



STAY ON TRACK WITH CARB COUNTING

Keep track of the carbohydrates you eat over the course of the day with carb counting—a method of meal planning that can help you manage your blood glucose levels. Carb counting means keeping track of your carb intake during meals and snacks in terms of “carb choices.” A carb choice is a portion of food that contains 15 grams of carbohydrate. For example, eating a single slice of bread that contains 15 grams of carbohydrate counts as one carb choice.

15 grams of carbohydrate = 1 carb choice

Work with your healthcare provider to determine the number of carb choices to eat at each meal or snack, and then use this chart to keep track of how many you eat:

My healthcare provider recommends this many carb choices:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
DAILY TOTAL:							

How do you know how many carb choices are in each serving of food? The Nutrition Facts can help.

Nutrition Facts	
Serving Size 1 bottle (237mL)	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 220mg	9%
Potassium 170mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 16g	32%

- Find the serving size.
- Locate the total carbohydrate in one serving. (Sugars are included in this number, so you do not need to count them separately.)
- Compare the serving size to your actual portion.
- Count the grams of carbohydrate or the number of carb choices. In this example, 1 bottle has 16 grams of carbohydrate, equal to 1 carb choice.

The carbohydrate content in food is often not in increments of 15 grams. Use the chart below to convert total carbohydrate content into carb choices.

Total Carbs (g)	Carb Choices
0–5 g	0
6–10 g	½
11–20 g	1
21–25 g	1½
26–35 g	2
36–40 g	2½
41–50 g	3