

CarbzSOS

CARBOHYDRATE COUNTING GUIDELINES FOR DIABETICS

All measurements = 15 grams of carbohydrates
15 grams of carbohydrates = 1 block

RECOMMENDATIONS

3 meals: 4-6 hours apart and a bedtime snack

Each meal = **45-60 grams of carbohydrates or 3-4 blocks**

*** At least 2 blocks / 30 grams of starch per meal ***

Bedtime snack = 15 grams of carbohydrates or 1 block

Bedtime snack must be a starch (15 g / 1 block) and a protein (0 g / 0 block)

All meals must have a starch and protein

HIGH CARBOHYDRATE FOODS

(Will **RAISE** blood sugars)

Starches:

Bread (1 slice = 1 block = 15 grams carb)

Pasta (cooked) (1/2 cup / 125 ml)

Sweet potatoes, Yams, Nugget (1/2 cup / 125 ml)

White potatoes (mashed, baked, fries) (1/3 cup / 83 ml)

Rice (cooked) (1/3 cup / 83 ml) (choose long grain or parboiled)

Fruit:

(1/2 cup / 125 ml or size of tennis ball)

Choose fruit instead of juice

Choose domestic fruit instead of tropical
i.e. Apples, Pears etc. instead of Bananas

Melons, Mangos, Papayas, etc.

Some Vegetables:

(1/2 cup / 125 ml)

Peas

Corn

Carrots

Winter Squash (Acorn, Butternut, etc.)

Root vegetables (Beets, Turnips, Parsnips)

Proteins:

Milk (1 cup / 250 ml)

(Skim or 1%)

Legumes/Beans (1/2 cup / 125 ml)

(Baked Beans, Lentils, Chickpeas,
Kidney Beans, Daal, etc.)

Plain Yogurt (Approx 1 cup / 250 ml)

(Non or low fat)

Greek Plain Yogurt (Approx 2 cup / 500 ml)

Sweets:

(1 Tbsp / 15 ml)

Brown/White Sugar, Agave, Honey, Maple Syrup, Jam

CARBOHYDRATE FREE FOODS

(Will **NOT RAISE** blood sugars)

Proteins: Meat, Chicken, Fish, Eggs, Cottage Cheese, Cheese, Natural Peanut Butter

Fat: Oil, Soft Margarine, Butter (limit), Mayo & Dressings (light), Cheese (<20% M.F)

Examples of Bedtime Snacks:

Starch (15 g / 1 block)

1 Toast
Crackers (check label)
 $\frac{1}{2}$ Pita
 $\frac{3}{4}$ Roti

Protein (0 g / 0 block)

Peanut Butter
Cheese
Eggs
Cottage Cheese
Meat, Fish, Poultry

NOTE: If you go longer than 6 hours between meals, or exercise between meals, introduce a snack of 15 grams of carbohydrates.

BLOOD SUGAR GOALS

Before meals (within 1/2 hour)

4 – 7 mmol / 72 – 126 mg

After meals (1 ½ - 2 hours from 1st bite of meal)

5 – 10 mmol / 90 – 180 mg

STARCHES

Each of the following foods in the amount listed below is equivalent to:
APPROXIMATELY 15 GRAMS OF CARBOHYDRATE = 1 BLOCK

Bread Products

FOOD	AMOUNT	FOOD	AMOUNT
Bagel	1/3-1/4	Plain roll	1 small
Bread (whole wheat, white, cracked wheat)	1 slice	Raisin bread	1 slice
Cookies (plain)	2	Rice cakes	2
English muffin	1/2	Rye bread (coarse)	1/2 slice
Hamburger bun	1/2	Soda crackers	6
Kaiser roll	1/2	Tea biscuit	1 small
Melba toast	4 rectangular / 7 round	Tortilla	1
Pancake (6" diameter)	1	Tortilla chips (nachos)	13 approx.
Pita (6" diameter)	1/2	Waffles, packaged	1
(8" diameter)	1/4		

Cereals / Pasta

FOOD	AMOUNT	FOOD	AMOUNT
Cooked cereals	1/2 cup / 125 ml	Egg noodles, cooked	1/2 cup / 125 ml
Ready-to-eat cereal	*Check the label*	Chow Mein	1/2 cup / 125 ml
Rice (brown & white)	1/3 cup / 83 ml		
Macaroni, Spaghetti, cooked	1/2 cup / 125 ml		

Legumes / Corn / Potatoes

FOOD	AMOUNT	FOOD	AMOUNT
Legumes (beans, lentils, etc)	1/2 cup / 125 ml	Popcorn, unbuttered	3 cups / 750 ml
Soy Beans	1 cup / 250 ml	Potato, white, baked	1/3 medium
Firm Tofu	1 1/2 cup / 375 ml	Potato, hash browns	1/3 cup / 83ml
Soft Tofu	1/2 cup / 125 ml	Sweet potato, baked	1/2 medium
Corn, canned kernel	1/2 cup / 125 ml	Yams, cooked	1/2 cup / 125 ml

Soup

(Check label)

Tips About Healthy Eating & Starches

- Make sure bread has at least 4 grams of fibre per slice. Fibre will give you better blood sugar control and you feel full longer.
- A 30 g (1oz) slice of bread is 15 grams carbs / 1 block choice. If a slice of heavy rye bread weighs 60 g, it would be 30 grams carbs / 2 blocks. Check labels for carbohydrate count.
- Always include a source of protein at every meal and bedtime snack. Protein will give you better blood sugar control and help you feel fuller longer.
- Remember to subtract the fibre from the total amount of carbohydrates. The body does not absorb fibre, therefore it does not need to be incorporated into the total carbohydrate count.
- Use very small amounts of fats and oils when preparing starches.

