

Resources for Carbohydrate Counting



The Diabetes Carbohydrate and Fat Gram Guide
By LeaAnn Holzmeister, RD, CDE
American Diabetes Association
See contact information below

The Doctor's Pocket Calorie, Fat and Carbohydrates Counter
By Allan Borushek.
Family Health Publisher
Order from local bookstores
Or order at (949) 642-8500 or www.calorieking.com

Calories and Carbohydrates
By Barbara Kraus
Mass Market Paperback
Order from local bookstores

The Complete Book of Food Counts
By Corinne T. Netzer,
Dell Publishing
Order from local bookstores

International Diabetes Center for publication My Food Plan for GDM and other related diabetes materials
www.idcpublishing.com/
Call (888) 333-3032 for educational materials catalog. Materials available in English and Spanish

Joslin Diabetes Center for diabetes related publications.
www.joslin.org
Call (800) 344-4501. Materials available in English and Spanish.

American Diabetes Association
www.diabetes.org
Call (800) 232-6733 for extensive catalog. Materials available in English and Spanish.

American Dietetic Association
Carbohydrate Counting – Booklets Level 1, Level 2, Level 3
www.eatright.org
Call (800) 366-1655. Materials available in English and Spanish.

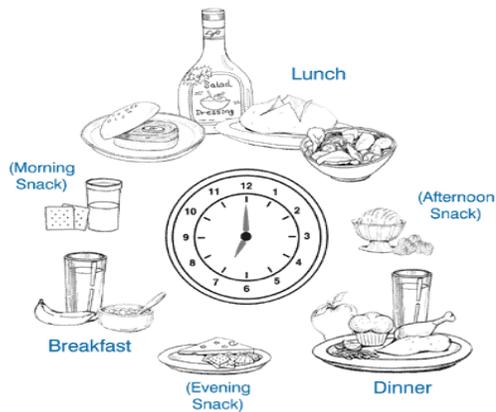
National Diabetes Education Program – information provided for individuals with diabetes
<http://www.ndep.nih.gov>. Materials available in English and Spanish

National Diabetes Information Clearinghouse, a service of National Institute of Diabetes and Digestive and Kidney Diseases – information on various diabetes education materials
www.niddk.nih.gov/health/diabetes/diabetes.htm. Materials available in English and Spanish.

Free Online Education Classes through Joslin Diabetes Center – www.onlineclasses.joslin.org

American Heart Association booklet “Getting to the Heart of Diabetes – www.americanheart.org

Gestational Diabetes Meal Plan



Calories _____

Total carbohydrate choices _____ = Grams of carbohydrate _____

Carbohydrate Conversion

- 1 serving = 15 grams carbohydrate
- 2 servings = 30 grams carbohydrate
- 3 servings = 45 grams carbohydrate
- 4 servings = 60 grams carbohydrate

Breakfast

_____ Carbohydrate choices (or _____ grains, beans, and starchy vegetables, _____ fruit, _____ milk or yogurt)
 _____ Vegetables
 _____ Meat
 _____ Fat

Mid-morning

_____ Carbohydrate choices (or _____ grains, beans, and starchy vegetables, _____ fruit, _____ milk or yogurt)
 _____ Vegetables
 _____ Meat
 _____ Fat

Lunch

_____ Carbohydrate choices (or _____ grains, beans, and starchy vegetables, _____ fruit, _____ milk or yogurt)
 _____ Vegetables
 _____ Meat
 _____ Fat

Mid-afternoon

_____ Carbohydrate choices (or _____ grains, beans, and starchy vegetables, _____ fruit, _____ milk or yogurt)
 _____ Vegetables
 _____ Meat
 _____ Fat

Dinner

_____ Carbohydrate choices (or _____ grains, beans, and starchy vegetables, _____ fruit, _____ milk or yogurt)
 _____ Vegetables
 _____ Meat
 _____ Fat

Evening

_____ Carbohydrate choices (or _____ grains, beans, and starchy vegetables, _____ fruit, _____ milk or yogurt)
 _____ Vegetables
 _____ Meat
 _____ Fat

