

# carbohydrate counting resources



- Do the best you can to consider the sources of carbs in your meals – with a little practice, you can get ‘close enough’ to the actual carb content of a food. If you are new to carb counting, have faith that with more practice, it will get easier and part of your routine.
- Remember that carb counting is often about your best *guesstimate*, so try not to aim for perfection. Don’t expect a book, app, or website to have the perfect answer – carb counting (or carb guessing!) is much more of an art than a science. No one is an expert.
- Check your blood sugars. A lot. It’s the only way to see how your carb guessing is working for you. Check before and 2 hours after to see how close your guess is.
- Learn from setbacks – be prepared for next time with a more accurate carb count for anything that you’ve had difficulty with before.
- Speak to your diabetes educator about troubleshooting for certain foods, such as high fat/high carb meals (pizza, lasagna, fast food), beans & legumes, and high protein meals.

## 1 | books

- Calorie King. Calorie Fat & Carbohydrate Counter. (2012).
- Health Canada. Nutrient Value of Some Common Foods (booklet). PDF is available online or by contacting Health Canada: (613) 954-5995 or publications@hc-sc.gc.ca
- Netzer, Corinne. The Complete Book of Food Counts: The Book That Counts It All, 9<sup>th</sup> Ed. (2011).
- Scheiner, Gary. The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts. (2006)

## 2 | websites

Do your homework – search online for nutrition information from your favourite restaurants. Many will have the information listed online or available as a booklet when you walk in.

- Diabetes Source [www.DiabetesSource.ca](http://www.DiabetesSource.ca)
- Diabetes GPS <http://www.diabetesgps.ca>
- Calorie King [www.calorieking.com](http://www.calorieking.com)
- President’s Choice food products. [www.presidentchoice.ca/LCLOnline](http://www.presidentchoice.ca/LCLOnline)

## 3 | smartphone apps

- My Fitness Pal Free
- Calorie King Calorie Counter Free
- Loselt! Free
- Glooko Free
- MySugr Free
- Diabetes Pal 3.99
- My Fitness Pal Free
- CarbsControl \$3.99
- Carbs and Cals \$4.99-6.99
- Calorie, Carb and Fat Counter Free
- Glucose Buddy Free
- Weight Loss Coach by Fooducate Free

## 4 | cooking and counting carbs

Using food scales to measure your food not only gives you a weight, but can also give you precise carb content. The most common food scale is a Salter Scale (\$70-100) and can be purchased from many online retailers. Free recipe analyzers such as **Eatracker.ca** or the **Cook and Count Carbs app** allows you to enter recipes to get a nutrition breakdown of your home cooked meals.