



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.

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	½
11–20 g	1
21–25 g	1½
26–35 g	2
36–40 g	2½
41–50 g	3

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

Nutrition Facts	
1 serving per container	
Serving size	1 bottle (237mL)
Amount Per Serving	190
Calories	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 16g	32%

1

Find the serving size.

2

Locate the total carbohydrate in one serving. (Sugars are included in this number, so you do not need to count them separately.)

3

Compare the serving size to your actual portion.

4

Count the grams of carbohydrate or the number of carb choices. In this example, 1 bottle has 16 grams of carbohydrate, equal to 1 carb choice.

See back for more details

Start Tracking Your Carbs

15 grams of carbohydrate = 1 carb choice

Consult 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:

My healthcare provider recommends this many carb choices:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Daily Total:							



One 8 fl oz bottle of BOOST Glucose Control® Balanced Nutritional Drink provides 16 g carbs (1 carb choice) and essential nutrients to help fill nutritional gaps.

16 g
HIGH-QUALITY
PROTEIN

25
VITAMINS &
MINERALS

190
NUTRIENT-RICH
CALORIES

BOOST Glucose Control® Balanced Nutritional Drink is clinically shown to produce a lower blood sugar response vs. a standard nutritional drink in people with type 2 diabetes.¹



LOVE IT OR YOUR MONEY BACK!*

Get the nutrition you need with a taste you'll love, backed by our Great Taste Guarantee.

1. Huhmann M et al. BMJ Open Diabetes Research Care, 2016. *The BOOST® Great Taste Guarantee offer only applies to the purchase of one (1) BOOST® Nutritional Drink 4-pack or 6-pack made between 1/1/20 and 12/31/21. Limit one refund per name, address or household. Offer valid in the U.S. only. Visit BOOST.com/great-taste-guarantee for additional information.

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