
Carbohydrate Counting

➤ **Why should I count carbs (carbohydrates)?**

Carbs are the main nutrient in food that affects blood sugars. Do not avoid them. The key is keeping the amount consistent and watching your portion sizes. With diabetes, eating too many carbs at one time can lead to high glucose (blood sugar) and cause complications down the road. Variable carb intake can lead to high and low blood glucose.

➤ **What foods contain carbs?**

Sweets – desserts, sodas, candy, syrup, honey, jams & sugar (try lower carb desserts, diet soda, or sugar subs like Splenda™ instead)

Fruit – fruit, fruit juices, canned fruit, and dried fruit

Milk – milk and yogurt

Grains – bread, pasta, rice, cereal, crackers, tortillas

Legumes – baked beans, chili/red/pinto/black/kidney beans

Starchy Vegetables – potatoes, yams, peas, corn, winter squash

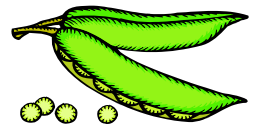


➤ **How many carbs should I eat at a meal?**

Most people require 45-60 grams (g) of carb at each meal for weight loss and glucose control. This number will vary depending on your age, weight, gender, and activity level. The amount your dietitian recommends is _____.

➤ **How many carbs should I eat at a snack?**

The most common recommendation is less than 30g of carb at a snack. Your dietitian recommends _____.



➤ **How do I know how much carbohydrate a food contains?**

Read the food label. If the food you are eating doesn't have a food label, refer to the list on the next page.



Body Mass Index

		WEIGHT																								
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	360	380
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65	66	70	74	78
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62	64	68	71	75
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	65	69	73
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59	60	63	67	70
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57	58	61	65	68
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55	56	60	63	67
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53	55	58	61	64
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52	53	56	60	63
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50	52	55	58	61
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49	50	53	56	59
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47	49	52	55	57
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46	47	50	53	56
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45	46	49	52	54
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44	45	48	50	53
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Underweight: BMI = less than 18.5

Normal weight: BMI = 18.5 to 24.9

Overweight: BMI = 25 to 29.9

Obesity Class I: BMI = 30 to 34.9

Obesity Class II: BMI = 35 to 39.9

Extreme Obesity: BMI = 40 and above

15g Carbohydrate Serving Sizes

(Always check labels for accurate amounts)

(Grains >5 gm fiber & protein)

Choose _____ servings from this list each meal (3X/day) & _____ for snacks. Choose proteins & vegetables from pg 2.





