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This resource is intended to accompany formal education sessions. Some carbohydrate contents may have been rounded to the nearest whole number or an estimated average of different brand names.

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CARBOHYDRATE COUNTING

Carbohydrate counting is the most precise and flexible way to measure and track the part of your food that turns to blood glucose.

Food is made up of three main fuels: carbohydrate, fat, and protein.

Over 90% of digestible carbohydrates (sugar & starches) turn into glucose. This glucose raises your blood glucose directly following a meal. Counting the grams of carbohydrate that you eat allows you to measure the impact a meal will have on your blood glucose. Protein and fat do not have as much of an impact on blood glucose levels as carbohydrate containing foods.

To keep your blood glucose in your target range after eating, the carbohydrates that you eat must be balanced with insulin or exercise.

Carbohydrate counting is easy to learn and once you are good at it, it can add a lot of freedom to your food choices, while still maintaining excellent blood glucose control.

FOODS THAT CONTAIN CARBOHYDRATE

cereals, breads and grains
pasta, rice and crackers
fruits and vegetables
yogurt and milk
honey, table sugar, syrup, candy, cookies, cakes

Carbohydrate counting begins as part of a fixed meal plan (a given quantity of carbohydrate is to be consumed at each meal and snack). This plan is based on your usual intake.

DURING THIS PERIOD

- 1) Weigh and measure food portions to gain skill in estimating portion sizes.
- 2) Add up the exact number of grams of carbohydrate in each meal (food labels are a great tool to help you do this).
- 3) Keep complete food/activity/blood glucose records.

These steps will help you to identify your ***insulin-to-carbohydrate ratio***.

INSULIN-TO-CARBOHYDRATE RATIO

This is a unique, individual relationship between the grams of carbohydrate that you eat and the number of units of rapid-acting insulin your body needs to absorb and utilize them. Carbohydrate counting gives you a way to match your pre-meal bolus dose of rapid-acting insulin to the actual amount of food you plan to eat. This precise ratio is found through trial and error by reviewing food and blood sugar records. This ratio can change over time.

Note: Your ratio may vary from one meal to another, but you can ONLY use a ratio at meals where you take rapid-acting insulin. For example, if you do not take rapid-acting insulin at lunch (because lunch is covered by your morning dose of long-acting insulin), you should always try to eat the same amount of carbohydrates at lunch.

To calculate your insulin-to-carbohydrate ratio, start by eating the same amount of carbohydrate at each meal. Your insulin dose should be fine-tuned so that your pre-meal blood glucoses are generally within your target range (_____ to _____ mmol/L).

- 1) Record the grams (g) of carbohydrate that you consistently eat at each meal.

Breakfast _____ g *Lunch _____ g Supper _____ g

- 2) Record the units of bolus rapid-acting insulin taken at each meal (u = units of rapid-acting insulin).

Breakfast _____ u *Lunch _____ u Supper _____ u

- 3) Divide grams of carbohydrate eaten at each meal by the units of bolus rapid-acting insulin taken at each meal.

grams of carbohydrates = insulin-to-carbohydrate ratio
units of bolus rapid-acting insulin

Breakfast _____ g/u *Lunch _____ g/u Supper _____ g/u

*If using rapid-acting insulin at lunch; otherwise don't calculate lunch but try to eat the same amount of carbohydrate at lunch every day.

- 4) You may now want to experiment with the ratio you have calculated and vary the amount of carbohydrate from what you would normally eat.

Divide the total grams of carbohydrates that you plan to eat by your calculated ratio to determine the units of rapid-acting insulin you need to give:

grams of carbohydrate = units of rapid-acting insulin needed for the food eaten
insulin-to-carbohydrate ratio

Note this dose of rapid-acting insulin will only cover the carbohydrates eaten at a meal. It will not decrease your blood glucose if you are above your target range at a meal time. A second dose of rapid-acting insulin is required for this. This dose is called a correction dose. Talk to your diabetes education team to help you calculate your correction dose.

Example:

For breakfast, you always eat 60 grams of carbohydrate and take 4 units of rapid-acting insulin.

a) Calculate your insulin-to-carbohydrate ratio for breakfast:

$$\frac{\text{grams of carbohydrate}}{\text{units of rapid-acting insulin}} = \frac{60 \text{ g}}{4 \text{ u}} = 15 \text{ g/u}$$

This means that 1 unit of rapid-acting insulin covers 15 grams of carbohydrate at breakfast.

b) Sunday morning you decide to eat a big breakfast. If you plan to eat 90 grams of carbohydrate (instead of your usual 60 grams), how many units of rapid-acting insulin do you need to take to cover this breakfast?

$$\frac{\text{grams of carbohydrate}}{\text{insulin-to-carbohydrate Ratio}} = \frac{90 \text{ g}}{15 \text{ g/u}} = 6 \text{ u}$$

This means you should take 6 units of rapid-acting insulin instead of your usual 4 units.

However, if your blood sugar before breakfast is greater than your target range, calculate and add your correction dose to your carbohydrate dose.

BABY FOOD

Food Item	Quantity	Grams of Carbohydrate	Notes
Alimentum	½ cup (4 oz)	8.6g	Made as per directions
Enfalac - regular	½ cup (4 oz)	8.6g	Made as per directions
Enfalac - lactose free	½ cup (4 oz)	8.6g	Made as per directions
Isomil - regular	½ cup (4 oz)	8.75g	Made as per directions
Nutramigen	½ cup (4 oz)	9.4g	Made as per directions
Pregestimil	½ cup (4 oz)	8.6g	Made as per directions
Prosobee	½ cup (4 oz)	8.5g	Made as per directions
Similac - regular	½ cup (4 oz)	9g	Made as per directions
Similac - lactose free	½ cup (4 oz)	9g	Made as per directions

CEREAL

Cereal - barley (Gerber)	4 tbsp	11g	Made as per directions
Cereal - rice (Gerber)	4 tbsp	12g	Made as per directions
Cereal - rice with banana (Gerber)	4 tbsp	12g	Made as per directions
Cereal - oatmeal (Gerber)	4 tbsp	10g	Made as per directions
Cereal - oatmeal with banana (Gerber)	4 tbsp	11g	Made as per directions
Cereal - mixed (Gerber)	4 tbsp	11g	Made as per directions

1st FOODS

Applesauce (Gerber)	1 jar (71g)	9g	Serving size = 2.5 oz or ¼ cup
Pears (Gerber)	1 jar (71g)	10g	Serving size = 2.5 oz or ¼ cup
Bananas (Gerber)	1 jar (71g)	17g	Serving size = 2.5 oz or ¼ cup
Prunes (Gerber)	1 jar (71g)	17g	Serving size = 2.5 oz or ¼ cup
Peaches (Gerber)	1 jar (71g)	7g	Serving size = 2.5 oz or ¼ cup
Carrots (Gerber)	1 jar (71g)	5g	Serving size = 2.5 oz or ¼ cup
Potatoes (Gerber)	1 jar (71g)	8g	Serving size = 2.5 oz or ¼ cup
Green beans (Gerber)	1 jar (71g)	4g	Serving size = 2.5 oz or ¼ cup
Squash (Gerber)	1 jar (71g)	5g	Serving size = 2.5 oz or ¼ cup
Peas (Gerber)	1 jar (71g)	5g	Serving size = 2.5 oz or ¼ cup
Sweet potato (Gerber)	1 jar (71g)	10g	Serving size = 2.5 oz or ¼ cup

2nd FOODS

Jarred Cereals			
Mixed with applesauce and banana (Gerber)	1 jar (113g)	22g	Serving size = 4 oz or ½ cup
Oatmeal and pear with cinnamon (Gerber)	1 jar (113g)	20g	Serving size = 4 oz or ½ cup
Oatmeal with applesauce and banana (Gerber)	1 jar (113g)	20g	Serving size = 4 oz or ½ cup
Rice with applesauce (Gerber)	1 jar (113g)	24g	Serving size = 4 oz or ½ cup

