

DISH
À LA CARTE



Tips for Carbohydrate Counting

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À La Carte Objectives



Identify types of foods that contain carbohydrates



Illustrate strategies and tools that can increase carbohydrate counting accuracy

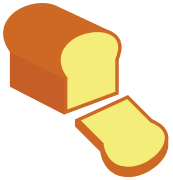


Utilize common object size comparison to help estimate carbohydrate content of food items



CARBOHYDRATES

Carbohydrate Containing Foods



- Grains and Starches
 - Rice, pasta, bread



- Beans
 - Black, pinto, and kidney beans
 - Chickpeas



- Fruit and Fruit Juice
- Starchy Vegetables



- Potatoes, Sweet Potato, Corn, carrots, squash



- Dairy
 - Milk, yogurt, ice cream



- Pantry Snacks
 - Chips, pretzels, etc.



- Sweets and Treats
 - Cake, Candy, Full-Calorie Soda and other sweetened beverages

How many grams of carbohydrates per food?



1. Weigh or measure food item



2. Utilize package label or phone application to covert quantity of food into grams of carbohydrate

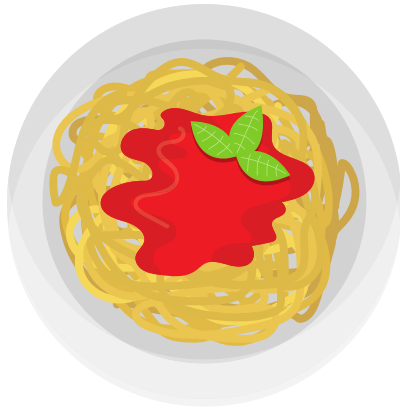


Nutrition Facts	
Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily values*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Estimating Carbohydrate Counts

