

How to Guide for Carbohydrate Counting

Why Count Carbohydrates?

Counting carbohydrates means keeping track of the grams of carbohydrate you eat.

Foods contain combinations of carbohydrate, protein, and fat. Protein and fat affect your blood sugar gradually, over many hours. Carbohydrates affect your blood sugar very quickly and this is why watching your carbohydrate intake is important. Knowing how many grams of carb you eat each day – at each meal can help you balance your food intake and blood sugar.

How to Count Carbohydrates:

1. Work with your dietitian to **set a daily ‘carb budget’**
2. Decide **how you will spend your budget** over your meal
 - Breakfast: _____
 - Lunch: _____
 - Dinner: _____
 - Snacks: _____

Daily carb budget: _____

Total Daily Carb Budget: _____

3. Use food labels, food lists, a Calorie King book or website, restaurant websites to help **determine how many grams of carb are in the foods you eat.**
4. **Keep records.** Use the food tracker pages on this website or use your own method of keeping track.

Note:

It’s important to remember that some sources of carbohydrate are healthier than others. Candy, cookies, and other desserts are loaded with carbohydrates but have little nutritional value. Try to make most of your carbohydrate intake come from fresh fruits, vegetables and whole grains.