BABY FOOD continued

Food Item	Quantity	Grams of Carbohydrate	Notes
Fruit			
Applesauce (Gerber)	1 jar (113g)	14g	Serving size = 4 oz or ½ cup
Apple blueberry (Gerber)	1 jar (113g)	14g	Serving size = 4 oz or ½ cup
Apple and cherries (Gerber)	1 jar (113g)	16g	Serving size = 4 oz or ½ cup
Bananas (Gerber)	1 jar (113g)	25g	Serving size = 4 oz or ½ cup
Peaches (Gerber)	1 jar (113g)	17g	Serving size = 4 oz or ½ cup
Pears (Gerber)	1 jar (113g)	20g	Serving size = 4 oz or ½ cup
Vegetables			
Carrots (Gerber)	1 jar (113g)	7g	Serving size = 4 oz or ½ cup
Creamed spinach (Gerber)	1 jar (113g)	8g	Serving size = 4 oz or ½ cup
Green beans (Gerber)	1 jar (113g)	6g	Serving size = 4 oz or ½ cup
Peas (Gerber)	1 jar (113g)	9g	Serving size = 4 oz or ½ cup
Sweet potato (Gerber)	1 jar (113g)	16g	Serving size = 4 oz or ½ cup
Sweet potato and corn (Gerber)	1 jar (113g)	17g	Serving size = 4 oz or ½ cup
Garden vegetables (Gerber)	1 jar (113g)	7g	Serving size = 4 oz or ½ cup
Mixed vegetables (Gerber)	1 jar (113g)	9g	Serving size = 4 oz or ½ cup
Squash (Gerber)	1 jar (113g)	7g	Serving size = 4 oz or ½ cup
Carrots & sweet potatoes (Gerber)	1 jar (113g)	7g	Serving size = 4 oz or ½ cup

2nd FOODS

Chicken noodle (Gerber)	1 jar (113g)	11g	Serving size = 4 oz or ½ cup
Turkey rice (Gerber)	1 jar (113g)	9g	Serving size = 4 oz or ½ cup
Vegetable turkey (Gerber)	1 jar (113g)	10g	Serving size = 4 oz or ½ cup
Vegetable chicken (Gerber)	1 jar (113g)	10g	Serving size = 4 oz or ½ cup
Macaroni and cheese (Gerber)	1 jar (113g)	10g	Serving size = 4 oz or ½ cup
Vegetable beef (Gerber)	1 jar (113g)	10g	Serving size = 4 oz or ½ cup
Hearty chicken and rice (Gerber)	1 jar (113g)	11g	Serving size = 4 oz or ½ cup
Juices			
Apple (Gerber)	126g	14g	Serving size = 4 oz or ½ cup
White grape (Gerber)	126g	10.5g	Serving size = 4 oz or ½ cup
Pear (Gerber)	126g	14g	Serving size = 4 oz or ½ cup
Orange (Gerber)	126g	13g	Serving size = 4 oz or ½ cup

BEVERAGES

Food Item	Quantity	Grams of Carbohydrate	Notes
Carnation Instant Breakfast	1 package	25–28g	
Chocolate milk	1 cup	25g	
Coffee/tea (plain)	---	0g	
Crystal Lite	½ cup	0g	
Gatorade	591 ml	40g	
Hot chocolate - lite	1 package	6–8g	Made with water
Hot chocolate - regular	3 tbsp	24g	Made with water
Iced Cappuccino with milk (Tim Hortons)	10 oz	32g	
Iced tea mixes	½ cup	12g	Made as per instructions
Kool-Aid Jammers 10 - sugar-free	1 package (200ml)	2g	Made with Splenda and Ace-K
Kool-Aid - regular	½ cup	12g	Made as per instructions
Kool-Aid - sugar free	---	0g	
Mineral water/sparkling water	---	0g	

BEVERAGES *continued*

Food Item	Quantity	Grams of Carbohydrate	Notes
Slurpee (7-11)	16 oz	50g	
Slurpee (7-11)	22 oz	69g	
Slurpee (7-11)	32 oz	100g	
Slurpee (7-11)	44 oz	138g	
Sugar-free Slurpee (7-11)	14 oz (small)	1g	Note a small sugar free Slurpee. Has 7 grams of so (* sugar alcohol)
<p>* Sugar alcohols are absorbed by the body and are broken down to glucose in the liver. The glucose from sugar alcohols does not generally enter the blood stream and if it does, this does not happen right away. It is for that reason that it is not recommended to match insulin to sugar alcohols. Consumption of sugar alcohols may result in the following side effects: abdominal cramping, gas and diarrhea. This has been noted for some people in the range of 10-20g. One more important thing to note is that this drink is not calorie free but lower in calories than the regular slurpee (70 calories/14 fl oz compared to 140 calories/14 fl oz). All foods are measured in calories. Eating too many calories will lead to weight gain. A common misconception is that lower calorie foods are good and therefore I can have more. If one were to drink 2 sugar free slurpees, they would end up consuming just as many calories as a regular slurpee.</p>			
Soft drink - diet/sugar-free	---	0g	
Soft drink - regular	½ cup	15g	355 ml can=35-45g carbs
Tang	½ cup	17g	
Tonic water	½ cup	15g	
Club soda/Soda water	---	0g	

FRUIT JUICES

Apple juice - unsweetened	½ cup	15g	
Clamato juice	½ cup	13g	
Five Alive	½ cup	15g	Frozen, prepared with 4 cans of water
Five Alive - lite	½ cup	9.3g	
Grapefruit juice - pink	½ cup	15g	Frozen, prepared with 4 cans of water
Lemonade - pink or regular	½ cup	15g	Frozen, prepared with 4 cans of water
Ocean Spray cranberry juice	½ cup	22g	
Ocean Spray cranberry juice - lite	1 cup	7.5g	
Ocean Spray Cranberry Cocktails	½ cup	22g	
Pineapple juice	½ cup	22g	
Tomato juice	1 cup	15g	
V8 Vegetable Cocktail	1 cup	15g	
V8 Splash Tropical Blend	½ cup	22g	
Grape juice (Welch's)	½ cup	15g	Frozen, prepared with 4 cans of water
Orange juice	½ cup	13g	
Prune juice	½ cup	22g	

BREAD & BAKED GOODS

Food Item	Quantity	Grams of Carbohydrate	Notes
Bagel	1 large	49g-75g	Check label
Bagel	1 small	30g	Check label
Bread - whole wheat, white, raisin	1 slice	15g	
Bread crumbs	¼ cup	15g	
Bread stick- hard (Grissols)	2	15g	
Croissant	1	15g	9g fat
Donut - yeast	1	30g	
Donut - cake, plain	1	30g	
Donut - cake, glazed	1	40g	
Apple fritter	1	50g	
Timbits - yeast	1	10g	
Timbits - cake	1	10g	
English muffin	1	30g	
Hamburger/hot-dog bun	1	30g	
Large bun	1	30g	
Melba toast - rectangular	4	16g	
Melba toast - round	7	15g	
Pita bread - mini 3 ½"	1	15g	
Pita bread - small 6"	1	30g	
Pop tart/Toaster pastry	1	30g	
Small bun	1 each	15g	
Stuffing (Uncle Ben's)	1/3 cup	15g	
Taco – hard shell	2	15g	
Tortillas – flour 6"	1	15g	
Tortillas – flour 8"	1	21.5g	1 soft taco shell
Tea biscuit - 2½" diameter	1	15g	
Texas toast	1 slice	30g	