FRUITS

Each amount equals

APPROXIMATELY 15 GRAMS OF CARBOHYDRATES = 1 BLOCK

REMEMBER: A small fruit the size of a tennis ball equals 15 grams of carbs = 1 block

FOOD	AMOUNT	FOOD	AMOUNT
Apple	1 small, 1/2 medium, 1/3 large	Mandarin Orange	1
Apricot, raw	2 medium	Mango	1/3 cup / 83 ml
Banana	1/2 small, approx. 2.5 in / 6.4 cm	Nectarine	1 small, 1/2 medium, 1/3 large
Berries (most)	1/2 cup / 125 ml	Orange	1 small, 1/2 medium, 1/3 large
Blueberries	1 cup / 250 ml	Papaya	1/4 medium
Cantaloupe	1/4	Peaches	1 small, 1/2 medium, 1/3 large
Cherries	10	Pear	1 small, 1/2 medium, 1/3 large
Fruit cocktail	1/2 cup / 125 ml plus 2 Tbsp / 30 ml liquid	Pineapple	1 slice
Grapefruit	1/2 small	Plum	2 small
Grapes	1/2 cup / 125 ml	Strawberries	1 cup / 250 ml
Honeydew Melon	1/2	Rhubarb	1 cup / 250 ml
Kiwi	2	Watermelon	1 wedge, approx. 1 in / 2.5 cm

VEGETABLES

FOOD	AMOUNT	FOOD	AMOUNT
Beets	1/2 cup / 125 ml	Squash, Winter (mashed) (butternut, acorn, hubbard)	1/2 cup / 125 ml
Carrots	1/2 cup / 125 ml	Tomatoes, canned	1 cup / 250 ml
Parsnips, mashed	1/2 cup / 125 ml	Tomato sauce	1/3 cup / 83 ml
Peas	1/2 cup / 125 ml	Mixed veg (peas, corn, carrots)	1/2 cup / 125 ml
Rutabagas, mashed	1/2 cup / 125 ml		
Sauerkraut	1 cup / 250 ml		

Tips About FRUITS & VEGETABLES

- Not all vegetables are listed in this group. Corn and potatoes (including sweet potatoes and yams) are listed under STARCHES and other vegetables that are lower in carbohydrates are listed in the FREE VEGETABLES group.
- Go for the solid fruits and vegetables instead of juice. Think of the number of oranges that go into making one glass of orange juice.
- Include a variety of fruits and vegetables for a balanced diet high in vitamins and minerals.
- Choose bright colored (red, yellow, orange) and dark green fruits and vegetables as they are higher in antioxidants and better for your overall health.
- Choose fresh or frozen vegetables and fruits instead of canned varieties for maximum nutrition.

FREE VEGETABLES

(Low in carbohydrates)

If you are taking Rapid (mealtime) Insulin and eating a large amount of Free Vegetables you may need to include them in your carbohydrate count.

Artichokes	Cabbage	Kohlrabi	Shallots
Asparagus	Cauliflower	Leeks	Spinach
Bamboo shoots	Celery	Lettuce	Sprouts
Bean, String (green, yellow)	Chard	Mushroom	Tomato Wedges
Bean Sprouts	Cucumber	Okra	Watercress
Bitter Melon	Eggplant	Onions	Zucchini
Bok Choy	Endive	Peppers	
Broccoli	Fiddleheads	Parsley	
Brussel Sprouts	Kale	Radish	

Tips about Free Vegetables

- At least 1/2 of your plate, or 2 handfuls, should be vegetables.
- Free Vegetables make a great between meal snack.

DAIRY PRODUCTS

Remember:

Every measurement below = 15 grams carbohydrates = 1 block

FOOD	AMOUNT	FOOD	AMOUNT
Milk	1 cup / 250 ml	Soy Milk	1 ½ cup / 375 ml
(skim, 1%, 2%, Whole)		Plain Yogurt	1 cup / 250 ml
Buttermilk	1 cup / 250 ml	Flavored Yogurt	*check the label and serving size*
Evaporated Milk	1/2 cup / 125 ml		
Condensed, sweetened	1 Tbsp / 15 ml		

Tips about Dairy Products

- Choose skim or 1% for heart health.
- Milk is an excellent source of calcium and is essential for strong bones and optimum health.
- If soy milk is sweetened with vanilla, chocolate, or strawberry, it will have more carbohydrates. Read the label.