

A SIMPLE – yet powerful tool.

Carb counting is a tool that can help you improve your diabetes control and add flexibility to your meal plan. Whether you count carb choices or grams, the key is to be consistent in the amount of carbs you eat at meals and snacks each day.

**1 carbohydrate “choice” =
15 grams of carbohydrate**

Use the meal plan you developed with your registered dietitian along with this helpful pocket guide to make planning meals easy whether you are eating in or dining out.



Have you tried it lately?™

Make Equal® part of your life.

Equal® helps you enjoy your favorite foods and beverages—without all the sugar and fewer carbs. The Exchange Lists for Meal Planning designate Equal sweetener as a **free food exchange**.

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Ideal for sweetening coffee and other beverages

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Measures cup-for-cup like sugar; perfect for recipes

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CARBOHYDRATE COUNTING

A helpful pocket guide



Achieving an **EQUAL** Balance



CARBOHYDRATE COUNTING:

This easy-to-use reference chart shows the average amounts of carbohydrate, protein and fat in many of the foods you eat everyday.

	Item	Serving Size*	Carb Choices	Carb (g)	Protein (g)	Fat (g)
	Bread	1 slice	1	15	3	0-1
	Cereal (unsweetened)	3/4 cup	1	15	3	**
	Pasta or rice, cooked	1/3 cup	1	15	3	**
	Starchy Vegetable	1/2 cup	1	15	3	**
	Fresh	1 small	1	15	0	0
	Canned, no added sugar	1/2 cup	1	15	0	0
	Juice (unsweetened)	1/2 cup	1	15	0	0
	Milk, Fat-Free	1 cup	1	12	8	0
	Yogurt, Plain/Nonfat	2/3 cup	1	12	8	0
	Yogurt (artificially sweetened)	2/3 cup	1	12	8	0
	Cooked	1/2 cup	0	5	2	0
	Raw	1 cup	0	5	2	0
	Cooked Portion	3 oz	0	0	21	**
	Margarine, Mayo, Oil	1 tsp	0	0	0	5
	Margarine or Mayo/lowfat	1 Tbsp	0	0	0	5
	Equal®	1 packet	0	0	0	0

* Servings are from *Exchange Lists for Meal Planning* published by ADA and the American Dietetic Association, 2003. *For the complete Exchange Lists for Meal Planning, visit the American Diabetes Association's website at www.diabetes.org or consult with your registered dietitian.*

**Varies by product; refer to the *Nutrition Facts* Label.