PANCAKES & WAFFLES

Eggo waffle	1	15g	
Eggo minis	1 (set of 4)	12g	
Eggo french toast sticks	1 slice	18g	
Eggo pancakes	1 pancake	17g	
Eggo Toaster Swirlz – cinnamon roll minis	1 (set of 4)	21g	
Pancake - 6" diameter	¼ cup batter	15g	

CANDY

Food Item	Quantity	Grams of Carbohydrate	Notes
Candy cane - small 3 ½"	1 each	10g	<p>Candy Carbohydrate Rule: There is 1 gram of carbohydrate for every gram of hard candy. For example, if a sucker weighs 20g (the weight is usually listed on the front of the package) there are 20g of carbohydrate in the entire sucker.</p> <p>For a package of candy:</p> <ul style="list-style-type: none"> Find the weight of the entire package (remember the weight is also the grams of carbohydrate for candy, since candy is entirely carbohydrate. Divide the grams of carbohydrates by the number of candies in the package. <p>e.g. Package of lifesavers has about 11 pieces in a 25g package $\frac{25\text{g (grams of CHO)}}{11 \text{ pieces}} = 2\text{g / piece}$</p> <p>Note for soft candy like ju-jubes and gummy bears the amount of carbohydrates is about 80% of the weight. For example a bag of gummy bears that weighs 50 grams would have approximately 40 grams of carbohydrates ($50 \times .80 = 40$).</p>
Candy cane - regular	1 each	20g	
Caramels, plain or chocolate	1 each	6g	
Gummy Bears	10	15g	
Gummy Bears – sugar-free	---	0g	
Jelly beans	6 each	15g	
Jelly beans – sugar-free	---	0g	
Jolly Ranchers	1	5g	
Kerr's candy – sugar-free	---	0g	
Licorice	1 5" stick	10g	
Marshmallows - large	3 each	15g	
Marshmallows - mini	¼ cup	10g	
Sucker - small	1 each	5g	
Hard candy	2 each	10g	
Gum - sugar-free	---	0g	
Mints - sugar-free	---	0g	
Smarties	1 box (56g)	41g	
Sweet Tarts	9 each	15.5g	
Skittles (1 package – 61g)	¼ cup	55g	

* Check labels on sugar reduced products for sugar alcohols such as sorbitol, manitol, etc. In sufficient quantities, these products may have a laxative effect.

CEREAL- grams of fiber have been subtracted from total grams of carbohydrates

Food Item	Quantity	Grams of Carbohydrate	Notes
All Bran (Kellogg's)	½ cup	15g	
Alpha Bits (Post)	2/3 cup	16.6g	With or without marshmallows
Bran – 100% (Post)	½ cup	13g	
Bran Flakes (Post)	2/3 cup	16g	
Captain Crunch (Quaker)	½ cup	14g	
Cheerios - regular, multigrain	2/3 cup	15g	Flavours vary check label
Cheerios - apple-cinnamon, frosted, honey nut	½ cup	15g	Flavours vary check label
Corn Bran (Quaker)	2/3 cup	14g	
Corn Pops (Kellogg's)	2/3 cup	17g	
Corn Flakes (Kellogg's)	2/3 cup	16.6g	
Count Chocula (General Mills)	½ cup	13g	
Crispix (Kellogg's)	2/3 cup	16.6g	
Fiber One (General Mills)	2/3 cup	14.1g	
French Toast Crunch (General Mills)	2/3 cup	14g	
Fruit Loops (Kellogg's)	½ cup	12.5g	
Frosted Flakes (Kellogg's)	½ cup	18g	
Frosted Flakes (Safeway Select)	½ cup	18g	
Frosted Mini Wheats – regular and brown sugar (Kellogg's)	1/3 cup	13g	
Fruit & Fiber (Post)	½ cup	18g	Includes all flavours
Fruit & Frosted O's (Safeway Select)	½ cup	17.8g	
Golden Grahams (General Mills)	½ cup	16g	
Granola - all varieties (Quaker Harvest Crunch)	¼ cup	15g	Fat varies by flavour, check label
Granola (Safeway Select Enlighten)	¼ cup	16.5g	* high fat choice
Granola – raisin bran (Nature's Path)	½ cup	16.6g	
Grape Nuts (Kellogg's)	¼ cup	15.7g	
Honey Bunches of Oats (Post)	½ cup	15.2g	Includes all varieties
Honey Comb (Post)	2/3 cup	13g	
Instant Oatmeal - apple & cinnamon (Quaker)	1 package	23g	
Instant Oatmeal - blueberries & cream (Quaker)	1 package	25g	
Instant Oatmeal - maple & brown sugar (Quaker)	1 package	30g	
Instant Oatmeal - cinnamon graham cookie (Quaker)	1 package	27g	
Instant Oatmeal - cinnamon spice (Quaker)	1 package	33g	
Instant Oatmeal - cinnamon toast (Quaker)	1 package	25g	
Instant Oatmeal - peaches & cream (Quaker)	1 package	25g	
Instant Oatmeal - radical raspberry (Quaker)	1 package	26g	
Instant Oatmeal - raisin & spice (Quaker)	1 package	29g	
Just Right (Kellogg's)	1/3 cup	14.3g	
Life (Quaker)	2/3 cup	16g	
Lucky Charms (General Mills)	2/3 cup	15g	
Mueslix (Kellogg's)	1/3 cup	13.2g	
Nestle Quick Cereal (General Mills)	½ cup	15g	

CEREALS *continued*

Food Item	Quantity	Grams of Carbohydrate	Notes
Oat Squares (Quaker)	1/3 cup	13.2g	
Oatmeal Crisp (General Mills)	1/3 cup	18g	
Puffed Wheat (Quaker)	1 1/3 cup	18g	
Raisin Bran (Generic)	1/2 cup	18g	
Raisin Bran (Kellogg's)	1/2 cup	18g	
Rice Krispies (Kellogg's)	3/4 cup	15g	
Shredded Wheat & Bran (Nabisco)	1/2 cup	15.2g	
Shredded Wheat (Nabisco)			
- large biscuit	1 biscuit	14g	
- spoon size	1/2 cup	18g	
Shreddies (Post)	1/3 cup	18g	
Special K (Kellogg's)	3/4 cup	15g	
Team (Nabisco)	1/3 cup	13g	
Trix (General Mills)	1/2 cup	13g	
Weetabix	1 biscuit	11.3g	
Wheeties – Maple Frosted	1/3 cup	13.3g	

CEREAL BARS

Food Item	Quantity	Grams of Carbohydrate	Notes
Kellogg's Nutrigrain Bar – all flavours	1 bar	26.3g	
Sunrype Fruit Bars	1 bar	21.7g	
Safeway Select Cereal Bars	1 bar	26g	
Pop Tart/Toaster Pastry	1 each	30g	Check label
Kellogg's Rice Krispie Squares	1 each	18g	
Golden Graham Treats	1 each	17g	
Quaker Snack Bars - cinnamon raisin	1 each	35g	
Quaker Snack Bars – oats, nuts and honey	2 bars (30g)	22g	

CHOCOLATE

Food Item	Quantity	Grams of Carbohydrate	Notes
Advent Calendar	1 piece	2g	1 per day
Aero	1 bar	28g	CHOCOLATE CARBOHYDRATE RULE: There is about 1 gram of CHO for every 2 grams of chocolate (by weight). For example: If a chocolate bunny weighs 100g (this information is usually listed on the front of the package) there are about 50g of CHO. $\frac{\text{Weight of chocolate (100g)}}{2} = 50\text{g CHO}$ For a package of chocolate <ul style="list-style-type: none"> Figure out total grams of carbohydrate for the entire package Divide by the number of pieces - this will give you grams of carbohydrate per piece.
Astro	1 regular bar (45g)	30g	
Burnt Almond	1 regular bar (45g)	25.9g	
Butterfinger (Nestle)	1 bar	29g	
Caramilk	1 regular bar (54g)	32g	
Cerises	1 regular bar (45g)	34g	
Choclairs (Cadbury)	1 bar	22g	
Chocolate Bar - Halloween size	1 each	8-12g	
Chocolate foil balls or eggs	3-4	8-10g	
Coconut	1 regular bar (41g)	29g	
Coffee Crisp	1 bar	31g	
Cookies & Cream (Hershey)	1 bar	24g	

