

My healthcare

STAY ON TRACK WITH CARB COUNTING

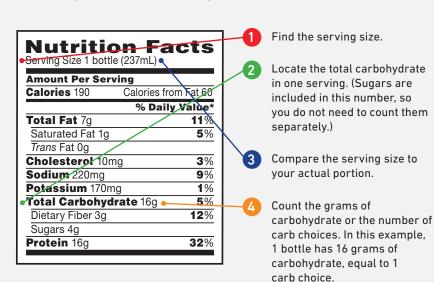
Keep track of the carbohydrates you eat over the course of the day with carb counting—a method of meal planning that can help you manage your blood glucose levels. Carb counting means keeping track of your carb intake during meals and snacks in terms of "carb choices." A carb choice is a portion of food that contains 15 grams of carbohydrate. For example, eating a single slice of bread that contains 15 grams of carbohydrate counts as one carb choice.

15 grams of carbohydrate = 1 carb choice

Work with your healthcare provider to determine the number of carb choices to eat at each meal or snack, and then use this chart to keep track of how many you eat:

provider recommends this many carb choices:		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast							
	Snack							
	Lunch							
	Snack							
	Dinner							
	DAILY TOTAL:							

How do you know how many carb choices are in each serving of food? The Nutrition Facts can help.



The carbohydrate content in food is often not in increments of 15 grams. Use the chart below to convert total carbohydrate content into carb choices.

Total Carbs (g)	Carb Choices
0-5 g	0
6–10 g	1/2
11–20 g	1
21–25 g	1½
26-35 g	2
36-40 g	21/2
41-50 g	3