

## Basic Guidelines and Recommendations

Carbohydrates are important for healthy eating but they do affect blood sugars. Counting carbohydrates and staying within the recommendations can help you manage your blood sugars more effectively. Aim for 3 meals per day, spaced 4 to 6 hours apart. Carbohydrate needs vary depending on age and activity level. Most women need 45 to 60 grams (3 to 4 servings) of carbohydrate per meal, while most men need 60 to 75 grams (4 to 5 servings) of carbohydrate per meal. Snacks are not needed for everyone. Snacks of 0 to 15 grams of carbohydrate are appropriate for most people.

## Carbohydrate Content of Foods: Each serving listed below = **15 grams of carbohydrate**

<b>Fruit: Choose fresh, frozen or canned in water. Limit fruit juice.</b>		
1 medium apple, orange 1 small pear 1 small banana or 1/2 large banana 1 large nectarine or peach 2 cups strawberries, raspberries or blackberries 1 cup blueberries, Saskatoon berries	1 cup melon ¾ cup pineapple ½ grapefruit or mango 2 medium kiwis or plums 4 apricots (fresh) 15 grapes or cherries	½ cup canned fruit in water ½ cup unsweetened applesauce ¼ cup dried fruit (apricot, prune, apple) 2 tbsp raisins ½ cup fruit juice 1 cup tomato /vegetable juice
<b>Grains &amp; Starches: Choose whole grains more often.</b>		
1 slice whole grain bread ½ bun, english muffin or small bagel ½ pita, naan, chapatti or tortilla (6 inch) ¾ cup hot cereal (example: oatmeal, Red River®) ½ cup cold cereal (example: Shredded Wheat®, All Bran Buds with Psyllium®, Just Right®) 1 whole wheat waffle or pancake (4 inch)	1.5x2.5 inch bannock ½ cup pasta, couscous, quinoa, bulgur (cooked) ½ cup brown/wild/white rice or barley (cooked) ½ cup dry roasted chickpeas ½ cup potato or corn ½ cup sweet potato or yam	3 cups plain popcorn 7 whole wheat soda crackers 5 Triscuits® or 4 rectangle Melba toast® 2 Ryvita® or Wasa® crackers 1 cup soup (noodle, rice, barley, potato, vegetable, milk or cream based) 2 small perogies
<b>Milk Products: Choose lower fat and lower sugar options more often.</b>		
1 cup milk 1 cup soy beverage, unsweetened ½ cup evaporated milk	½ cup chocolate milk ½ cup soy beverage, flavoured 4 tbsp skim milk powder	½ to 1 cup yogurt – varies, read labels ½ cup pudding, low fat, no sugar added 200 mL drinkable yogurt
<b>Other Choices: Choose these foods less often as they are low in nutrients.</b>		
1 plain oatmeal granola bar ½ small muffin 2 plain cookies ½ plain donut	10 french fries or 15 potato chips 8 tortilla chips or 7 large pretzels ½ chocolate bar 1 stick licorice	1 tbsp sugar, honey or syrup 1 tbsp jam, jelly or marmalade ½ cup ice cream, sherbet or sorbet 2 inch square cake or brownie, unfrosted



**EACH of these groups below contain little or no carbohydrates**

<b>Vegetables: Choose fresh, frozen or canned. Eat most freely.</b>		
asparagus green/yellow beans broccoli brussel sprouts cabbage carrots cauliflower	celery cucumber eggplant leafy greens mushrooms okra onions	peppers radish snow peas spinach tomatoes turnips zucchini
<b>NOTE:</b> Count carbohydrates for: more than 1 cup parsnips, squash, beets, or peas		
<b>Protein Foods: Choose lower fat options and plant sources more often.</b>		
2 ½ ounces lean meat, chicken, fish, or shellfish 1 ounce hard cheese ½ cup cottage cheese	2 eggs legumes (beans, lentils, chickpeas)	¾ cup tofu 2 tbsp peanut butter or nut butter ¼ cup nuts and seeds
<b>NOTE:</b> Count carbohydrates for: ¾ cup Hummus, 1.2 cups cooked beans, 1 cup lentils		
<b>Fats: Choose fat sources listed on the left more often for heart health.</b>		
canola or olive oil non-hydrogenated margarine avocado	mayonnaise salad dressing cream, cream cheese, sour cream	butter and hard/block margarine shortening, lard, ghee bacon, skin of chicken

## How to read food labels to count carbohydrates

### Step 1

Look at the serving size. The amount of carbohydrate listed is for the serving size given. Are you eating more, less or the same? Compare your serving size to figure out the amount of carbohydrates you are eating.

### Step 2

Look at the number of total carbohydrates per serving (not just sugar). This number includes sugar, fibre and starch (starch is often not listed separately).

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 2 slices (90 g) / par 2 tranches (90 g)	
Amount Teneur	%Daily Value %valeur quotidienne
<b>Calories / Calories</b> 170	
<b>Fat / Lipides</b> 2.5 g	<b>4 %</b>
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	<b>3 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 200 mg	<b>8 %</b>
<b>Carbohydrate / Glucides</b> 36 g	<b>12 %</b>
Fibre / Fibres 6 g	<b>24 %</b>
Sugars / Sucres 3 g	
<b>Protein / Protéines</b> 8 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %

### Step 3

Subtract fibre from the number of total carbohydrate. Fibre does not raise blood sugars so it should be subtracted from the total carbohydrate.

Example:  
36 g total carbohydrate  
- 6 g fibre  
30 g carbohydrate that will affect blood sugars