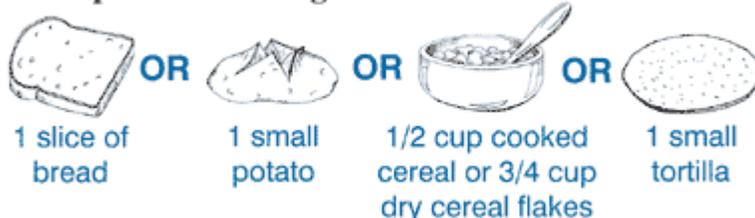
Simplified Carbohydrate Counting Carbohydrate Servings

The following foods are equal to **one serving** of Carbohydrate or **15 grams** of Carbohydrate:

Starches

- 1 slice of regular bread
- 1 small dinner roll
- ½ English muffin
- ½ Lender's size bagel
- 1 square waffle
- ½ hot dog or burger roll
- 1-6" tortilla shell
- ½ pita
- ¾ cup of unsweetened dry cereal
- ½ cup of sweetened or bran cereal
- 1-½ cups of puffed cereal 1/2 cup of hot cereal
(oatmeal, farina, grits)
- ½ cup of cooked pasta

Examples of 1 serving:



- ⅓ cup of cooked rice
- ½ cup of corn, peas, or mashed potatoes
- 1 small baked potato (3 ounces)
- ½ cup of cooked lentils, chickpeas, dried beans
- 8 animal crackers
- 6 saltines
- 3 graham cracker squares
- 3 cups of popcorn
- ¾ ounce of pretzel (small handful)

Fruit and Juice

- 1 piece of small size fresh fruit
- ½ piece of large size fresh fruit
- 1 cup of cut up melon
- ½ cup of fruit canned in fruit juice or water
- ½ cup of unsweetened or natural applesauce
- ½ cup of unsweetened, natural fruit juice
- 12 large or 17 small grapes or cherries
- 2 Tbsp. raisins
- ½ medium banana

Examples of 1 serving:



Milk

1 cup of milk

1 cup of nonfat or low fat fruit flavored yogurt
sweetened with aspartame or a nonnutritive
sweetener

½ cup pudding sweetened with aspartame or a
nonnutritive sweetener

Examples of 1 serving:



1 cup fat-free or
low-fat yogurt

OR



1 cup skim or
1% milk

On Occasion (When Under Good Blood Glucose Control)

½ cup of low fat or fat free ice cream or frozen yogurt

2 small cookies

5 vanilla wafers

5 Social Tea Biscuits

35 goldfish crackers

Additional Items to Select

Diet Soda, light lemonade, or flavored water sweetened with Aspartame or Splenda

Unsweetened iced tea

Sugar free Jell-O

Protein (Non-Carbohydrate)

Fish

- Do not eat king mackerel, shark, swordfish, or tilefish
- Limit canned tuna to less than 12 oz./week

Lean cuts of Turkey, Chicken, Pork, Beef

Eggs

Reduced Fat Cheese, Cottage Cheese

Tofu

Peanut Butter

Examples of 1 serving:



2 to 3 ounces of
cooked lean
meat, chicken,
or fish*

OR



1 egg

OR



4 ounces (½ cup)
of tofu

OR



2 tablespoons
of peanut
butter

Vegetables (Non-Carbohydrate) 3 or more servings/day

**Remember Potatoes, Peas, Corn, Lentils, Legumes etc. are Starches



Artichokes
Asparagus
Broccoli
Cauliflower
Cabbage
Carrots
Cucumber

Green beans
Leafy greens
Mushrooms
Peppers
Onions
Tomatoes
Zucchini

Fats (Non-carbohydrate) One serving equals:

1 teaspoon margarine, soft tub or squeeze
1 teaspoon butter
1 teaspoon mayonnaise
1 teaspoon oil



1 tablespoon salad dressing
2 tablespoons reduced-fat salad dressing
2 tablespoons cream cheese
2 tablespoons sour cream