

Carbohydrate Counting

The process of carbohydrate counting is the centerpiece for your healthy diet, and is especially important for diabetics. It can be done simply by referring to the diabetic exchange list (found at the website below), and using the exchange table therein to see how many grams of carbohydrate are in 1 serving of a given food. A good rule of thumb is to aim for 45-60 grams of carbohydrate per meal.

You can also look at the amount of carbohydrate listed on a product's "Nutrition Facts" label. Simply subtract the amount of fiber (listed as 'Dietary Fiber') from the total carbohydrate (listed as 'Total Carb.'). This will leave you with the actual amount of carbohydrate in the product. Remember, the amounts given on the label are for 1 serving, so be sure to pay attention to the serving size and take that into account.

To access the diabetic exchanges, please copy and paste the following link into your browser:

<http://www.glycemic.com/diabeticexchange/the%20diabetic%20exchange%20list.pdf>

Source:

<http://www.diabetes.org/food-and-fitness/food/planning-meals/carb-counting>

Exchanges for Shelley Foodbank Items

Below is a list of the carbohydrate content in common items you will receive from the Foodbank:

ITEM	SERVING SIZE	CARBOHYDRATES
Baked Beans	1/4 cup	15 g
Beans (Cooked)	1/2 cup	5 g
Beans (Raw)	1 cup	5 g
Cake	2" square	15 g
Canned Milk	1/2 cup	12 g
Cereal	1/2 cup	15 g
Chili	1/2 cup	15 g
Fruit (Fresh or Juice)	1/2 cup	15 g
Fruit (Dried)	1/4 cup	15 g
Hamburger Helper	1 cup	23 g
Jell-O	1/2 cup	15 g
Lentils	1/3 cup	15 g
Lima Beans	1/2 cup	15 g
Mac & Cheese	1 cup	30 g
Other Meat	1 oz.	0 g
Pie Filling	1/3 cup	26 g

Pork	1 oz.	0 g
Potato (Baked or Steamed)	1 small (3 oz.)	15 g
Potato (Mashed)	1/2 cup	15 g
Ramen Noodles	1/2 cup	15 g
Refried Beans	1/2 cup	15 g
Rice	1/3 cup	15 g
Soup	1 cup	15 g
Spaghetti/Pasta	1/2 cup	15 g
Tomato Sauce	1/2 cup	5 g
Tomatoes (Cooked)	1/2 cup	5 g
Tomatoes (Raw)	1 cup	5 g
Tuna Fish	1/4 cup	0 g