

# 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)
- Calorie King [www.calorieking.com](http://www.calorieking.com)
- Dietitians of Canada eaTracker [www.eatracker.ca](http://www.eatracker.ca)
- President’s Choice food products. [www.presidentschoice.ca/LCLOnline](http://www.presidentschoice.ca/LCLOnline)

## 3 | smartphone apps

### iPhone

- My Fitness Pal Free
- Calorie King Calorie Counter Free
- Loselt! Free

### Android

- Diabetes GPS Free
- My Fitness Pal Free
- Loselt! Free

### Blackberry

- My Fitness Pal Free
- Calorie Counter by FatSecret Free
- Fast Food Calorie Counter \$4.99

## 4 | food scales

Using food scales to measure your food not only gives you a weight, but can also give you a precise value for the carb content. Scales will give you a full reading of the calories, carbohydrates, fat, and protein for any food in its database. The most common used one is a Salter Scale (\$70-100) and can be purchased from many online retailers.