Carbohydrate Counting

Carb counting is a new method that is being used by diabetics to manage food intake and insulin needs. The emphasis is more on the amount of carbohydrates in foods than calories. A ratio of insulin to grams of carbohydrate is developed by the physician. The client/care giver determines the carbs consumed and calculates the amount of insulin needed.

Example:

- 3 oz Baked Chicken   Meat Ex

- 1/3 cup Rice   Starch Ex -   15 gm CHO

- ½ cup Lima Beans   Starch Ex –   15 gm CHO

- 1 sliced Tomato   Vegetable Ex – 5 gm CHO

- 1 Dinner Roll   Starch Ex –   15 gm CHO

- ¾ c Plain Low Fat Yogurt   Milk Ex –   12 gm CHO

- ½ cup sliced strawberries   Fruit Ex -   15 gm CHO

- 1 tsp Butter/Margarine   <u>Fat Ex</u>

                                                      77 gm CHO

If the ratio is 1 unit insulin per 15 grams of carbohydrates:

$$77 \div 15 = 5.1 \text{ units of insulin}$$

For a ratio of 1 unit insulin per 10 grams of carbohydrates:

$$77 \div 10 = 7.7 \text{ units of insulin}$$