LMC

Carbohydrate Counting Resources

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
- Glucose Buddy (iPhone)
 Track blood sugars, medications, and bloopressure. Includes a food database to help with carb counting
- MyFitnessPal (iPhone and Android)
 This app includes a food database, barcode scanner, recipe analyzer, and restaurant logs for favourite menu items

- Calorieking (iPhone and android)
 Has over 100,000 food items and 260 fast food chains and restaurants
- Glooko (iPhone and Android)
 The apps syncs info from your meter,
 pump, and CGM, allowing you to track
 your insulin, food, and physical activity
 data

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/