CHOCOLATE *continued*

Food Item	Quantity	Grams of Carbohydrate	Notes
Crème Egg	1 regular bar (39g)	27.6g	
Crispy Crunch	1 regular bar (48g)	30.7g	
Crunchie	1 regular bar (44g)	31g	
Dairy Milk	1 regular bar (48g)	28g	
Fruit and Nut	1 regular bar (48g)	28g	
Glosette Peanuts	1 box	22g	
Glosette Raisins	1 box	36g	
Gold Mine	1 regular bar (48g)	29.3g	
Hershey Kisses	4 each	11.5g	
Jersey Milk	1 regular bar (45g)	24g	
Kit Kat	1 bar	31g	
Kit Kat	1 section	7.8g	
M & M Mini Candies	20 each	10g	
Malted Milk	1 regular bar (48g)	35.6g	
Mini Eggs	1 regular bar (43g)	32.0g	
O Henry	1 bar	32g	
Pep	1 regular bar (48g)	43g	
Reese's Peanut Butter Cups	1 each	9g	
Skor	1 bar	23g	
Sweet Marie	1 regular bar (60g)	32.6g	
Turtles	1 turtle	10g	
Twix	1 cookie	18.5g	
Wunderbar	1 regular bar (48g)	30g	
MINI BARS			
Wunderbar	Mini (12g)	6.3g	
Caramilk	Mini (12g)	9.3g	
Caramilk	Mini (8g)	5g	
Crunchie	Mini (11g)	8g	
Crispy Crunch	Mini (14g)	9g	
Jersey Milk	Mini (14g)	7.5g	
Dairy Milk	Mini (12g)	7.1g	
Dairy Milk	Mini (7g)	4.1g	

COMBINATION FOOD

Food Item	Quantity	Grams of Carbohydrate	Notes
Cabbage Rolls - 4"x1" diameter	2-3	15g	Rice filled
Egg roll (Wong Wing Brand)	1 each	16.5g	
Pork and beans in tomato sauce	½ cup	21g	
Sushi rice cooked	1 tbsp 1 cup	5g 82g	
Fish wrapped sushi	1 roll	4g	
Seaweed wrapped sushi	1 roll	4g	
Average dipping sauce	2 tbsp	7g	
Ginger vinegar dressing	2 tbsp	5g	
Wasabi powder	1 tsp	1g	
Tempura shrimp	1 large	5g	
Chicken balls	1 ball	5g	

CONDIMENTS

Food Item	Quantity	Grams of Carbohydrate	Notes
BBQ sauce	2 tbsp	9-10g	
Bouillon/clear broth	---	0g	
Croutons (Brownberry Ovens)	2 tbsp	4g	Includes all varieties
Croutons (Grissol Three Bread)	2 tbsp	2.5g	Includes all varieties
Croutons (Safeway Select)	2 tbsp	1.3g	Includes all varieties
Flavourings & extracts	---	0g	
Garlic	---	0g	
Ginger	---	0g	
Gravy	1 tbsp	trace	5 grams of fat per tbsp
Honey	1 tbsp	15g	Do not give to infants under 12 months
Jam (Smuckers – reg)	1 tbsp	15g	
Jam (Smuckers – ultra light)	1 tbsp	5g	
Jam – no added sugar (ED Smith)	1 tbsp	1.8g	Note: Larger portions will increase CHO content
Ketchup	1 tbsp	5g	
Lemon/lime juice	---	0g	
Mayonnaise - regular	---	0g	A high fat choice
Mustard	---	0g	
Parsley	---	0g	
Peanut butter - light	1 tbsp	5g	"light" means light in fat
Peanut butter – no added sugar (Kraft)	1 tbsp	2.3g	Watch portion sizes
Syrup - pancake	1 tbsp	15g	Read label
Syrup - no added sugar (ED Smith)	1 tbsp	2.3g	
Kraft Dressing - three cheese	1 tbsp	1.1g	6g fat
Kraft Dressing - creamy caesar	1 tbsp	0.6g	6g fat
Kraft - creamy cucumber	1 tbsp	1.3g	6g fat
Kraft - Catalina	1 tbsp	3g	6g fat
Kraft - house Italian	1 tbsp	1.3g	6g fat
Kraft - ultra low fat ranch	1 tbsp	4.2g	
Kraft - ultra low fat creamy caesar	1 tbsp	4.5g	
Kraft - ultra low fat honey dijon	1 tbsp	4.3g	
Kraft - ultra low fat Catalina	1 tbsp	5.3g	
Kraft - ultra low fat Italian	1 tbsp	1.5g	

CONDIMENTS *continued*

Food Item	Quantity	Grams of Carbohydrate	Notes
Uncle Ben's - sweet & sour sauce (stir fry sauce with crunchy vegetables)	¼ cup	19g	
Uncle Ben's - three cheese marinara sauce	¼ cup	15g	
Uncle Ben's - cacciatore sauce	½ cup	13.5g	
Uncle Ben's Country Kitchen Sauce	½ cup	12g	
McDonalds - sweet & sour sauce	2 tbsp (32g)	12g	
Sauces - Please note that a general rule for sauces that are mostly sugar such as; honey, syrup, sweet and sour 1 tbsp is approximately 15g of carbohydrates			
Soya sauce	---	0g	
Spices	---	0g	
Vinegar	---	0g	
Worcestershire sauce	---	0g	

COOKIES

Food Item	Quantity	Grams of Carbohydrate	Notes
Animal Crackers	6 each	15.5g	
Arrowroot - oval shape (Christie)	3 each	16.2g	
Chips Ahoy chocolate chip (Christie)	1 each	9.7g	
Cinnamon Snaps (Dare)	3 each	16.5g	
Digestive Cookie – round shape (Peak Freans)	2 each	15.6g	
Dunkaroos	1 each	19g	
Fudgeo (Christie)	1 each	9g	
Graham wafers	3 each	14.4g	
McDonalds cookies - regular	1 box	49g	
Mini Chips Ahoy - rainbow chips	9 each	15.3g	
Mini Oreo	6 each	14.4g	
Newtons (Christie)	1 each	9.6g	Includes all varieties
Oreo	2 each	15.3g	9.8g each
Subway	1 each	30g	
Social tea biscuit	3 each	16.2g	
Teddy Grahams	16 each	15.4g	Includes all varieties
Tim Horton's	1 cookie	18-25g	
Viva Puff (McCormick's)	1 cookie	14g	
Wagon Wheels (McCormick's)	1 each	24g	

CRACKERS

Food Item	Quantity	Grams of Carbohydrate	Notes
Breton - regular (Dare)	6 each	15.6g	
Breton - light (Dare)	5 each	15.5g	
Cabaret (Dare)	5 each	15.0g	
Cheese Nips (Christie)	25 each	15g	
Goldfish Crackers (Pepperidge Farm)	40 each	14.8g	
Kraft Handi Snacks – apple dippers	1 package	13.2g	
Kraft Handi Snacks – cheese & crackers	1 package	10.9g	

