



**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**

**To use the Text Relay service, prefix all numbers with 18802.**

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Introduction to Carbohydrate Counting

## Department of Nutrition and Dietetics

---

### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk).

---

**Author:** Dietitian

**Department:** Operations

**Version:** 1

**Published:** August 2015

**Review:** August 2017

**Dietitian:**

**Email:**

[Catherine.casewell@asph.nhs.uk](mailto:Catherine.casewell@asph.nhs.uk)

[Sarah.havard@asph.nhs.uk](mailto:Sarah.havard@asph.nhs.uk)

**Contact Number: 01932 723937**

## **Introduction**

The main type of nutrient in food that affects your blood glucose level is carbohydrate; carbohydrates directly influence how much the glucose rises after food. Knowing how many carbs are eaten for each meal allows calculation of the right amount of insulin needed to cover this rise.

## **Benefits of Carbohydrate Counting**

There are many benefits to carbohydrate counting:

- Eat a wider variety of foods
- Eat a varied amount of carbs at each meal
- Predict blood glucose response
- Enjoy more flexible meal times

Learning to carbohydrate count and insulin dose adjust takes time, professional support, effort and practice

## **What is involved?**

There are 3 different sections to carbohydrate counting:

- 1) Identifying all the foods that contain carbs that you need to count
- 2) Calculating the carbs
- 3) Working out the insulin: carbohydrate ratio

If you would like to learn more then please ask your Dietitian. She will help you with all of these sections in turn and so there is no need to worry.

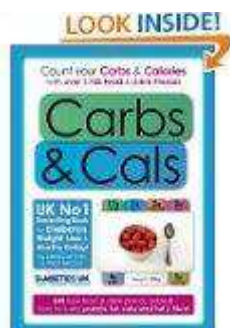
## Section 1: Identifying Foods that contain carbohydrates

- 1) Look at the starchy foods on the plate: pasta, potatoes, rice, bread, crisps etc.
- 2) Look at the sugary foods that may be included for pudding: cakes, biscuits, chocolate, sweets,
- 3) Look at foods which contain milk/dairy: ice-cream, yoghurts, milk on cereals, milky drinks/latte, custards
- 4) Look at any fruit – all fruit contains carbohydrate in the form of fructose

You don't need to count most meats, eggs, cheese, fish, salad, vegetables and sauces

## Section 2: Calculating the Carbs

- 1) Look at the food label on the packet – grams carbohydrates per food if you eat it all. E.g. total grams of carbs in a biscuit, slice of bread
- 2) Use the Carbs and Cals book



- 3) Weigh your portions of pasta, rice and breakfast cereals for accurate measures
- 4) Use Google to search items from takeaways, coffee shops
- 5) Consider using My Fitness Pal which has a bank of items you can refer to and also scan packets
- 6) Remember from the last time you had pizza, fish and chips, McDonalds, Costa Coffee what you bolused and what happened to your blood sugars so that you can put into your meter the same again.

## Section 3: Calculating Insulin: Carbohydrate Ratio

You need to keep a food diary for 7 days with:

- 1) Estimated carbohydrate amounts in each meal
- 2) Blood sugars before each meal
- 3) Amount of insulin that you are currently giving

Once you have completed the food diary, you will need to send it to your Dietitian who can help you work out your insulin: carb ratio and then....

***Off You GO!***