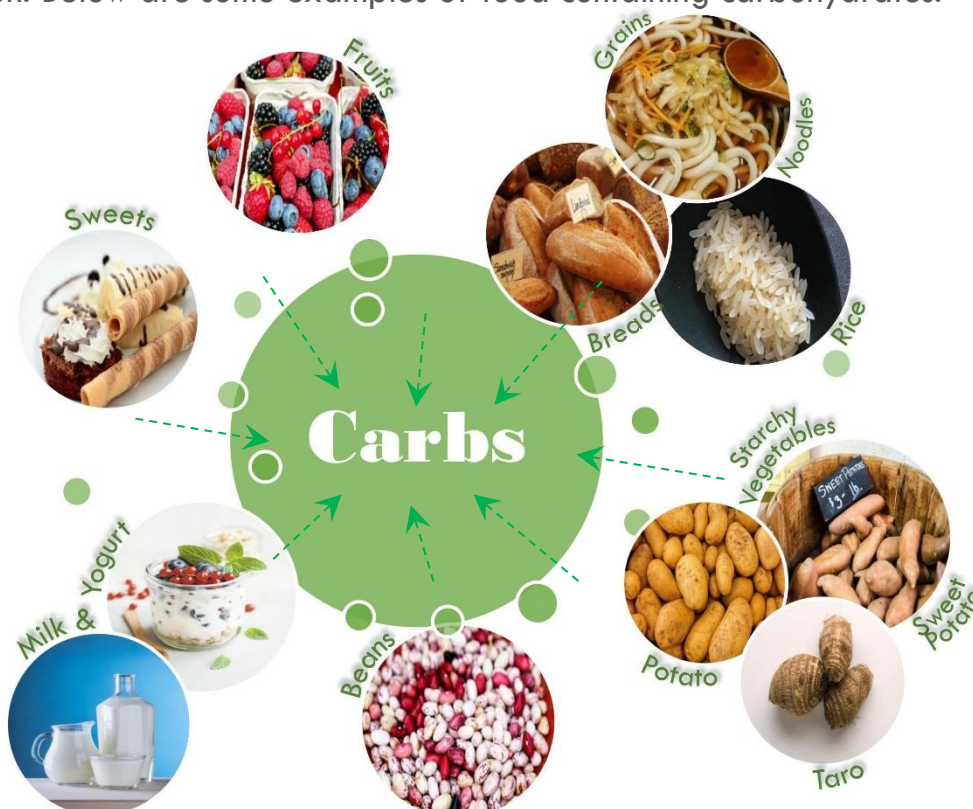


# Ready, Set, Start Counting

## Carbohydrate Counting: A Tool to Help Manage Your Blood Sugar

### ★ CARBOHYDRATES (CARBS)

All types of carbohydrates (carbs) will raise your blood sugar, **not just sweets**. Any carbohydrate food you eat will turn into glucose and raise blood sugar after digestion. Below are some examples of food containing carbohydrates.



### ★ HEALTH EATING

Healthy eating is about more than just counting carbs. It is important to eat a variety of foods.

For most people these include:

- At least 2 servings of fruits and 3 servings of non-starchy vegetables
  - Non-starchy vegetables, which are high in fiber and very low in carbs. 1/2 cup cooked and 1 cup raw are counted as “0” carb choices or “free”
- At least 3 servings of whole grains such as oatmeal, brown rice, buckwheat noodles or beans
- 2-3 servings of low fat dairy
- Lean protein and healthy fats

Protein foods (lean meat, poultry and fish) and fats do not directly affect blood sugar and can help you feel satisfied. Lean beef, chicken breast and pork tenderloin are good choices. To keep your heart healthy, choose healthy fats like those found in nuts, seeds and fatty fish, such as salmon.

### ★ HOW MUCH CARBOHYDRATE DO YOU NEED?

Most women need 3 to 4 carbohydrate choices per meal and most men need 4 to 5 carbohydrate choices per meal. A Registered Dietitian Nutritionist (RDN) can help you know the right amount of carbs for you. Check with a local hospital or [www.eatright.org](http://www.eatright.org) to find an RDN near you.

Below is a list of carbohydrate choices and their serving size. Becoming familiar with the carbohydrate food choices and serving sizes allow you to eat foods that you enjoy.



