



CARBOHYDRATE COUNTING

What is a carbohydrate serving?

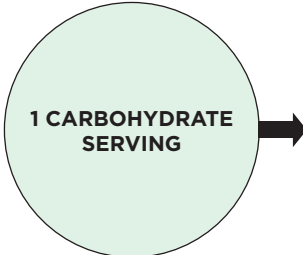
15 g carbohydrate = 1 carbohydrate serving

GRAMS OF CARBOHYDRATE	CARBOHYDRATE SERVINGS
0-5	0
6-10	½
11-20	1
21-25	1 ½
26-35	2
36-40	2 ½
41-50	3

How many carbohydrate servings should I have?

Most people with diabetes need 3-4 servings of carbohydrate servings per meal and 1-2 per snack, assuming 3 meals and 1-2 snacks per day. Individuals may need more or less depending on activity level, gender, age and weight loss goals. Talk with a registered dietitian for more specific information.

What does one carbohydrate serving look like?



FOOD	SERVING SIZE
Cooked Brown Rice	⅓ c.
Cooked Whole Wheat Pasta	⅓ c.
Fruit (Canned in Juice)	½ c.
Starchy Vegetables (Corn, Peas, Potatoes)	½ c.
Milk (1%)	1 c.
Beans (Black, Garbanzo, Kidney)	¼ c.
Banana	½ medium

For more information on diet related questions, visit the American Diabetes Association website (diabetes.org) and search Carbohydrate Counting.