Carbohydrate Counting

Carbohydrate counting is the term used to describe how much carbohydrate is contained in the food portions that you eat. This will also help to guide you on your insulin dose.

There are different ways to calculate the carbohydrate content in food portions:

1. **Weighing your food portion**
   (Use digital scales with 1g increments)

2. **Use 'handy measures' eg spoons, cups , etc.**

For the first few weeks, you will need to weigh some of the foods you eat (potatoes, pasta, breakfast cereals etc.). It is also a good idea that once you know what your normal serving size looks like, measure it out in "cups or spoonfuls", so that you don't have to weigh it every time. Keep your own reference list of the carbohydrate content of your food portions.

3. **Refer to food labels.**

4. **Refer to carbohydrate reference tables,** books, charts eg. Use your "carbohydrate per 100g references" within folder.

Weighing food to calculate your carbohydrate portion:

Weighing is the **most accurate way to measure carbohydrate** and is particularly useful for foods like breakfast cereals, potatoes, pasta and rice as portions vary so much.

You can weigh your food using **digital scales** and work out the amount of carbohydrate in your portion by using food reference chart, worksheets or labels.

Once you have weighed your food portion, you can work out the amount of carbohydrate (CHO) by doing the following:

Step 1: Use the 'carbohydrate per 100g' found on the food label or reference table and calculate how much CHO is in 1g food. Do this by dividing the amount of carbohydrate (CHO) per 100g by 100 to understand how much CHO is present per 1g of food.

Step 2: Weigh your food portion using scales in grammes and note the weight (hold result for **step 3**)

Step 3: Finally to calculate the CHO portion of your food portion, multiply the value of **Step 1** by **Step 2**.

Use the following formula:

(amount of CHO per 100g) **x portion size (g) = amount of CHO(g)**
(100   )

For example:

A portion of cooked rice which weighs **200g (step2):**

The food label states carbohydrate (CHO) per 100g cooked rice is
31g CHO.

NUTRITION		
A serving (75g weighs 185g when cooked)		
	As sold per 100g	**Cooked per 100g**
Energy	1485kj/350cal	565kj/135kcal
Protein	8.0g	2.7g
Carbohydrate	77g	31g
Of which sugars	Trace	Trace

Step 1: You divide the amount of 'carbohydrate per 100g' by 100 to understand how much CHO is in 1g of food (31 ÷ 100 = 0.31).

Step 2: Your portion weighs **200g**.

Step 3: To calculate **your carbohydrate portion** you multiply

CHO in 1g food (step 1) = 0.31 by your **food portion (step 2)**

= **0.31** x **200** = **62g carbohydrate portion**.

(amount of CHO per 100g) x **portion size (g)** = amount of CHO (g)
(100   )

$$\frac{31}{100} \times 200 = 62g\ CHO$$

(0.31 x 200 = 62)

62g CHO in the portion of rice