CRACKERS *continued*

Food Item	Quantity	Grams of Carbohydrate	Notes
Kraft Handi Snacks - cheese & bread sticks	1 package	11.7g	
Kraft Handi Snacks - peanut butter & crackers	1 package	12.7g	
Kraft Handi Snacks - peanut butter & graham sticks	1 package	13.4g	
Kraft Handi Snacks - pizza cheese & crackers	1 package	10.3g	
Kraft Handi Snacks - strawberry & oatmeal sticks	1 package	18g	
Kraft Handi-Snacks - waffle cookies & cherry dip	1 package	22.3g	
Melba toast - plain	4 toasts	16g	
Ritz Bits - cheddar flavour	35 each	14.7g	
Ritz Bits - sandwiches with cheese	12 each	15.6g	
Sociables (Christie)	10 each	15g	
Soda crackers (Christie)	7 each	15.4g	
Sour Cream & Chives (Christie)	11 each	15.4g	
Stoned Wheat Thins - low in fat (Red Oval Farms)	3 each	15.3g	
Triscuits (Christie)	5 each	16g	
Vegetable Thins (Christie)	15 each	15g	
Wheat Thins (Christie)	13 each	15.6g	

DESSERTS

Food Item	Quantity	Grams of Carbohydrate	Notes
Cake - angel food cake	1/12 cake commercial or mix	31g	Betty Crocker
Cake - double layer cake made from mix (no icing)	1/12 cake	35g	Duncan Hines
Icing	1 tbsp	12g	
Cupcake - plain	1 each	15g	* Made from cake mix that yields 24 cupcakes.
Doughnut - cake	1 each	25g	
Doughnut - cake glazed	1 each	35g	
Doughnut - yeast (bought)	1 each	30g	
Doughnut - hole	1 each	5g	
Éclair - chocolate covered with custard (bought)	1 each	30g	25g fat
Jell-O - light	---	0g	
Jell-O - regular	¼ cup	10g	Prepared pre package
Pie - pumpkin (bought)	1/12 slice	14.5g	
Pie - 2 crust fruit pie (bought)	1/8 slice	35-40g	
Strawberry shortcake cup - 3" (bought) small	1 each	15g	Sold in packs of six

FAST FOOD - most fast food restaurants will have nutritional information available UPON REQUEST

Food Item	Quantity	Grams of Carbohydrate	Notes
Burger King - cheeseburger	1 each	27g	19g fat
Burger King - chicken sandwich	1 each	54g	43g fat
Burger King - double Whopper	1 each	46g	59g fat
Burger King - Whopper	1 each	47g	40g fat
Burger King - Whopper junior	1 each	28g	24g fat
Kentucky Fried Chicken - breast	1 each	17g	24g fat
Kentucky Fried Chicken - drumstick	1 each	4g	9g fat
Kentucky Fried Chicken - thigh	1 each	6g	18g fat
Kentucky Fried Chicken - wing	1 each	5g	10g fat
McDonald's - Big Extra	1 each	52g	46g fat
McDonald's - cheeseburger	1 each	35g	13g fat
McDonald's - chicken McGrill	1 each	34g	13g fat
McDonald's - chicken McNuggets	4 each	13g	11g fat
McDonald's - chicken McNuggets	6 each	20g	17g fat
McDonald's - chicken selects	3 piece	28g	20g fat
McDonald's french fries - large	1 each	68g	26g fat
McDonald's french fries - regular	1 each	57g	22g fat
McDonald's french fries - small	1 each	26g	10g fat
McDonald's french fries - super size	1 each	77g	29g fat
McDonald's grilled cheese sandwich	1 each	30g	10g fat
McDonald's hamburger	1 each	35g	9g fat
McDonald's hashbrowns	1 each	15g	9g fat
McDonald's - Quarter Pounder	1 each	37g	21g fat
McDonald's - Big Mac	1 each	45g	32g fat
McDonald's sauces - BBQ	1 pkg	11g	
McDonald's sauces - honey	1 pkg	12g	
McDonald's sauces - hot mustard	1 pkg	9g	
McDonald's sauces - sweet n' sour	1 pkg	11g	
Subway - 6" sub	1 each	approx 40g	Check in-store labels
Subway - deli sandwich	1 each	30g	

FROZEN DESSERTS

Food Item	Quantity	Grams of Carbohydrate	Notes
Chocolate sundae (Dairy Queen)	1 small	51g	
Blizzard - chocolate chip cookie dough	small	99g	
Banana split (Dairy Queen)	1 each	96g	
Buster Bar (Dairy Queen)	1 each	41g	
Dilly Bar (Dairy Queen)	1 small	20g	
Dippin' Dots - regular flavors	½ cup	22g	
Dippin' Dots - no sugar added	½ cup	14-17g	
Frozen yogurt (Lucerne)	½ cup	21g	Includes all flavours *has less fat than regular ice cream
Fudgsicle Brand - 1% light revello	1 each	13g	
Fudgsicle Brand- 1% light fudgsicle	1 each	7g	
Peanut Buster Parfait (Dairy Queen)	1 each	96g	
Ice cream	½ cup	15-20g	Check label
McFlurry	12 oz	88-96g	16-20 grams of fat
Wafer cone	1 each	20g	
Sugar cone	1 each	40g	
Regular cone	1 each	15g	
Waffle cone - small	1 each	60g	
Waffle cone - large	1 each	100g	
Mr. Freezie - 150 ml	1 large	22.5g	
Mr. Freezie - 20 ml	1 small	3g	
No sugar added ice cream (Lucerne)	½ cup	8.6g	
Popsicle - diet	---	0g	
Popsicle - homemade	---	0g	Use sugar-free drink
Popsicle - regular	½	10g	
Shake - regular (McDonalds)	1 each	60g	
Triple thick milkshake (McDonalds)	1 regular	105g	
Sherbet	½ cup	31g	
Soy frozen dessert (Lucerne)	½ cup	27g	

FROZEN ENTREES

Food Item	Quantity	Grams of Carbohydrate	Notes
Stuffed potato frozen (Safeway Select)	1 potato	35g	
Veal cannelloni (Safeway Select)	1 each	29g	
Cheese cannelloni (Safeway Select) (907g size)	1 each	38g	
Chicken pot pie (Safeway Select) (907g size)	¼ of pie	33g	
Beef shepard's pie (Safeway Select) (907g size)	¼ of pie	11g	
Meat lasagna (Safeway Select) (907g size)	¼ of lasagna	29g	
Vegetable lasagna (Safeway Select) (907g size)	¼ of lasagna	27g	
Perogies - all varieties (Cheemo)	1 each	10g	
Individual frozen pies - chicken (Safeway Select)	1 pie	50g	

FROZEN ENTREES *continued*

Food Item	Quantity	Grams of Carbohydrate	Notes
Individual frozen pies - turkey (Safeway Select)	1 pie	44g	
Individual frozen pies - beef (Safeway Select)	1 pie	43g	
Individual frozen pies - chicken (Swanson)	1 pie	42g	
Individual frozen pies - beef (Swanson)	1 pie	45g	
Individual frozen pies - turkey (Swanson)	1 pie	42g	

FRUIT

The amount of naturally occurring sugar in fruit will depend on the size of the fruit, variety (Delicious vs. McIntosh) and ripeness.

- Be consistent in portion size.
- Choose whole fresh fruit and eat the skin.
- Choose canned "unsweetened" fruit.