Starches

Starches

Fruits

Food	Serving Size	Food	Serving Size	Food	Serving Size
Bread		Crackers and Snacks		Apple, unpeeled, small	1 (4oz)
Bagel	1/4 (1oz)	Crackers		unsweet Applesauce	1/2 cup
Biscuit (2.5"across)	1	*round, butter-type	6	Banana	1/2 (4oz)
Bread	1 slice (1oz)	*saltines	6	Berries	
Cornbread	1.75" cube	Graham cracker, sheet	2	*Blackberries	3/4 cup
English muffin	1/2	Popcorn		*Blueberries	3/4 cup
Hot dog/Hamburger Bun	1/2 (1oz)	*with butter	3 cups	*Raspberries	1 cup
Pancake		*lower fat/no fat added	3 cups	*Strawberries	1.25 c, 8 med
*4" across,1/4" thick	1	Pretzels	3/4 oz	Cantaloupe	1/3 melon
Pita Pocket (6"across)	1/2	Chips (tortilla, potato)			1 c cubed
Roll, plain, small	1 (1oz)	*fat-free or baked	15-20, 3/4oz	Cherries, sweet fresh	12 (3oz)
Tortilla		*regular	9-13, 3/4oz	Dried fruit	2 TBS
*corn/ flour, 6" across	1	Beans, Peas, Lentils		Grapes, small	17 (3oz)
Waffle		Baked beans	1/3 cup	Guava	1/2 c
*4"square or 4"across	1	Beans, cooked		Kiwi	1 (3.5oz)
Cereals and Grains		*pinto, navy, cannelli	1/3 cup	Mandarins, canned	3/4 c
Hot Cereals, cooked	1/2 cup	*black, kidney, garbonzo	1/3 cup	Mango, small	1/2, 1/2 c
Cereals		Lentils, cooked	1/2 cup	Orange, small	1 (6.5oz)
*unsweet, ready-to-eat	3/4 cup	Peas, cooked		Papaya	1/2 fruit, 1 c
Couscous	1/3 cup	*black eyed, split	1/2 cup	Passion Fruit	1/4 c
Granola, low-fat	1/4 cup			Peaches, fresh, medium	1 (6oz)
Pasta, cooked	1/3 cup	Milk		Pears, fresh, large	1/2 (4oz)
Rice, cooked	1/3 cup	Milk/buttermilk/Lactaid	1 cup	Pineapple, fresh	3/4 c
Starchy Vegetables		Evaporated milk	1/2 cup	Plums	
Corn, cooked	1/2 cup	Yogurt, plain	8oz	*dried (prunes)	3
Corn on cob, large	1/2 cob	Dry milk powder	1/3 cup	*small	2 (5oz)
Hominy, canned	1/2 cup			Watermelon	1 slice, 1.25 c
Peas, green, cooked	1/2 cup	Sweets		Fruit Juices	
Plaintain, ripe	1/3 cup	Brownie/Cake, unfrosted	2" square	Apple/orange/pineapple	1/2 c (4oz)
Potato		Cookies		Blends, 100% juice	
*Baked, 3 oz	1/4 large	*chocolate chip 2.25"	2 cookies	*grape, prune	1/3 c (3oz)
*Boiled, all kinds	1/2 cup	*vanilla wafers	5 cookies	Dietitian:	
*mashed with milk/fat	1/2 cup	Doughnut, cake, plain	1 medium	(505) 265-1711 Ext 2662 or 5395	
*French, fried	1 c (2 oz)	Granola or snack bar	1 bar (1oz)	Nutrition Clinic - NMVAHCS	
Spaghetti/pasta sauce	1/2 cup	Ice Cream/froz yogurt	1/2 cup	1501 San Pedro SE (120)	
Squash *winter	1 cup	Pie (one crust, fruit)	1/8, 8" pie	Albuquerque, NM 87108	
Yam, sweet potato	1/2 cup	Pudding	1/2 cup		
Yucca	1/3 cup	Syrup	1 TBS		

Foods to Eat with your Carbohydrates

Eat lots of these Use as snacks Non-Starchy Vegetables	 2-4oz per meal Proteins	Moderation 3-4 per day Fats																																																																																																																						
																																																																																																																								
