| Pear, large, 1/2 | Plums, small, 5 ounces | Strawberries, 1 1/4 cup |
| Pineapple, cubed, 3/4 cup | Raspberries, 1 cup | Tangerines, small, 8 oz. |
| Watermelon, cubed, 1 1/4 cup |  |  |

Vegetables **(typically 1.5 cups of cooked or 3 cups raw)**

|  |  |  |
| --- | --- | --- |
| Amaranth | Baby corn | Borscht |
| Artichoke | Bamboo shoots | Broccoli |
| Artichoke hearts | Bean sprouts | Brussels sprouts |
| Asparagus | Beets | Cabbage |
| Carrots | Cucumber | Jicama |
| Cauliflower | Eggplant | Kohlrabi |
| Celery | Green beans | Leeks |
| Chayote | Green onions or scallions | Mung bean sprouts |
| Mushrooms | Peppers, all varieties | Rutabaga |
| Okra | Radishes | Rutabaga Soybean sprouts |
| Oriental radish or daikon | Rutabaga | Spinach |
| Sugar snap peas | Turnips | Zucchini |
| Summer squash | Water chestnuts | Swiss chard |
| Tomato |  |  |

Dairy

|  |  |
| --- | --- |
| 8 oz. Milk | 1/2 cup Yogurt |
| 8 oz. Chocolate Milk | Frozen yogurt |
| 8 oz. Soy Milk | 1 cup unflavored Rice drink |

Packaged Snacks

|  |  |  |
| --- | --- | --- |
| 5 Triscuits | Jell-O Sugar Free puddings | 2 Rice Cakes |

Other Fun Stuff **(combination provides 15 to 20 grams of carbs)**

|  |  |  |
| --- | --- | --- |
| 1⁄2 cup Jell-O sugar-free  pudding, any flavor  1⁄2 of a small banana, sliced | Greek yogurt with berries or a dash of balsamic vinegar | Pickles |
| Small tortilla pizza | 10 Wheat Thins Reduced-Fat crackers  2 pieces Weight Watchers Natural  Reduced Fat Cheddar Cheese Snacks | Hard-boiled egg with a piece of watermelon or peach |
| 1 4-inch whole wheat pita pocket, torn into pieces (1oz.)  2 tablespoons Athenos Original Hummus | Hummus and veggies | ½ coleslaw |
| ½ large pear with 1 oz. president light brie cheese | 1⁄2 of a Thomas’ 100% Whole Wheat Bagel Thin  1 slice Kraft Reduced Fat Swiss Cheese  1 slice Oscar Mayer Deli Fresh Oven Roasted  Turkey Breast | 3 slices Old London Salt Free Whole Grain Melba Toast  1⁄4 cup low-fat ricotta cheese  Freshly ground black pepper |
| 1 small apple with 2 Tsps. PB2 powdered peanut butter, prepared. | 1⁄2 of a small banana, split lengthwise  1 tablespoon peanut butter  2 teaspoons crushed cornflakes cereal  1 teaspoon flaked coconut | 1⁄2 of an Earth Grains 100% Whole Wheat Thin Bun  1 tablespoon pizza sauce  1⁄2 cup thinly sliced vegetables  1⁄4 cup shredded part-skim mozzarella cheese  Sliced fresh basil or dried oregano |
| 1 cup raw carrot chips with a 4 oz. carton Breakstone’s Snack Size, Small Curd Low-fat Cottage Cheese | 1 medium orange, peeled and  sliced into rounds  Dash of ground cinnamon | 1 mini box Sun-Maid Raisins  2 tablespoons Eden Organic Dry  Roasted Pumpkin Seeds |

Desserts

|  |  |
| --- | --- |
| Small brownie | 2” chocolate chip cookie |

**Resources**

1. American Diabetes Association. (2014). Choose Your Foods. Food Lists for Weight Management
2. Academy of Nutrition and Dietetics. (2015). Carbohydrates Counting for People with Diabetes