Food Item	Quantity	Grams of Carbohydrate	Notes
Apple	1 small	15g	
Apple sauce - unsweetened	½ cup	15g	
Apricot	3 each	15g	
Avocado	½ cup	14g	
Banana	½ 6" piece	15g	
Berries - blueberries	¾ cup	15g	
Cantaloupe	1 cup cubed	15g	
Cherries	15 each	15g	
Cranberries - raw	½ cup	15g	
Dates	2 small	15g	
Fruit Cocktail - canned in natural juice	½ cup	15g	Includes 2 tbsp liquid
Grapes	15	15g	
Honeydew melon	1 cup cubed	15g	
Kiwi	2 small	15g	
Lemon	---	0g	
Lime	---	0g	
Mandarin orange	2 small	15g	
Mandarin oranges - in light syrup	½ cup	15g	Includes 2 tbsp liquid
Mango - sliced	½ fruit	15g	
Nectarine	1 medium	15g	
Orange	1 medium	15g	
Peach	1 medium OR ½ cup sliced	15g	
Peaches - canned in natural juice	½ cup	15g	Includes 1 tbsp liquid

FRUIT *continued*

Food Item	Quantity	Grams of Carbohydrate	Notes
Pear	1 medium	15g	
Pear - canned in natural juice	½ cup	15g	
Pineapple – canned in natural juice	4 slices OR ½ cup diced or crushed	15g	Includes 1 tbsp liquid
Pomegranate	½	15g	
Plums	2 small	15g	
Raisins	3 tbsp	15g	
Strawberries/raspberries	1 cup	15g	Fresh or frozen
Watermelon	1 cup OR 1 wedge (310g weight)	15g	

FRUIT SNACKS

Food Item	Quantity	Grams of Carbohydrate	Notes
Fruit by the Foot (Betty Crocker)	1 package	17g	
Fruit Cup - apple & cinnamon (Motts)	1 package	23g	
Fruit Cup - original apple (Motts)	1 package	21g	
Fruit Cup – raspberry (Motts)	1 package	22g	
Fruit Cup - strawberry apple (Motts)	1 package	21g	
Fruit Cup - unsweetened apple	1 package	10g	
Fruit Gels (Del Monte)	1 package	24g	
Fruit Gushers (Betty Crocker)	1 package	20g	
Fruit Leather (Sunrype)	1 package	15g	
Fruit Pouches (Safeway Select)	1 pouch	21g	
Fruit Rollups (Betty Crocker)	1 package	12g	
Fruit To Go	1 package	12g	

GRAINS, BARLEY, RICE & CORN PRODUCTS

Food Item	Quantity	Grams of Carbohydrate	Notes
Barley - cooked	½ cup	19g	
Barley - dry	2 tbsp	7g	
Cornmeal	½ cup	53g	
Couscous	½ cup	15g	Cooked
Rice - white or brown (cooked)	1/3 cup	15g	1 cup uncooked converted rice = 3 cups cooked (135g CHO)
Rice-a-Roni	1/3 cup	40g	
Taco - hard shell	2	15g	
Tortillas - flour 8"	1	21.5g	
Tortillas - flour 6"	1	15g	
Instant cup of rice - chicken veg. rice prepared (Knorr)	1 package	58g	
Instant cup of rice - Mexican rice prepared (Knorr)	1 package	42g	

GRANOLA BARS - Depending on the brand, can be high in added sugar and fat.

Food Item	Quantity	Grams of Carbohydrate	Notes
Sun-Rype - French vanilla coffee bar	1 bar	15g	
Sun-Rype - cappuccino coffee bar	1 bar	15g	
Sun-Rype - yogurt dipped mixed fruit bar	1 bar	20g	
Sun-Rype - yogurt dipped apple cinnamon bar	1 bar	20g	
Sun-Rype - chocolaty dipped chocolate chip Bar	1 bar	20g	
Quaker - chocolate chip dipp	1 bar	13.2g	
Quaker - chocolate fudge dipp	1 bar	14g	
Quaker - caramel nut dipp	1 bar	22g	
Quaker - chewy s'mores	1 bar	19.2g	
Quaker - chewy apple berry	1 bar	20g	
Quaker - chewy oatmeal raisin cookie	1 bar	20g	
Quaker - low fat apple & cinnamon	1 bar	20g	
Quaker - low fat banana nut	1 bar	19g	
Quaker - low fat chocolate chunk	1 bar	20g	
Stone Hedge - chocolate fudge chocolate chip	1 bar	20.8g	
Stone Hedge - peanut butter & chocolate chip	1 bar	18.8g	
Stone Hedge - raisin & almond	1 bar	19.8g	
Stone Hedge - chocolate chip	1 bar	19.8g	
Stone Hedge - graham marshmallow & chocolate chip	1 bar	19.8g	
Nature Valley - peanut butter	1 bar	13.2g	The quantity for all flavours is one bar- ½ of package.
Nature Valley - roasted almond	1 bar	14.3g	
Nature Valley - oats'n honey	1 bar	14.7g	

MEAT / EGGS

Some of the food items in this section will not dump sugar into the blood, however they contain high amounts of fat and can lead to weight gain.

- Choose leaner cuts of meat.
- Trim off any visible fat.
- Avoid frying foods, try baking, broiling and barbecuing more often.

Food Item	Quantity	Grams of Carbohydrate	Notes
Bacon	1 strip	0g	5g fat
Chicken fingers (M & M)	2 each	17g	
Chicken nuggets (Lucerne)	4 pieces	15g	
Chicken strips (Lucerne)	3-4 strips	13-18g	
Eggs	1	0g	5g fat
Deli meats	1 slice	0g	3-8g fat per slice
Beef, pork, poultry, fish	---	0g	
Meatloaf	---	0g	
Battered fish - Tempura	2 each	16g	
Fish cakes (Lucerne)	2 each	20g	
Fish fries (Lucerne)	3-4 each	13.5g	
Fish sticks (Lucerne)	4 each	15g	

MILK & MILK PRODUCTS

Food Items	Quantity	Grams of Carbohydrate	Notes
Cheese - any kind	---	0g	
Cottage cheese	---	0g	
Cream - Cool Whip	2 tbsp	<3g	
Cream - Cool Whip Lite	2-3 tbsp	5g	
Cream - sour cream	2-3 tbsp	0g	5g fat
Eggnog - commercial	½ cup	15.5g	
Hot chocolate – Lite	4 heaping tsp	6.8g	made with water
Milk - white - skim, 1%, 2%, homo	1 cup	13g	
Milk - chocolate	1 cup	25g	
Brown Cow chocolate syrup	1 tbsp	15g	
Milk - evaporated canned	4 tbsp (60ml)	6g	
McDonald's - vanilla triple milkshake	12 oz	72g	10g fat
McDonald's - vanilla triple milkshake	16 oz	96g	13g fat
McDonald's - vanilla triple milkshake	21 oz	128g	18g fat
McDonald's - vanilla triple milkshake	32 oz	193g	26g fat
Milk - powdered regular	2 tbsp	6g	Mixed with ½ cup water
Yogurt (Lucerne Diet)	175g container	12g	Check label
Yogurt tube	1 tube	12g	
Danimals Dunkables	3.1 fl oz	16g	
Danimals yogurt	113g containers	19g	
Danimals XL	5.75 oz	29g	
Dannon fruit bottom	6 oz	26g	
Yoplait original	6 oz	33g	
Yoplait light	6 oz	19g	
Danone Silhouette	113g	10g	Made with aspartame

NUTS & SEEDS - All values have the grams of fiber subtracted from the grams of CHO.