Each Servings= 5 gm Carbohydrates	Small impact on blood sugars	Small impact on blood sugars																																																																																																																						
*1 cup raw *1/2 cup cooked *3 cups shredded greens *3 cups shredded lettuce *1/2 cup vegetable juice	*Carbs in breading, gravies, sauces <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">Food</th> <th style="width: 40%;">Serving Size</th> </tr> </thead> <tbody> <tr> <td colspan="2">Lean Meats</td> </tr> <tr> <td colspan="2">Serv=7g Protein, ≤3g Fat, 45 cals</td> </tr> <tr> <td>>93% lean beef</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Cheese, ≤3 gm fat oz</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Cottage cheese</td> <td style="text-align: right;">1/4 cup</td> </tr> <tr> <td>Egg White</td> <td style="text-align: right;">2</td> </tr> <tr> <td>Fish, fresh/frozen, plain</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Hot dog, ≤3 gm fat per oz</td> <td style="text-align: right;">1</td> </tr> <tr> <td>Pork, lean</td> <td></td> </tr> <tr> <td style="padding-left: 20px;">Canadian bacon</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Rib, loin/roast, ham</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Poultry, without skin</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Tuna, canned in water</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td colspan="2">Medium-fat Meats</td> </tr> <tr> <td colspan="2">Serv= 7g Protein, 4-7g Fat, 75 cals</td> </tr> <tr> <td><90% lean beef</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Cheeses, 4-7g Fat per oz</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td style="padding-left: 20px;">feta, mozzarella, string cheese</td> <td></td> </tr> <tr> <td>Egg</td> <td style="text-align: right;">1</td> </tr> <tr> <td>Fish, any fried product</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Pork, cutlet, shoulder</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Poultry, with skin/fried</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Ricotta cheese</td> <td style="text-align: right;">2 oz, 1/4 c</td> </tr> <tr> <td>Sausage, 4-7g fat per oz</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td style="padding-left: 20px;">*high sodium</td> <td></td> </tr> <tr> <td colspan="2">High-fat Meats (limit these)</td> </tr> <tr> <td colspan="2">Serving= 7g Protein, 8+g Fat, 100 calories</td> </tr> <tr> <td>Bacon</td> <td></td> </tr> <tr> <td style="padding-left: 20px;">Pork</td> <td style="text-align: right;">2 slices</td> </tr> <tr> <td style="padding-left: 20px;">Turkey</td> <td style="text-align: right;">3 slices</td> </tr> <tr> <td>Cheese, 8+g fat per oz</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>*american, bleu, brie, cheddar, queso,</td> <td></td> </tr> <tr> <td>*hard goat, monterey jack, swiss</td> <td></td> </tr> <tr> <td>Pork Sparerib</td> <td style="text-align: right;">1 oz</td> </tr> <tr> <td>Hard Salami</td> <td style="text-align: right;">1 oz</td> </tr> </tbody> </table>	Food	Serving Size	Lean Meats		Serv=7g Protein, ≤3g Fat, 45 cals		>93% lean beef	1 oz	Cheese, ≤3 gm fat oz	1 oz	Cottage cheese	1/4 cup	Egg White	2	Fish, fresh/frozen, plain	1 oz	Hot dog, ≤3 gm fat per oz	1	Pork, lean		Canadian bacon	1 oz	Rib, loin/roast, ham	1 oz	Poultry, without skin	1 oz	Tuna, canned in water	1 oz	Medium-fat Meats		Serv= 7g Protein, 4-7g Fat, 75 cals		<90% lean beef	1 oz	Cheeses, 4-7g Fat per oz	1 oz	feta, mozzarella, string cheese		Egg	1	Fish, any fried product	1 oz	Pork, cutlet, shoulder	1 oz	Poultry, with skin/fried	1 oz	Ricotta cheese	2 oz, 1/4 c	Sausage, 4-7g fat per oz	1 oz	*high sodium		High-fat Meats (limit these)		Serving= 7g Protein, 8+g Fat, 100 calories		Bacon		Pork	2 slices	Turkey	3 slices	Cheese, 8+g fat per oz	1 oz	*american, bleu, brie, cheddar, queso,		*hard goat, monterey jack, swiss		Pork Sparerib	1 oz	Hard Salami	1 oz	Serv= ~11g Fat, 100-120 calories <table style="width: 100%; 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Non-Starchy Vegetables Artichoke Asparagus Beans (Green, wax, italian) Bean Sprouts Beets Broccoli Cabbage (green, bok choy, chinese) Carrots Cauliflower Celery Chili (red or green) Cucumber Eggplant Greens (collard, kale, mustard, turnip) Jicama Mushrooms, all kinds, fresh Okra Onions Pea pods Peppers, all varieties Radishes Salsa Sauerkraut (hi sodium) Spinach Squash *summer, crookneck, zucchini Tomatoes, fresh and canned Tomato sauce (hi sodium) Tomato/vegetable juice (hi sodium) Turnips Water chestnuts																																																																																																																								





How to Calculate a Recipe

1. List all ingredients in the recipe in exact quantities.
2. Look up and record the amount of carbohydrates for each recipe item.
3. Total all nutrients.
4. Identify the yield of the recipe (i.e., how many cups, TBS, etc).
5. Divide the amount of each nutrient by the yield.