# Carbohydrate Choices

(1 carb serving = 15 grams carbohydrate)

## Grains

	Serving size
Congee, oatmeal, millet porridge, cooked	1/2 cup
Rice (White, Brown, Multigrain), cooked	1/3 cup
Noodles (Udon, Ramen, Soda), cooked	1/3 cup
Spaghetti, cooked	1/3 cup

## Breads

	Serving size
Man Tau, large	1/3 piece
Bread (Whole Wheat, White), 1 oz.	1 slice
Scallion pancake, 8 inches diameter	1/8 piece

## Dairy

	Serving size
2% or 1% Low fat milk, skim milk	8 fl. oz.
Soy milk, sweetened	8 fl. oz.
Plain yogurt	6 fl. oz.
Sugar free flavored yogurt	6 fl. oz.

## Mixed Dish

	Serving size
Steamed meat/vegetable bun, small	1 piece
Wonton	5 pieces
Dumplings	3 pieces

## Fruits

	Serving size
Apple, pear, orange	1 small
Banana	1/2 large
Blueberries	3/4 cup
Cherries	12 pieces
Durian	1/4 cup
Grapes, small	17 pieces
Grapes, large	10 pieces
Kiwi	1 small
Lychee	10 pieces
Mango	1/2 small
Melon (Cantaloupe, honeydew)	1 cup
Papaya	1 cup
Persimmon	1/2 large
Strawberries, whole	1 & 1/4 cup
Watermelon, diced	1 & 1/4 cup
Dried fruit	2 TBS

## Legumes/

## Starchy vegetables

	Serving size
Beans (Black beans, mung beans, red beans), cooked	1/2 cup
Chestnut	3 pieces
Corn	1/2 cup or 1/2 large ear
Lotus root, cooked	1 cup
Potato	1/2 cup or 3 oz.
Sweet potato	1/2 cup or 3 oz.
Taro	1/3 cup



Handfuls  $\approx$  1 oz.  
or 1 cup (Chips,  
crackers,  
pretzels)



Thumb  $\approx$  1 TBP  
or 1 oz. (Peanut  
butter, salad  
dressing, hard  
cheeses)



These portion estimates  
are based on a woman's  
hand size. Hand sizes  
vary. Portion estimates  
will change based on the  
size of hand used.



# Hand Guide to Portion Size

Thumb tip  $\approx$  1  
tsp (oils,  
butter, sugar)



Palm  $\approx$  3 oz.  
(Meat, fish,  
poultry)



Handful  $\approx$  1  
oz. or 1/2 cup  
(Pasta, rice,  
beans, nuts,  
potatoes,  
cooked  
veggies)



Fist  $\approx$  1 cup  
(Pasta, rice,  
fruit, veggies,  
cereals, soup,  
milk, yogurt)



## Sample Menu

### Breakfast (3 carb choices)

- 1 cup Millet and mung bean porridge, cooked
- 1 Hard-boiled egg
- 8 fl. oz. 2% low fat milk

### Lunch (4 carb choices)

- 9 pieces Dumplings in soup
- 1 cup Bok choy or other non-starchy vegetables
- 1 Orange, small

### Snack (1 carb choice)

- 8 fl. oz. unsweetened soy milk
- 1 Apple, small

### Dinner (3 carb choices)

- 1 cup Brown rice, cooked
- 2 cup Shrimp with broccoli stir fry
- 1 cup Tomato egg drop soup

#### References:

- USDA. National Nutrient Database for Standard Reference Release 28 [Internet]. USDA. 2015. Available from: <https://ndb.nal.usda.gov/ndb/search/list>
- The Government of Hong Kong Special Administrative Region, Center of Food Safety. Nutrient Information Inquiry Database [Internet]. Centre for Food Safety. 2017. Available from: <http://www.cfs.gov.hk/english/nutrient/searchmenu.php>
- Joslin Diabetes Center & Joslin Clinic. Joslin Diabetes Center, Asian American Diabetes Initiative. Available from: <http://www.aadi.joslin.org>



# Personalized Menu

Feel free to use this form to plan your healthy menu.

## Breakfast \_\_\_\_\_ carb choices

Serving sizes	Food items

## Lunch \_\_\_\_\_ carb choices

Serving sizes	Food items

## Snack \_\_\_\_\_ carb choices

Serving sizes	Food items

## Dinner \_\_\_\_\_ carb choices

Serving sizes	Food items

