

# Do you have diabetes?

Simplify your meal planning by counting carbs<sup>1†</sup>

Meal planning for people with diabetes can be challenging. Carbohydrate counting is a flexible method of meal planning. Now you can have that dessert if you really want it... you just have to include it in your carbohydrate allowance. Do not forget to monitor and record your blood sugar regularly, as recommended by your doctor, to make sure that your carbohydrate counting is on track.

An individualized meal plan developed by your dietitian will help you determine what your carbohydrate allowance is for every meal or snack.<sup>2</sup>



## Grams of carbohydrate allowed per meal<sup>3‡</sup>

Sex	For weight loss	To maintain weight	For active individuals
F	45-60 g	60-75 g	75-90 g
M	60-75 g	75-90 g	75-105 g

You should aim to meet your target within 5 grams per meal or snack.<sup>2</sup>

† If snacks are required, reduce the amount of carbohydrates at mealtimes.  
Adapted from the American Diabetes Association's *Implementing Group and Individual Medical Nutrition Therapy for Diabetes*, 2002.<sup>3</sup>

## How to count carbs, easy as 1-2-3<sup>2</sup>

1. The "amount" listed is for the serving size given. Compare the serving size shown in the table, to the amount you are eating, and make corrections accordingly.
2. Find the total amount of carbohydrate: 26 g. This includes fibre, sugars and starch (not listed).
3. Subtract fibre (as it does not raise blood glucose) from the total carbohydrate: 26 - 3 = 23 g available carbohydrate.  
- Fat foods, meat and alternatives and most vegetables usually do not have to be calculated.

## Count on Glucerna<sup>®</sup>

Clinically proven to provide more consistent blood sugar levels.<sup>4,5§</sup>

- Low glycemic index<sup>6</sup> and unique slow-release carbohydrates.
- Available as a meal replacement shake (24 grams available carbohydrate) or snack bar (18 grams available carbohydrate).<sup>6</sup>



## Carbohydrate counting and the Nutrition Facts table

Product A			
Nutrition Facts			
Per 2 slices (64 g)			
Amount	% Daily Value		
<b>Calories</b> 140			
<b>Fat</b> 1.5 g		<b>2%</b>	
Saturated 0.3 g		<b>4%</b>	
+ Trans 0.5 g			
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 290 mg		<b>12%</b>	
<b>Carbohydrate</b> 26 g		<b>9%</b>	
Fibre 3 g		<b>12%</b>	
Sugars 2 g			
<b>Protein</b> 5 g			
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	10%

† People who use "carb counting" must still follow a healthy meal plan.  
§ Compared to a standard medical nutritional liquid or snack bar.

References: 1. Carb Counting. American Diabetes Association web site www.diabetes.org consulted April 27, 2006. 2. Basic Carbohydrate Counting for Diabetes Management. Canadian Diabetes Association, August 2005. 3. Franz MJ, Reader D, Monk A. Implementing Group and Individual Medical Nutrition Therapy for Diabetes. American Diabetes Association, 2002. 4. Nicholson S, Garvey WT, Wallace P, et al. Postprandial glucose and insulin responses to dextrin-containing medical nutritional bars in persons with type 2 diabetes mellitus. Diabetes 2001;50(suppl 1):A366. 5. Fix BM, Lowe W, Cockram DB, Craig LD. Effect of a liquid nutritional supplement containing a novel carbohydrate system on glucose tolerance in subjects with type 2 diabetes. Ann Nutr Metab 2001;45(suppl 1):277. 6. Data on file.