Chicken Stew

- 1 ½ lbs skinless Chicken, cubed.....
- 2 cups chopped yellow Onion (raw).....
- 1 cup diced Celery (raw).....
- 2 cups diced Carrots (raw).....
- 2 (14 ½ oz cans) Chicken Broth.....
- 6 Potatoes (raw).....
- 5 cups of Water.....
- 3 cloves Garlic (minced).....
- 2 leaves Sage.....
- 1 Tbs Oregano leaf.....
- ½ tsp Thyme.....

YIELD: 16 cups
Per cup analysis:

Total:

Carbohydrates	Fiber

Divide by Yield (ex: 16 cups)

Practice forming meals with 45-60 gram carbohydrates:

Sample Diabetic Food Log

Time	Food/Beverage	Amt	Cal	Fat	Carbs
0630	Eggs	2	75		0 g
	Whole Wheat English Muffin	1	140		30 g
	Banana	1	120		30 g
	Coffee	8 oz	5		0 g
	Cream	2 TBS	80		0 g
	Splenda	1 pkg	0		0 g
	Total =		420		60g
TOTALS					

Food Log Directions:

- Record the time of your meal
- Record what you eat
- Record how much you eat
- Record calories & grams of carbs
- Check off cups of water

Additional Recordings:

Fasting	Breakfast	Lunch	Dinner	Before Bed

Physical Activity:

Example: Walked for 30 minutes

Comments:



45g Sample Meal Plans

Breakfast

<p>Breakfast Hash with toast and Fruit Hash: 1/2 cup cooked cubed potatoes 1/2 cup Peppers/Chili or other NS veggie 1-2 oz protein (meat, eggs or cheese) Slice of toast w/ 1 tsp Margarine 1 small fruit</p>	<p>Huevos Rancheros 1 Corn Tortilla 1/3 cup Pinto beans Red Chili 1 egg 1/2 cup Hashbrowns</p>
<p>Egg Omelet with unlimited NS veggies 2 slices of toast with Margarine 1 cup low fat (1%) milk</p>	<p>1 cup cooked oatmeal 1/2 cup fruit or small piece of fruit</p>
<p>1 cup cheerios 1 cup milk 1/2 banana</p>	<p>2 Slices of toast 2 TBS Peanut Butter 2 slices of Canadian Bacon</p>
<p>Breakfast Burrito 12" Tortilla 2 Eggs 1/8 cup Cheese Green Chili 1/2 cup Potato</p>	<p>2 Frozen Waffles- Cooked 2 TBS Peanut Butter 2 Turkey Sausage links</p>

**All meals may include carbohydrate free beverages in addition to water such as: coffee/tea with or without sugar substitute, diet drinks, Crystal Light, Mio drops in water, etc.



45g Sample Meal Plans

Lunch/Dinner

<p>Peanut Butter and Jelly: 2 slices of bread (*Whole Grain) 1 Tablespoon of Peanut Butter 2 teaspoons of Jelly</p>	<p>Meat Sandwich 2 Slices of bread (*Whole Grain) 2 oz deli meat Lettuce/tomato/pickles Mayo &/or Mustard Side Salad 1 small fruit</p>
<p>4 oz fish, chicken or Turkey (*Baked or Grilled) 2/3 cup Rice 1/2 cup cooked Non-Starchy Veggies 1 dinner roll or tortilla (*Whole Grain)</p>	<p>2/3 cup beans Red/Green Chili Hamburger (*90%+ lean) 6" Tortilla 1/2 cup calabacitas</p>
<p><u>2 Enchiladas</u> 2 corn tortillas 2 oz beef or chicken (*Avoid skin on poultry) 3/4 cup Red/Green Chili 2 oz low fat cheese (< 5gm fat per serving) Lettuce, Tomato, Onion</p> <p>1/3 cup Pinto Beans <u>OR</u> 1/3 cup Rice</p>	<p><u>3 Tacos</u> 3- 6" tortillas 3 oz lean beef/chicken 1 oz cheese Unlimited lettuce, tomato, Onion, Salsa</p>

*Healthier Option

**All meals may include carbohydrate free beverages in addition to water such as: coffee/tea with or without sugar substitute, diet drinks, Crystal Light, Mio drops in water, etc.