Pasta or Rice

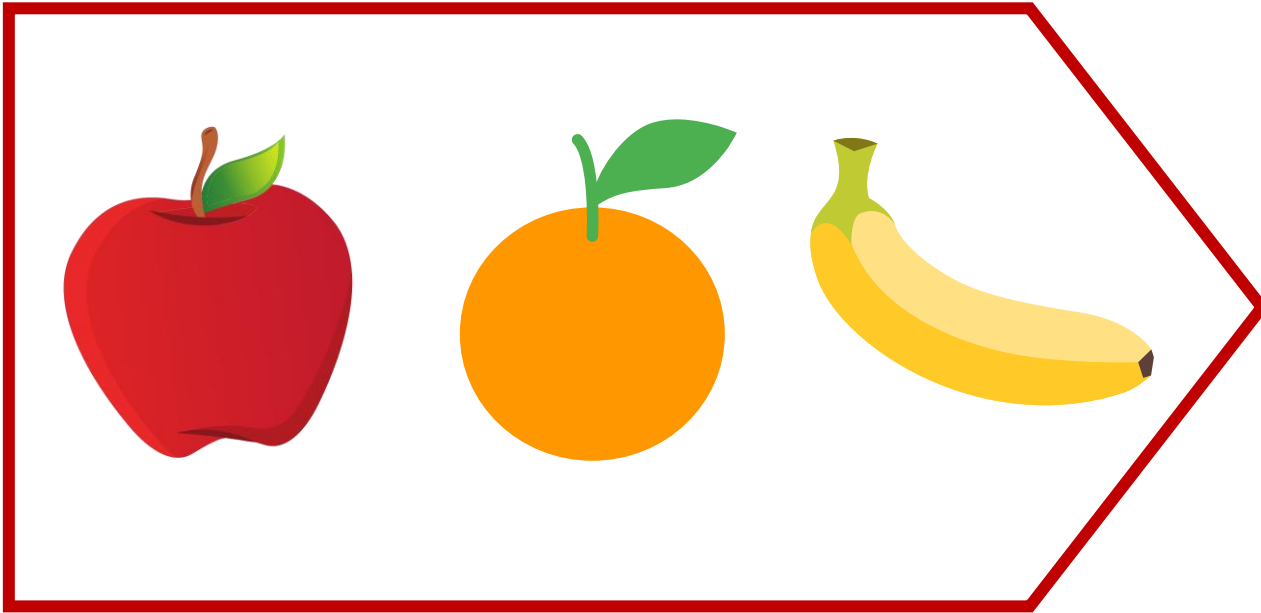


30-40 g
carbohydrates

1 fist = 1 cup

Estimating Carbohydrate Counts

Fruit

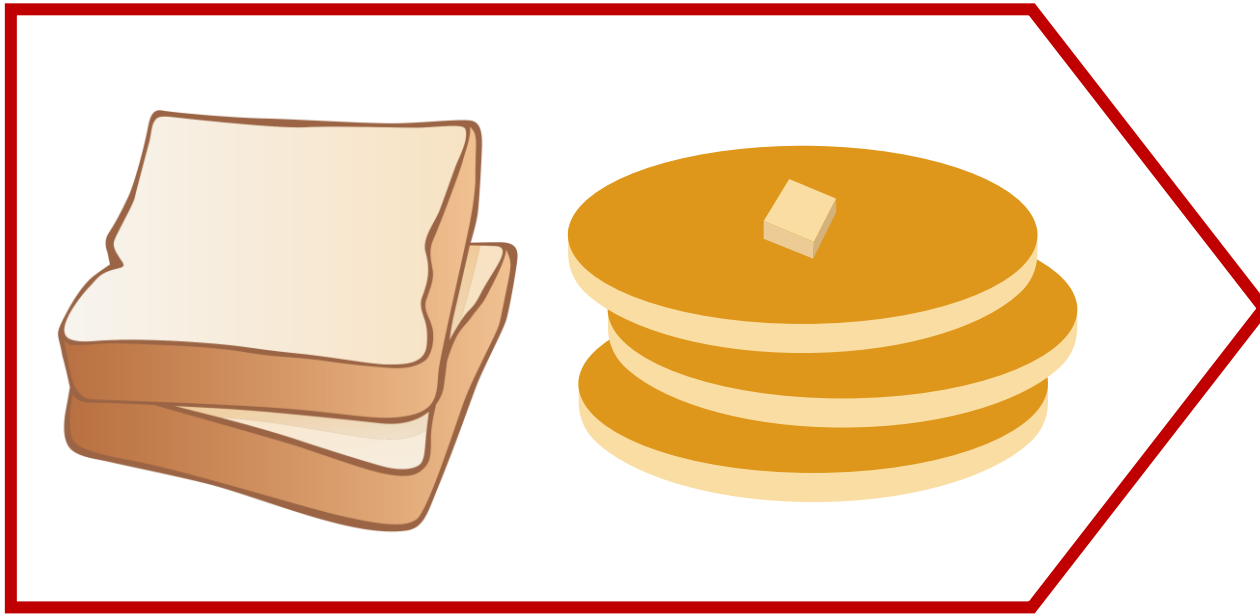


20-30 g
carbohydrates

1 tennis ball =
1 medium piece of fruit

Estimating Carbohydrate Counts

Bread and Pancakes

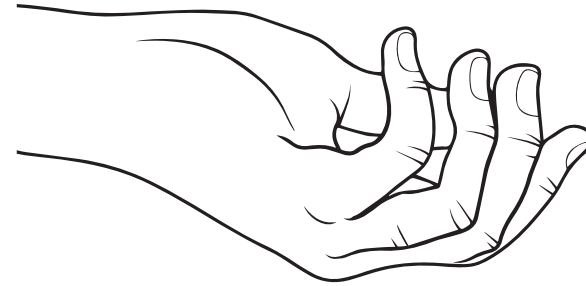


15-20 g
carbohydrates

1 DVD = 1 piece

Estimating Carbohydrate Counts

Nuts or Candy



1 handful =
1 ounce

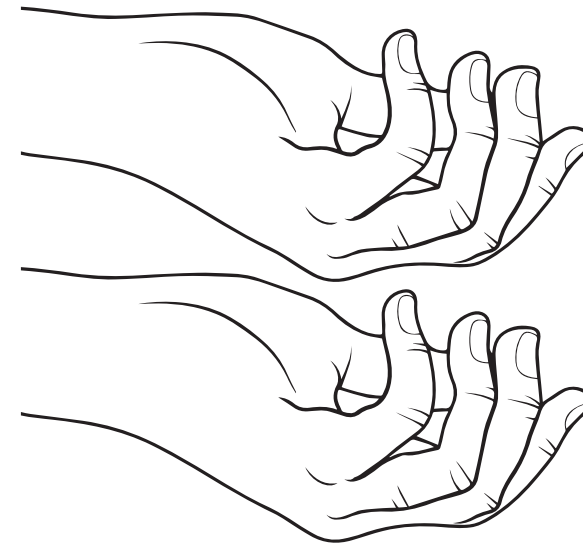
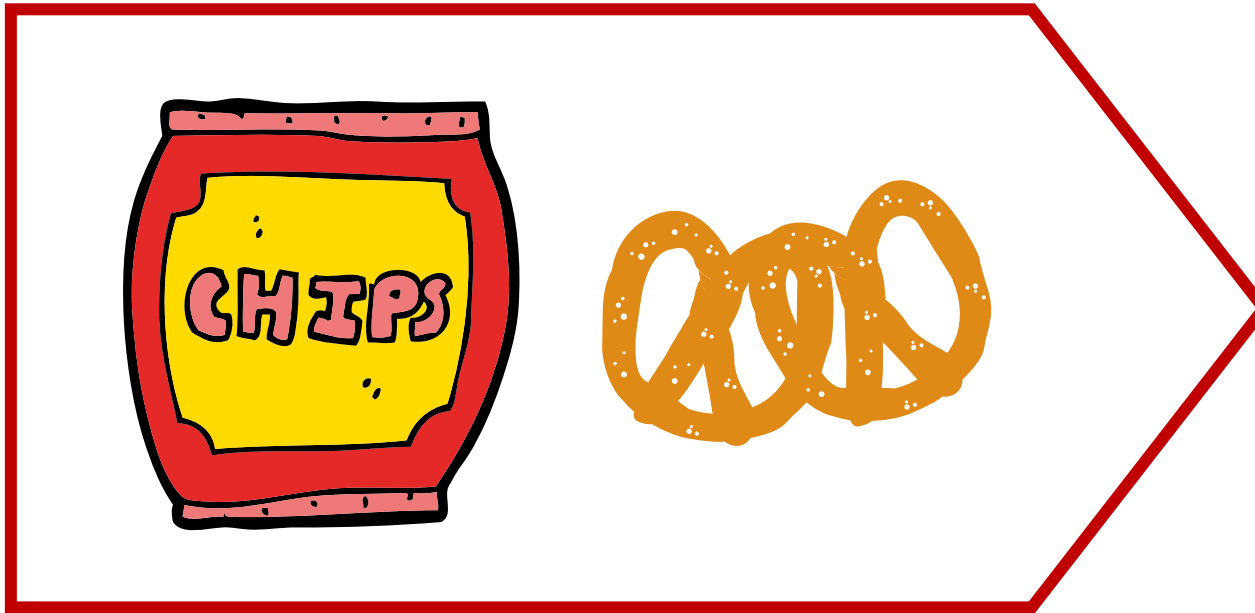
5-10 g
carbohydrates

~15 g
carbohydrates

~25 g
carbohydrates

Estimating Carbohydrate Counts

Chips and Pretzels

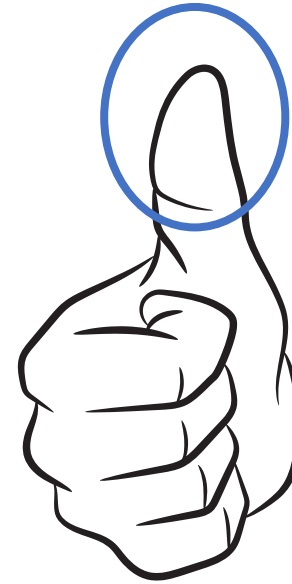


15-20 g
carbohydrates

2 Handfuls = 1 ounce

Estimating Carbohydrate Counts

Honey, Jam, and Sugar



~5 g
carbohydrates

Tip of thumb = 1 teaspoon

Estimating Carbohydrate Counts

Ketchup



~10 g
carbohydrates

Peanut Butter



1 golf ball =
2 Tablespoons

~5 g
carbohydrates

Fun Carb Counting Tools & Resources

Digital Food Scale with integrated nutrition information



Measuring Bowls



Carb Count List for usual foods or meals



Digital Carb Counting Resources

For Ready-Made Foods:

Food Label
Manufacturer's Website
Calorie King
Glooko
MyFitness Pal
Restaurant Websites
Google

For Home-Cooked Foods or Family Recipes:

nutritiondata.self.com
verywellfit.com
whisk.com
myfitnesspal.com
myfooddata.com

Suggested Resources

- UW Health – Health Facts for You #6671 – “Staying Healthy with Diabetes”
- UW Health – Carbohydrate Counting Video
- [BeyondType1 Holiday Carb Charts](#)

