

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 foods containing carbohydrates.



★ HEALTHY 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 (oatmeal, brown rice) or legumes (green peas, lentils, beans)
- 2-3 servings of low fat dairy (1% or non-fat)
- 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. Chicken breast and fish are good choices. To keep your heart healthy, choose healthy fats like those found in canola, olive or soybean oil, avocados, unsalted nuts and seeds. Fatty fish, such as salmon contain healthy fats (omega 3 fatty acids).

★ 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 to find an RDN near you.

On the following page is a list of carbohydrate choices and their serving sizes. 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 (cooked)

	Serving size
Oatmeal, Cream of Wheat, Upma	1/2 cup
Rice (white, brown), Poha	1/3 cup
Noodles	1/2 cup
Barley, Bulgur, Quinoa	1/2 cup

Breads/Starchy

Vegetables

	Serving size
Chapati (small)	1
Bread (Whole Wheat, White)	1 slice
Potatoes (all types)	1/2 cup
Naan	1/3
Corn	1/2 cup

Dairy

	Serving size
1% or Non-fat Milk, Soy Milk	8 fl. oz.
Plain Non-fat or 1% Yogurt	6 fl. oz.
Buttermilk	8 fl. oz.

Non Starchy Vegetables

	Serving size
Spinach, Bitter Melon, Okra, Broccoli, Cauliflower, Eggplant, Cabbage, Cucumber, Zucchini, Brussel Sprouts	1/2 cup cooked or 1 cup raw

Fruits

	Serving size
Apple, Pear, Orange	1 small
Banana	1/2 large
Blueberries, Blackberries	3/4 cup
Kiwi	1
Raspberries	1 cup
Grapes (small)	17
Grapes (large)	10
Jackfruit	1 small
Mango	1/2 small
Melon (Cantaloupe, Honeydew)	1 cup
Papaya	1 cup
Strawberries (whole)	1 1/4 cup
Watermelon (diced)	1 1/4 cup
Dried fruit	2 TBS

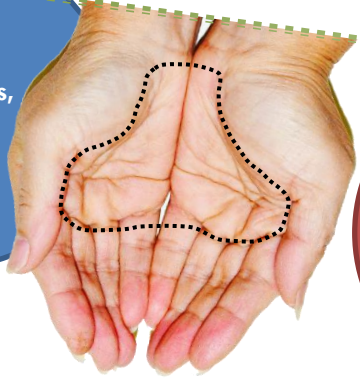
Legumes

cooked, drained

	Serving size
Beans	1/2 cup
Lentils (Daal)	1/2 cup
Chick Peas (Channa), Black Eyed Beans (Lobiya)	1/2 cup
Green Peas (Matar)	1/2 cup
Soybeans	1/2 cup
Kidney Beans (Rajma)	1/2 cup



Handfuls ≈
1 cup (crackers,
pretzels)



Thumb ≈ 1 TBP
or 1 oz. (Peanut
butter, cheeses)

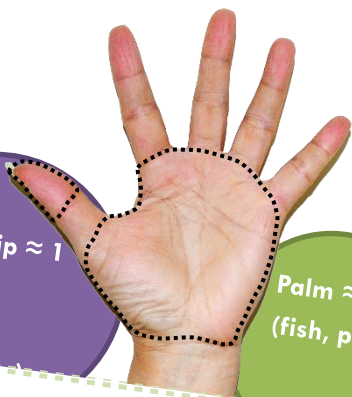


These portion estimates
are based on a woman's
hand size. Hand sizes
vary. Portion estimates
will change based on the
size of hand used.



Hand Guide to Portion Size

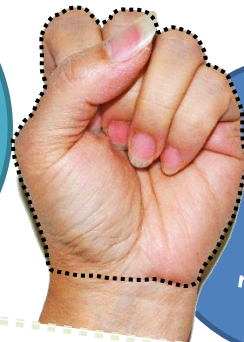
Thumb tip ≈ 1
tsp (oils,
spreads,



Palm ≈ 3 oz.
(fish, poultry)



Handful ≈
1/2 cup (nan,
rice, beans,
nuts, potatoes,
cooked
veggies)



Fist ≈ 1 cup
(Pasta, rice,
fruit, veggies,
cereals, soup,
milk, yogurt)



Sample Menu

Breakfast (3-4 carb)

- 1 cup oatmeal or 1 slice whole grain toast
- 1 boiled egg (twice per week)
- 1/2 banana
- Tea (green or black) with non-fat milk

Lunch (3-4 carb)

- 1 cup curried cauliflower and 1/2 cup curried garbanzo or kidney beans or lentils (daal)
- 1/2 cup brown rice
- 6 oz non-fat yogurt

Snack (1-2 carb choice)

- 1 oz unsalted nuts
- 1 Apple
- Tea with non-fat or 1% milk

Dinner (3-4 carb)

- 2 small whole wheat chapatis
- 1 cup daal (lentils) or Chicken (3 oz) curry
- 1/2 cup cooked spinach

References:

- USDA. National Nutrient Database for Standard Reference Release 28 [Internet]. USDA. 2015. Available from: <https://ndb.nal.usda.gov/ndb/search/list>
- Joslin Diabetes Center & Joslin Clinic. Joslin Diabetes Center, Asian American Diabetes Initiative. Available from: <http://www.aadi.joslin.org>



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Personalized Menu

Feel free to use this form to make your lovely and healthy menu

Breakfast _____ carb choices

Serving sizes	Food items

Lunch _____ carb choices

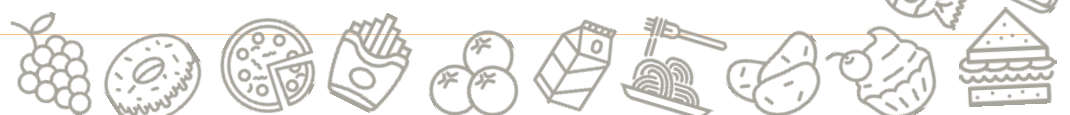
Serving sizes	Food items

Snack _____ carb choices

Serving sizes	Food items

Dinner _____ carb choices

Serving sizes	Food items





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Eating Out Tips

In general, limit foods high in refined carbohydrate like white rice and white flour, sugary drinks and desserts, fruit juices, honey and molasses. Unhealthy fats like ghee, butter, vanaspati, coconut oil and coconut milk should be avoided or limited.

1. Avoid deep fried foods such as puris, bhaturas, samosas.
2. Avoid foods made with coconut oil.
3. Order curries with no cream or butter.
4. Choose chicken or fish cooked in a tandoor.
5. Choose roasted papadam with mint chutney.
6. Choose fresh fruit for dessert.
7. Choose Jeera lassi without salt.
8. Avoid sugary beverages and desserts e.g. mango lassi, kheer, gulabjamun, rasmalai, etc.
9. Limit foods prepared with salt and do not add salt at the table.



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