

Questions to Consider when Carbohydrate Counting



When was the last time you measured pasta, rice or mashed potatoes?
Pull out the measuring cups and check your estimation compared to the measured portion. Don't forget to measure your glasses of milk or juice as well.



Is the portion on the label the same as the portion you are eating?
A little extra cereal or a few more chips or crackers may make a difference. Make sure the fibre is subtracted from the carbohydrate value.



Does Weight Matter?
Fruit, bakery breads and rolls all contribute significant amounts of carbohydrate. Using a scale to measure portions can be helpful to ensure you are on track. If you don't have a scale, weigh your apple at the grocery store.



Did I really eat that?
Keeping a food journal can identify the little extras that are added in during the day. Maybe you nibble before dinner, add second helpings, or eat cookies at the staff meeting? These are all extra carbohydrates you are not counting.



Do you eat many of the same foods over and over?
Create your own database of favourite foods and meals. This will make it easier as you only have to do the calculations once.