

Carb Counting 101

- Carb counting is a skill that will help you plan your meals and minimize blood sugar fluctuations
- Check your blood sugars more frequently, especially before and 2-hours after meals. This is the best way to assess your carb counting abilities
- It's impossible to perfectly carb count all the time, so give your best guesstimate
- It's impossible to be perfect at every meal and snack! There will be setbacks, but over time your carb counting skills will improve

Apps (free!)

- **mySugr (iPhone and Android)**
Includes a blood sugar tracker, carb log, insulin calculator, and estimated A1c
- **Calorieking (iPhone and android)**
Has over 100,000 food items and 260 fast food chains and restaurants
- **Glucose Buddy (iPhone)**
Track blood sugars, medications, and blood pressure. Includes a food database to help with carb counting
- **Glooko (iPhone and Android)**
The app syncs info from your meter, pump, and CGM, allowing you to track your insulin, food, and physical activity data
- **MyFitnessPal (iPhone and Android)**
This app includes a food database, barcode scanner, recipe analyzer, and restaurant logs for favourite menu items



Books

- Calorie King. *Calorie, Fat & Carbohydrate Counter*. (2012)
- Health Canada. *Nutrient Value of Some Common Foods* (booklet).
PDF is available online the Health Canada website
- Netzer, Corinne. *The Complete Book of Food Counts: The Book That Counts It All, 9th Edition*. (2011)
- Scheiner, Gary. *The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by The Experts*. (2006)

Food Scales

A nutrition scale removes a lot of the guesswork out of carb counting. It measures the nutrient profile of hundreds of different foods, including carbs.

Brands include **Starfrit**, **Kitrics**, and **Perfect Portions**, and they are retail for \$35-45



Websites

- **Canadian Nutrient File**
<https://food-nutrition.canada.ca/cnf-fce/index-eng.jsp>
- **Calorie King**
www.calorieking.com
- **LMC**
<https://www.lmc.ca/diabetes-education-program/diabetes-resources/>