

Calculating Total Carbohydrates

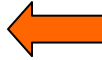
There are two methods for determining the carbohydrate content of foods: (1) Package Label Count and (2) Carbohydrate Count Book (available in most book stores).

Every packaged food and drink has a nutritional label like the one below. In order to calculate total carbohydrates consumed, the total carbohydrates per serving must be determined from the package food label.

Nutrition Facts		
Serving Size 1 cup (85g) (3 oz.)		
Servings per container 2.5		
Amount per serving		
Calories	45	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	55 mg	2%
Total Carbohydrate	10g	3%
Dietary Fiber	3g	12%
Sugars	5g	
Protein	1g	
Vitamin A 360% • Vitamin C 8% • Calcium 2% • Iron 0%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small>		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat. Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate	Less than	300mg 375mg
Dietary Fiber	Less than	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		



In this example, one cup is the serving size.



In this example, 10g total Carbohydrate is listed for a 1-cup serving of this food.

An individual eating two servings (2 cups) would consume 20g of total Carbohydrates.

If 1/2 a serving (1/2 cup) was consumed, 5g total Carbohydrates would be consumed.

Ingredients: Carrots.

Calculating Total Carbohydrates Consumed:

- List each food and drink consumed at the meal/snack.
- Determine serving size of each food and drink consumed.
- Determine amount of carbohydrate grams from the food label or by using a "Carbohydrate Count Book" (available at book stores).
- Add the total number of carbohydrates for each food and drink to get the total carbohydrate count for the meal/snack.

Carbohydrate Calculation Example:

- Johnny had the following meal for lunch.**

1 carton (6 oz) white whole milk
 ½ cup corn
 ½ cup salad with 1 tbsp ranch dressing
 1 cup-serving spaghetti with meat sauce – was really hungry and had 2 servings
 1 serving white cake with chocolate icing

- In the Carbohydrate Count Book locate the listings for carbohydrates in the above foods.**

6 oz whole white milk:	30g carbohydrates	30g
½ cup corn:	15g carbohydrates	15g
½ cup salad:	4g carbohydrates	4g
1 tbsp Ranch dressing:	4g carbohydrates	4g
1 cup spaghetti with meat sauce:	20g carbohydrates (20 x 2 servings=40g carbohydrates)	40g
1 serving white cake with chocolate icing:	20g carbohydrates	<u>20g</u>

Total Carbohydrates

113g

Carbohydrate Counting Skills Check

Carefully monitoring the amount and timing of carbohydrate-containing foods is an essential part of diabetes management. Delayed meals or snacks or eating too little carbohydrate can result in low blood sugar levels. Consuming too many foods with high carbohydrate content can result in high blood sugar levels.

Students may require assistance in determining carbohydrate content of various foods as well as determining appropriate choices when exchanging foods. Printed manuals, food labels, and district food services are all resources that can be used to determine the carbohydrate content of specific foods.

Successful delegation of carbohydrate counting is dependent on access to written materials and on the use of a Diabetes Medical Management Plan (DMMP) or Individual Health Plan (IHP) which clearly outlines the designated meal plan. The meal plan should include the recommended number of carbohydrate choices for each meal or snack.

GENERAL GUIDE: All fruit/fruit products, milk and yogurt, and starchy foods (breads, pasta, rice, desserts, and starch vegetables) contain carbohydrate.

Carbohydrate Counting Task	Date/Initial	Date/Initial	Date/Initial	Date/Initial
Care giver is aware of meal plan prescription.				
Care giver is aware of location of written resources.				
School staff is able to verbalize action for food exchanges.				
Follow individual health plan for specific actions related to carbohydrate intake				
School staff can calculate total carbohydrate content of meal accurately				

Nurse Signature/Initial	Care Giver Signature/Initial	Date

Adapted from Helping the Student with Diabetes Succeed: Minnesota Supplement