

# Carbohydrate (Carb) Counting – The Basics

Meals	
<b>Women:</b> <ul style="list-style-type: none"> <li>3 to 4 Carb choices or 45 to 60 grams carbohydrate</li> </ul>	<b>Men:</b> <ul style="list-style-type: none"> <li>4 to 5 Carb choices or 60 to 75 grams carbohydrate</li> </ul>
Snacks, if needed	
1 or 2 Carb choices or 15 or 30 grams carbohydrate (See the back page for foods that have no carbs or are low in carbs.)	

Your age, activity level and weight may change the number of Carb choices you need for each meal and snack each day. Your dietitian will discuss the number of Carb choices that are right for you.

Each serving is 1 Carb choice or about 15 grams carbohydrate	
<b>Grains and Starches</b> Barley, couscous or quinoa, cooked.....1/2 cup Bread.....1 slice Bun, medium .....1/2 Cereal, cold .....1/2 cup Cereal, hot .....3/4 cup Corn.....1/2 cup Crackers, soda .....6 English muffin .....1/2 Flour .....3 Tbsp Legumes, cooked .....1/2 cup Pasta, cooked.....1/2 cup Pita 6 inch.....1/2 Pizza, thin crust .....1 small slice .....(crust only) Potato, white.....1/2 cup Potato, sweet.....1/3 cup Rice, cooked.....1/3 cup Soup .....1 to 1 1/2 cups	<b>Fruits and Sweet Vegetables</b> Apple, peach or orange..... 1 medium Banana, grapefruit or pear .... 1 small Blueberries..... 1 cup Grapes ..... 1/2 cup Juice, fruit..... 1/2 cup Strawberries, sliced..... 1 1/2 cups Watermelon or cantaloupe, cubed ..... 1 1/2 cups Beets, parsnips, peas or squash ..... 1 cup Juice, tomato or vegetable ... 1 1/2 cups Sauce, tomato or spaghetti ... 1/2 cup
<b>Milk and Alternatives</b> Milk ..... 1 cup Pudding, no sugar added..... 3/4 cup Yogurt, plain or no sugar added..... 3/4 cup	<b>Other Choices (sweets and snacks)</b> Chocolate bar (45 gram) ..... 1/2 Cookies, plain ..... 2 Granola bar ..... 1 Ice cream ..... 1/2 cup Popcorn, popped..... 3 cups Popsicle ..... 1 Potato chips, flavoured..... 10 Potato chips, plain..... 15 Pretzel sticks..... 30

<b>These foods have no carbs or are low in carbs. They will not affect your blood sugar.</b>	
<p><b>Meat and Alternatives</b>                      Chicken/turkey (remove skin)                      Fish (baked or broiled)                      Peanut butter                      Meat (lean)                      Cheese                      Cottage cheese                      Tofu                      Eggs</p> <ul style="list-style-type: none"> <li>• Prepare with no or small amounts of added fat.</li> <li>• Avoid fried foods.</li> <li>• Trim visible fat from meat.</li> </ul> <p>Include at each meal. Eating large portions can increase your weight.</p>	<p><b>Vegetables</b>                      Most vegetables are low in carbohydrates except those listed on the front page chart.</p> <p><b>These vegetables are good to have as snacks and to include at meals:</b>                      Asparagus, bean sprouts, beans, broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, kale, leeks, lettuce, mushrooms, okra, peppers, radishes, spinach, tomato and zucchini.</p>
<p><b>Fats and Oils</b>                      Oils                      Salad dressings                      Margarine, non-hydrogenated                      Butter                      Nuts or seeds                      Avocado                      Olives</p> <p>Include small amounts at each meal. Eating large portions can increase your weight.</p>	<p><b>Extras</b>                      Water                      Sugar free drinks                      Coffee/Tea                      Herbs and spices                      Vinegar (regular and flavoured)                      Artificial sweeteners                      Sugar free gelatin, candies and gum</p>

Use this picture as a guideline to help you keep healthy servings on your plate.

