

One of the hardest parts of carb counting is the uncertainty that comes with eating fast foods. Luckily, most fast food chains make it easier by listing their menu nutritionals in-store and online. If you find yourself needing to grab something on-the-go, here is a quick guide to common menu items to help you get the carbs right.

McDonald's	Carbohydrates (g)	Fibre (g)	Calories	Fat (g)
Big Mac Sandwich	45	3	520	28
10-piece Chicken McNuggets	26	0	410	23
Fries, small	31	3	240	11
Egg McMuffin Sandwich	29	2	290	11
Junior Chicken Sandwich	36	2	370	20
Chicken Snack Wrap	30	3	290	13

<http://www1.mcdonalds.ca/NutritionCalculator/NutritionFactsEN.pdf>

Tim Horton's	Carbohydrates (g)	Fibre (g)	Calories	Fat (g)
Egg & cheese English muffin	30	1	270	10
Bagel with cream cheese	60	2	430	16
Blueberry Muffin	54	11	330	2
Double Double, small	18	0	140	7
Ice Capp, small (cream)	33	0	250	11
Bagel BLT	65	3	500	17

[https://www.timhortons.com/ca/en/pdf/TH\\_Nutrition\\_Guide\\_CE\\_2013\\_-\\_FINAL.pdf](https://www.timhortons.com/ca/en/pdf/TH_Nutrition_Guide_CE_2013_-_FINAL.pdf)

Subway (6" sandwich)	Carbohydrates (g)	Fibre (g)	Calories	Fat (g)
Classic Tuna	38	2	450	25
Meatball Marinara	48	4	430	18
Veggie Delite	39	5	200	2
Turkey Breast	40	5	250	3
Steak and Cheese	39	2	340	10

<https://www.subway.com/en-US/MenuNutrition/Nutrition/NutritionGrid>

Sushi	Carbohydrates (g)	Fibre (g)	Calories	Fat (g)
Avocado Roll (6 pieces)	28	6	140	6
California Roll (6 pieces)	38	6	255	7
Spicy Tuna Roll (6 pieces)	26	4	290	11
Shrimp Tempura Roll (6 pieces)	64	5	508	21
Edamame (125mL)	9	5	100	3
Seaweed salad (2 oz.)	10	1	70	4

<https://www.sushifaq.com/sushi-health/calories-in-sushi/>

Pizza Pizza (walk-in slice)	Carbohydrates (g)	Fibre (g)	Calories	Fat (g)
Traditional Pepperoni	79	4	650	23
Garden Veggie	77	11	560	16
Big Cheese	78	3	580	17

<https://www.pizzapizza.ca/nutrition/>

Thai Express	Carbohydrates (g)	Fibre (g)	Calories	Fat (g)
General Chicken Pad Thai Noodles	103	10	690	30
Tofu Pad Thai	100	10	870	37
Green Curry Chicken on Rice	67	5	675	26
Veggie Spring Roll (1 roll)	38	1	180	1.5
Mango Salad (8 oz.)	34	2	130	0
Tom Yum Soup (mini)	23	1	160	1

[https://thaiexpress.ca/wp-content/uploads/2018/03/NUTRITIONAL-INFO-ENG\\_%202.pdf](https://thaiexpress.ca/wp-content/uploads/2018/03/NUTRITIONAL-INFO-ENG_%202.pdf)

Manchu Wok	Carbohydrates (g)	Fibre (g)	Calories	Fat (g)
Orange chicken	45	0	420	22
Oriental Grill Chicken	20	0	210	7
Sweet and Sour Pork	35	0	350	20
Steamed Rice	84	0	370	0
Shanghai Noodles	56	3	410	14
Vegetable Egg Roll (1 roll)	20	1	150	6
Mixed Vegetables	11	3	140	10

[https://manchuwok.com/wp-content/themes/manchuwok/assets/img/Manchu\\_Nutritional\\_Canada.pdf](https://manchuwok.com/wp-content/themes/manchuwok/assets/img/Manchu_Nutritional_Canada.pdf)



## HOT TIP| High Fat Meals

High fat meals take longer to digest (think pizza, Chinese food, and burgers). This means that the post meal rise in your blood sugars may be delayed, or stretched out over several hours. Fattier meals also promote insulin resistance, so you may need a higher insulin dose than usual to prevent blood sugar spikes.

Here are a few strategies you can try to help you keep blood sugars in target after a high fat meal:

- Increase your insulin dose. Start with a small increase and adjust as needed.
- Split your insulin dose into two injections - deliver half up front, and half 1-2 hours after the meal.
- Delay your injection time. \*especially if you are using Fiasp insulin
- If you're using an insulin pump, consider using the 'dual-wave', 'extended' or 'square' bolus feature.