Food Item	Quantity	Grams of Carbohydrate	Grams of Fat
Almonds	¼ cup	3g	20g fat
Cashews	¼ cup	4g	17g fat
Peanuts - shelled, all types	¼ cup	5g	19g fat
Pecans	¼ cup	3g	19g fat
Pistachios - shelled	¼ cup	7g	18g fat
Pumpkin seeds	¼ cup	0.5g	26g fat
Sesame seeds	¼ cup	5g	19g fat
Sunflower seeds - shelled	¼ cup	2.1g	20g fat
Sunflower seeds - in shell	¼ cup	1.2g	11.2g fat
Walnuts - chopped	¼ cup	4.5g	20g fat

PASTA

Food Item	Quantity	Grams of Carbohydrate	Notes
Alphagetti (Libby's)	½ cup	16g	This can be applied to any canned pasta
Chow mein noodles - dry	½ cup	15g	
Cooked plain pasta	½ cup	15g	
Hamburger Helper (Betty Crocker)	¼ cup	14-17g	Prepared as per instructions
Knorr Instant Cup of Pasta	1 package	37-41g	Check label
Kraft Dinner - white cheddar	¼ cup	15g	Prepared as per instructions with milk
Lasagna noodle	1 noodle	13-16g	Check label
Lipton Noodles & Sauce	¼ cup	13g	Prepared as per instructions
Noodles/macaroni/spaghetti (cooked)	½ cup	15g	
Mr. Noodles	1 package 1 bowl (100g) 1 cup	48g 62g 30g	
Spaghetti sauce	¾ cup	15g	

PIZZA

Food Item	Quantity	Grams of Carbohydrate	Notes
Frozen Deep 'n Delicious pizza (McCain)	1 mini pizza	25g	
Frozen mini pizza (Pillsbury)	1 mini pizza	27g	
Pizza Hut pizza - stuffed crust, hand tossed or pan	1 piece (1/8 of a 12")	45g	
Pizza Hut pizza - thin crust	1 piece (1/8 of a 12")	30g	
Pizza Hut - personal pan pizza	1	110g	27g fat
Pizza pocket (McCain)	1	28g	12g fat
Pizza pop (Pillsbury)	1	28g	12g fat

POTATOES

Food Item	Quantity	Grams of Carbohydrate	Notes
Idahoan potatoes – au gratin (prepared as per instructions)	½ cup	22g	As per directions
Idahoan potatoes - scalloped (prepared as per instructions)	¼ cup	15.5g	As per directions
Lipton potatoes - scalloped (prepared as per instructions)	½ cup	23g	As per directions
Lipton potatoes – roasted garlic & chives (prepared as per instructions)	1/3 cup	16g	As per directions
Lipton potatoes – cheddar bacon (prepared as per instructions)	1/3 cup	17g	As per directions
Potato - french fries, large frozen	10 each	15g	
McDonald's french fries - small	1 small	26g	10g fat
McDonald's french fries - regular	1 regular	57g	22g fat
McDonald's french fries - large	1 large	68g	26g fat
McDonald's french fries - super size	1 super size	77g	29g fat
Potato - mashed	½ cup	15g	
Potato - salad	½ cup	15g	
Potato - Tater Gems (Carnation)	5 each	15g	
Potato - baked or boiled	½ medium	15g	
Potato - hashbrowns	½ cup	15g	

PUDDING

Food Item	Quantity	Grams of Carbohydrate	Notes
Pudding - instant, regular	¼ cup	15g	Made with milk
Pudding - low calorie pudding mix made with milk	¼ cup	12g	
Pudding - classic butterscotch (Magic Moments)	1 pkg (142g)	31g	For each flavour, the serving size is one package. However, the weight of each package may vary from flavour to flavour. Please read the label carefully!!
Pudding - banana cream (Magic Moments)	1 pkg (142g)	30g	
Pudding- Belgian chocolate (Magic Moments)	1 pkg (142g)	33g	
Pudding - creamy tapioca (Magic Moments)	1 pkg (142g)	28g	
Pudding - French vanilla (Magic Moments)	1 pkg (142g)	31g	
Pudding - old fashioned rice (Magic Moments)	1 pkg (142g)	25g	
Pudding - Swiss milk chocolate (Magic Moments)	1 pkg (99g)	23g	
Pudding - ultra low fat classic butterscotch (Magic Moments)	1 pkg (99g)	21g	
Pudding - ultra low fat French vanilla (Magic Moments)	1 pkg (99g)	23g	
Pudding - ultra low fat Swiss milk chocolate (Magic Moments)	1 pkg (99g)	24g	
Pudding - butterscotch (Safeway Select)	1 individual serving	22g	
Pudding - chocolate (Safeway Select)	1 individual serving	29g	

PUDDING *continued*

Food Item	Quantity	Grams of Carbohydrate	Notes
Pudding - lite chocolate (Safeway Select)	1 individual serving	23g	
Pudding - lite vanilla (Safeway Select)	1 individual serving	23g	
Pudding - rice (Safeway Select)	1 individual serving	28g	
Pudding - tapioca (Safeway Select)	1 individual serving	25g	
Pudding - vanilla (Safeway Select)	1 individual serving	31g	

SNACK FOODS

Food Item	Quantity	Grams of Carbohydrate	Notes
Cheese Puffs - soft (Cheezies)	30 each	15g	Check the label. Most snack foods are a high fat choice.
Cheese Twists - hard/crunchy	30 each	15g	
La Cocina tortilla chips	16 chips	14.7g	
Lay's baked potato chips - all varieties	8 chips	14g	
Lay's potato chips - all varieties	15 chips	15g	
Mexicasa tortilla chips	12 chips	15.2g	
Old Dutch Arribba tortilla chips – all flavours	14 chips	15.2g	
Popcorn - microwave or hot air	3 cups	15g	
Popcorn - movie theatre – small	~7 cups	30g	Plain = 27g fat With butter = 47g fat
Popcorn - movie theatre - medium	~16 cups	70g	Plain = 60g fat With butter = 90g fat
Popcorn - movie theatre - large	~20 cups	90g	Plain = 76g fat With butter = 116g fat
Popcorn twists	1 cup	15g	
Popcorn cakes/rice cakes - large	1 each	8–10g	Check label
Pretzels - large twists	4 each	15g	
Pretzels - small twists	13 each	15g	
Pretzel sticks - generic	30 each	15.6g	
Pretzel sticks (Old Dutch)	20 each	14.7g	
Safeway Select tortilla chips - white & yellow corn	8 chips	16g	
Tostitos baked tortilla chips	6 chips	19g	
Tostitos bite-size tortilla chips	13 chips	15.6g	
Tostitos tortilla chips	6 chips	16g	

SOUP

Food Item	Quantity	Grams of Carbohydrate	Notes
Beef vegetable (Campbell's) (prepared as per instructions)	1 cup	11g	
Broccoli & cheese (Campbell's) (prepared as per instructions)	1 cup	10g	
Chicken noodle (Campbell's) (prepared as per instructions)	1 cup	8g	Divide the portions equally
Chicken noodle (Lipton) (prepared as per instructions)	1 cup	14g	Make sure that there are ~ ½ cup of noodles
Chicken rice (Campbell's) (prepared as per instructions)	1 cup	9g	
Chunky chicken noodle (Campbell's) (prepared as per instructions)	1 cup	15g	Make sure that each bowl has at least ½ cup of solid food
Chunky chicken vegetable (Campbell's) (prepared as per instructions)	1 cup	14g	Make sure that each bowl has at least ½ cup of solid food
Consume	---	0g	
Country bean - cup of soup (Knorr)	1 pkg	27g	
Country chicken (Lipton Soup Works) (prepared as per instructions)	1 cup	16g	
Cream of chicken (Lipton Soup Works) (prepared as per instructions)	1 cup	18.5g	
Cream of mushroom (Lipton Soup Works) (prepared as per instructions)	1 cup	19.5	
Cream of mushroom - canned made with milk	1 cup	19g	
Cream of mushroom - canned made with water	1 cup	13g	
Cream of potato (Campbell's)	1 cup	16g	
Garden vegetable (Lipton Soup Works) (prepared as per instructions)	1 cup	19g	
Hearty vegetable chicken - cup of soup (Knorr)	1 pkg	21g	
Hearty vegetable (Lipton Soup Works) (prepared as per instructions)	1 cup	19g	
Minestrone (Lipton Soup Works) (prepared as per instructions)	1 cup	27g	
Onion - dry mix (Lipton)	---	0g	
Potato & leek – instant cup of soup homestyle (Knorr)	1 pkg	25g	
Tomato - Italian (Campbell's)	1 cup	23g	
Tomato - fiesta (Campbell's)	1 cup	13g	
Tomato - canned made with milk	1 cup	24g	
Tomato - canned made with water	1 cup	18g	
Vegetable (Campbell's)	1 cup	10g	

