

Carb Counting Basics



Carbohydrates (“carbs”) are a macronutrient, providing the body with a large amount of nutrients it needs. Once eaten, carbs are converted into glucose, also known as blood sugar.



The pancreas controls blood sugar levels with a hormone called insulin. However, for a person with diabetes, insulin is either produced in short supply or not at all.



Preventing a high blood sugar level is important for people with diabetes since insulin is not doing this job. For some people with diabetes, insulin is given with medication to decrease blood sugar levels. To dose insulin correctly, it's essential to understand which foods contain carbs, and how much. Even for people with diabetes who do not require insulin, understanding carb amounts in food allows for better blood sugar management.

All children with diabetes are unique in how their blood sugar is managed. If you have questions about a child's medication or how many carb choices a child can have per meal or snack, please consult the parent or guardian.



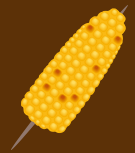
“Carb Counting” is counting how many carbs are in a food or beverage.

1 carb choice – about 15 grams of carb



Below are examples of **1 carb choice** (15 grams of carb) food and beverages:

- 2 pancakes (4 inch diameter, without syrup)
- 1 oz slice of bread
- 1/2 cup pasta (cooked)
- 1/3 cup rice (brown or white, cooked)
- 1/2 hot dog or hamburger bun
- 1/2 pita (6 inch diameter)
- 1/4 cup baked beans
- 1/2 cup corn
- 6-inch corn cob
- 3 oz baked potato
- 1/3 cup sweet potato/yam
- 8 animal crackers
- 3 cups popcorn (popped)
- 1/2 cup applesauce
- 3/4 cup blueberries
- 1 1/4 cup watermelon



Please note: this list is not inclusive, and the carb count for certain foods may vary depending on the ingredients. All packaged food and beverages must list the total grams of carb per serving on the nutrition facts panel.



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