



Helpful websites for carbohydrate counting

1. Canadian Nutrient File

Do a Google search for “Canadian Nutrient File”

or go to <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

- Click on the underlined sentence – **“Search online for foods in the Canadian Nutrient File, version 2010”**
- Type the food you are searching for in the **“Food Name”** box. Then click on **“Food Search”**.
- Click the **“Food Code”** for the food you are searching.
- Select the **“Serving Size”** desired. You may select more than one **“Serving Size”**.
- Click on **“Generate Nutrient File”**.

Remember to subtract the grams of fibre when calculating the carbohydrate.

You can also access the book “Nutrient Value of Some Common Foods” from this website.

2. American Nutrient Database

www.ars.usda.gov/main/site_main.htm?modecode=12-35-45-00

- Click **“Search”** in the 1st bullet.
- Enter the food you wish to look up.

3. Other

www.calorieking.com

- Enter the food you wish to look up in the search box.