SOUP *continued*

Food Item	Quantity	Grams of Carbohydrate	Notes
Vegetable beef broth - instant cup of soup (Knorr)	1 pkg	25g	
Vegetable - California style (Campbell's Healthy Request)	1 cup	10g	
Vegetable - hearty with pasta (Campbell's)	1 cup	18g	
Vegetable - vegetarian (Campbell's)	1 cup	14g	

VEGETABLES

Food Item	Quantity	Grams of Carbohydrate	Notes
Asparagus	1 cup	0g	Very large portions of "free foods" or in combination of many "free foods" will increase the carbohydrate intake.
Bamboo shoots	1 cup	0g	
Beans - green, yellow, wax	1 cup	0g	
Bean sprouts	1 cup	0g	
Bok choy	1 cup	0g	
Broccoli	1 cup	0g	
Brussel sprouts	1 cup	0g	
Cabbage	1 cup	0g	
Cauliflower	1 cup	0g	
Caesar salad with dressing	1 cup	0g	
Celery	1 cup	0g	
Cucumber	1 cup	0g	
Lettuce	1 cup	0g	
Mushrooms	1 cup	0g	
Onions	1 cup	0g	
Pea pods	1 cup	trace	
Peppers - green, red, yellow	1 cup	0g	
Pickles - dill	---	0g	
Radish	1 cup	0g	
Salad with dressing	1 cup	0g	
Tomato - fresh, raw	1 cup	trace	
Vegetable dip	2 tbsp	trace	5g fat
Zucchini	1 cup	0g	
Carrots	½ cup	5g	
Corn	½ cup	15g	
Corn on the cob	1 each	15g	Small 6" (or ½ medium cob.)
Cream corn	½ cup	15g	
Mixed vegetables	½ cup	15g	
Peas	1 cup	15g	
Pickles - gherkin	2 small	10g	
Pickles - sweet mix	3 approx	10g	
Tomatoes - canned	1½ cup	15g	
Tomato paste	6 tbsp	15g	
Tomato sauce	¼ cup	15g	
Turnip	1 cup	15g	
Water chestnuts	6 each	15g	

CARBOHYDRATE AND FAT CONTENT OF COMMON BAKING INGREDIENTS

Ingredient	Serving Size	Grams of Carbohydrate	Grams of Fat
Butter/margarine/shortening/lard/Oil	125ml (½ cup)	0g	100g
Bran - natural raw	125ml (½ cup)	17.5g	.5g
Bran - oat	125ml (½ cup)	24g	4.5g
Bisquick mix	250ml (1 cup)	76g	36g
Chocolate - bitter	1 square (30g)	8g	15g
Chocolate - semi-sweet	1 square (30g)	16g	10g
Chocolate chips - semi-sweet	250ml (1 cup)	104g	48g
Chocolate wafer	5	21g	4g
Cocoa powder	2 tbsp	5.5g	---
Coconut - shredded, unsweetened, dry	1/3 cup	7g	8g
Corn starch	15ml (1 tbsp)	7.2g	---
Corn syrup	15ml (1 tbsp)	15g	---
Cream cheese - light	250g (8 oz) pkg	14g	38g
Cream cheese - regular	250g (8 oz) pkg	6g	76g
Flour - all purpose	250ml (1 cup)	85-99g	Check label-varies from brand to brand
Flour - whole wheat	250ml (1 cup)	87-98g	.5g
Graham wafer crumbs	125ml (½ cup)	80g	4g
Honey	15ml (1 tbsp)	15g	---
Marshmallows - large	1	4.8g	---
Marshmallows - mini	1 cup packed	37g	---
Milk - homogenized, 2%, 1%, skim	125ml (½ cup)	6g	varies
Milk - evaporated	125ml (½ cup)	12g	varies
Milk - sweetened condensed	250ml (1 cup)	176g	28g
Molasses	125ml (½ cup)	96g	---
Oats - rolled, dry	250ml (1 cup)	44g	6g
Skim milk powder	125ml (½ cup)	18g	---
Sour cream - no fat	125ml (½ cup)	12g	---
Sour cream - regular	125ml (½ cup)	6g	22g
Sugar - brown, not packed	250ml (1 cup)	139g	---
Sugar - brown, packed	250ml (1 cup)	224g	---
Sugar - icing	125ml (½ cup)	110g	---
Sugar - white	250ml (1 cup)	200g	---
Whipping cream	125ml (½ cup)	4g	44g
Yogurt - plain	125ml (½ cup)	6g	varies

HOW TO CALCULATE THE AMOUNT OF CARBOHYDRATE IN A RECIPE

Steps:

1. Add up the total amount of carbohydrate in grams in the entire recipe.
2. Divide the total number of carbohydrates by the number of servings.

Dad's Oatmeal Cookies

Ingredients	Grams of Carbohydrate
1 cup packed brown sugar	224g
1 cup white sugar	200g
1 tsp vanilla	---
2 cups flour	168g
2 eggs	---
1 cup margarine	---
½ tsp baking soda	---
½ tsp salt	---
2 cups oats	104g
1 cup coconut	45g
TOTAL	741 grams

*** Remember to divide the total number of carbohydrates for the entire recipe by the number of cookies.

eg. 741 grams / 6 dozen cookies (72) = 10g of CHO per cookie

Helpful Tips:

1. To help keep all the cookies the same size (therefore having the same amount of carbohydrates), use a scoop to measure out cookies.
2. Don't forget to count all of the cookies before they disappear!

LABEL READING IS WHERE IT'S AT!

For carbohydrate counting purposes, the **servicing size** and **total carbohydrate** are all you need to know!

Nutrition Facts		
Per 125 mL (87g)		
AMOUNT		% Daily Value
Calories	80	1%
Fat	0.5g	
Saturated Fat	0g	
+Trans	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	6%
Carbohydrate	18g	8%
Fiber	5.6g	
Sugars	2g	
Protein	3g	
Vitamin A		2%
Vitamin C		10%
Calcium		0%
Iron		2%

SERVING SIZE

All of the information on the label is based on this serving size.

TOTAL CARBOHYDRATE

This shows the total grams of carbohydrate in one serving. The carbohydrate from dietary fiber, sugar and starch is included.

DO YOU KNOW THE FIBER RULE?

Some of the fiber we eat does not affect the blood sugar.

RULE: If there are more than 5 grams of fiber, subtract the amount of fiber from the total amount of carbohydrates.

EXAMPLE: The food label above contains 18 grams of carbohydrate per serving and 5.6 g of fiber. Using the fiber rule $18 - 5.6 = 12.4$ g carbohydrate/serving. You would count 12 g of carbohydrate for this cereal.

SUGAR SUBSTITUTES

If sugar alcohols, **mannitol**, **sorbitol**, **xylitol** or **polydextrose** are listed on the label, subtract their amount from the total carbohydrates.

EXAMPLE: 1 serving of Sweet 'n Low candies contain 33g carbohydrate and 33g sugar alcohols. Because $33 - 33 = 0$, you would count 0 carbohydrates for the candy.

METRIC CONVERSIONS

- 1 cup = 250 ml or 8 ounces
- $\frac{1}{2}$ cup = 125 ml or 4 ounces
- $\frac{1}{4}$ cup = 63 ml or 2 ounces
- $\frac{1}{3}$ cup = 83 ml or $2\frac{1}{2}$ ounces
- 1 teaspoon (tsp) = 5 ml
- 1 Tablespoon (tbsp) = 15 ml
- 1 litre = 1000 ml
- 1 pint = 2 cups or 500 ml or 16 ounces
- 1 ounce = 30 ml or 2 tablespoons

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