

Carbohydrate Counting

At Breakfast Take 1 unit for ____ grams of carbohydrate

At Lunch Take 1 unit for ____ grams of carbohydrate

At Super Take 1 unit for ____ grams of carbohydrate

To determine the amount of insulin you need to take before a meal, add up the amount of carbohydrate that you are going to eat and then divide by the above number (grams of carbohydrate).

Example

Food at meal	Grams of carbohydrate
2 slices bread	30
2 teaspoons margarine	0
1 egg	0
1 cup milk	15
1 medium orange	15
1 cup coffee (black)	0
Total carbohydrates	60

And you take **1 unit for 10 grams of carbohydrate**

Divide Total carbohydrates **60** by **10** (1 unit for 10 grams of carbohydrate)

$$60/10 = 6$$

You would take **6 units of insulin** at that meal before eating.

Grains and Starch

Each choice has 15 grams of carbohydrate

Food	Portion
Bagel	1/2 small or 1/4 large
Barley or couscous, cooked	1/2 cup
Bun, hamburger or hotdog	1/2 small
Cereal	3/4 cup hot, or 1/2 cup cold
Cookies, plain	3
Corn	1/2 cup or 1/2 medium cob
Crackers	6
English muffin	1/2
Legumes, cooked	1/2 cup
Melba toast	4
Muffin, small	1/2
Nacho chips, baked	7
Pancake (4")	1
Pasta, cooked	1/2 cup
Perogies	2 small
Pita (6")	1/2
Potato, white	1/2 cup or 1/2 medium
Potato, sweet	1/3 cup
Popcorn, popped	3 cups
Pretzels	7 large, or 30 sticks

Rice, cooked	1/3 cup
Roll, dinner	1 small
Soup, broth based (thin soup).....	1 ½ cups
Soup, cream based (thick soup)	1 cup
Tortilla (6")	1 tortilla wrap
Taco (5")	2
Waffle (4").....	1

Fruits

Each choice has 15 grams of carbohydrate

Apple, fresh	1 medium or ¾ cup
Applesauce, unsweetened.....	1/2 cup
Banana	1 small (6")
Blueberries	1 cup
Canned fruit in light syrup	1/2 cup
Cantaloupe	1 ½ cups
Cherries, sweet.....	15
Cranberries, fresh	1 ¾ cups

Carbohydrate Counting

Grapefruit, red or white	1 cup (1 small or ½ large)
Grapes, fresh	1/2 cup (15 small)
Honeydew melon	1 ½ cups
Kiwi	2 small
Mango.....	1/2 medium or ½ cup
Nectarine	1 medium or ¾ cup
Orange.....	1 medium or ¾ cup
Peach	1 medium or ¾ cup
Pear.....	1 small or ½ cup
Pineapple.....	1 cup
Plum	2 medium (each 1/3 cup)
Prunes	3 dried
Raisins.....	2 tablespoons
Raspberries	2 cups
Strawberries	2 cups (15 medium)
Tangerines.....	2
Watermelon	1 ½ cups

Milk and yogurt

Each choice has 15 grams of carbohydrate

Milk, white.....	1 cups
Milk, chocolate.....	1/2 cup
Milk soy, plain.....	1 cup
Pudding, low fat, no added sugar.....	1/2 cup
Yogurt, plain.....	3/4 cup
Yogurt, no added sugar.....	3/4 cup
Yogurt, with sugar added.....	1/2 cup

Juice

Juices vary in the amount of carbohydrate they contain

Juice	Serving	Carbohydrate
Apple.....	1/2 cup.....	14 grams
Cranberry.....	1/2 cup.....	15 grams
Grape.....	1/2 cup.....	19 grams
Grapefruit.....	1/2 cup.....	11 grams
Orange.....	1/2 cup.....	13 grams
Pineapple.....	1/2 cup.....	16 grams
Prune.....	1/2 cup.....	21 grams

Vegetables

Vegetables vary in the amount of carbohydrate they contain

Alfalfa Sprouts, raw.....	1 cup.....	0 grams
Artichoke, cooked	1 large or 1 cup.....	10 grams
Asparagus, cooked	6 spears.....	2 grams
Beans, green or yellow, cooked	1 cup.....	7 grams
Bean sprouts	1 cup.....	6 grams
Beet greens, raw.....	1 cup.....	0 grams
Beet greens, cooked.....	1 cup.....	4 grams
Beets, cooked.....	1 cup.....	15 grams
Beets, pickled	1 cup.....	35 grams
Broccoli, raw	1 cup.....	4 grams
Broccoli, cooked	1 cup.....	8 grams
Brussel sprouts, cooked (8)	1 cup.....	6 grams
Cabbage, raw	1 cup.....	3 grams
Cabbage, cooked.....	1 cup.....	4 grams
Carrots, raw	1 cup.....	9 grams
Carrots, cooked	1 cup.....	9 grams
Cauliflower, raw	1 cup.....	4 grams
Cauliflower, cooked	1 cup.....	2 grams
Celery, raw	5" stalk.....	0 grams
Celery, cooked.....	1 cup.....	4 grams
Cucumber, raw	1 cup.....	4 grams
Eggplant, cooked	1 cup.....	6 grams
Kale, cooked.....	1 cup.....	5 grams

Carbohydrate Counting

Leek, cooked	1 cup.....	7 grams
Lettuce.....	1 cup.....	1 gram
Mushrooms, raw	1 cup.....	2 grams
Mushrooms, cooked	1 cup.....	.5 grams
Onion, raw	1 cup.....	15 grams
Onion, cooked.....	1 cup.....	19 grams
Parsnips, cooked	1 cup.....	23 grams
Peas, green, cooked.....	1 cup.....	15 grams
Peas, snow, raw	10 pods.....	2 grams
Peppers, raw (green or red).....	1 cup.....	6 grams
Pumpkin, cooked	1 cup.....	13 grams
Radish	10	1 gram
Rutabaga, cooked.....	1 cup.....	13 grams
Sauerkraut	1 cup.....	3 grams
Spinach, raw	1 cup.....	0 grams
Spinach, cooked	1 cup.....	3 grams
Squash, summer, cooked	1 cup.....	6 grams
Squash, winter, baked	1 cup.....	15 grams
Swiss chard, cooked.....	1 cup.....	4 grams
Tomato, raw.....	1 cup.....	5 grams
Tomato, stewed	1 cup.....	13 grams
Tomato/spaghetti sauce.....	1/2 cup.....	15 grams
Turnip, cooked	1 cup.....	5 grams
Zucchini, raw.....	1 cup.....	3 grams
Zucchini, cooked.....	1 cup.....	5 grams

Sweets and snacks

Each choice has 15 grams of carbohydrate

- Cake or sweet square 1/3 cup
- Jam, jelly, marmalade 1 tablespoon
- Ice cream 1/2 cup
- Potato chips 10 flavoured
- Potato chips 15 plain

Foods that contain little or no carbohydrates

Food	Grams of carbohydrate
Meat (beef, pork, sausages), fish, chicken, turkey, cheese, eggs and peanut butter	0
Nuts and seeds (1/4 cup)	4 to 5
Fats and oils (butter, mayonnaise, salad dressings, cream)	0
Coffee, tea, water, diet pop, spices, herbs, gum, artificial sweeteners, broth and vinegar	0

If you buy packaged foods, please read the label for the amount of carbohydrate.

Metric and Imperial Sizes	
250 ml	= 1 cup
175 ml	= 3/4 cup
125 ml	= 1/2 cup
80 ml	= 1/3 cup
60 ml	= 1/4 cup