Sugar Substitutes

Are you trying to lose weight or control your diabetes better? Using a sugar substitute to cut back on calories or carbohydrates is a popular choice, but can sometimes be confusing with all of the negative media attention. There are currently five approved non-nutritive sweeteners on the market that have been tested and approved by the U.S. Food and Drug Administration (FDA):

- acesulfame-potassium (“Sweet One®”)
- aspartame (“NutraSweet®”)
- neotame
- saccharin (“Sweet’N Low®”)
- sucralose (“Splenda®”)

All five sweeteners have been extensively tested and are approved for use daily. Each sweetener provides more than 100 times the sweetening power of sugar, so only a small amount is needed to reach a desired sweetness. It is important to remember that even though a product may be labeled “sugar-free” it does not necessarily mean it is calorie or carbohydrate free. Many of the sugar substitutes do contain very small amounts of calories or carbohydrates and need to be included as part of any meal plan. Low-calorie sweeteners are used in many products and should be listed in the ingredient portion of a food label.

Another popular Sweetener many people are using today is Stevia, also known as Rebaudioside A, Reb-A, or rebiana. Reb-A is generally recognized as safe (GRAS) by the FDA.

Many of the sugar substitutes can be used in various recipes:

- Splenda®- 1 cup sugar equivalent to 1 cup Splenda® Granulated Sweetener
 - Saves 674 calories and 179 grams of carbohydrates!
- Splenda® Brown Sugar Blend- 1 cup brown sugar equivalent to ½ cup Splenda® Brown Sugar Blend
 - Saves 461 calories and 122 grams of carbohydrates!

Source: American Diabetes Association. (2014). <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/artificial-sweeteners/?loc=ff-slabnav>

Calorie, Fat & Carbohydrate Counter. (2014). <http://www.calorieking.com>

U.S. Food and Drug Administration. (2014).

<http://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm397716.htm>



New Mexico VA Health Care System
NUTRITION AND FOOD SERVICE
(505) 265-1711 Ext: 2662 or 5395

Nutrition Resources for the Nutrient Content of Foods

Print Resources:

- The Calorie King: Calorie, Fat, and Carbohydrate Counter, 2014
By: Allan Borushek, Registered Dietitian (RD)
- The Diabetes Carbohydrate and Fat Gram Guide, 4th edition
By: Lea Ann Holzmeister, RD, Certified Diabetes Education (CDE)
- Guide to Healthy Restaurant Eating -American Diabetes Association, 4th ed
By: Hope S. Warshaw, RD, CDE
- The Complete Book of Food Counts: The Book That Counts It All, 9th ed
By: Corinne T. Netzer
- The Most Complete Food Counter, 3rd Edition
By: Annete B Natow, PhD, RD & Jo-Ann Heslin, RD

Online Resources:

- www.ChooseMyPlate.gov (Super Tracker)
- CalorieKing, LoseIt, MyFitnessPal (.com or app)
- American Diabetes Association- www.diabetes.org

Nutrition Clinic Resources

- Weight Reduction Class: 2nd Thursday each month, 1300-1400 (1 time)
- MOVE! Weight Management Program: 16 week class series (Thursdays, 60 minutes) OR Individual option (regular participation required)
- Nutrition Individual Appointment: with a Registered Dietitian
- Cholesterol Class: 2nd Thursday each month, 1300-1400 (1 time)

Call the Nutrition Clinic at 505-265-1711 Extension: 5395 or 2662