

## Diabetes: Carb Counting Critical

People with diabetes are now taught to focus on *how many grams* of carbohydrate they should eat throughout the day, *not what kind* of carbohydrate and still keep their blood glucose in good control. Keeping track of how much carbohydrate is eaten at each meal and snack is called carbohydrate counting.

A registered dietitian, who is also a certified diabetes educator, can help you determine your total carbohydrate allowance for the day. The dietitian can explain how to “budget” or spread out the carbohydrate allowance between meals and snacks. When you understand how to count grams of carbohydrate, or carb for short, you can have a wider choice of foods in your meal plan. It is easier to fit in combination foods such as soups and frozen dinners because you can look at the grams of carb listed on the package label.

In order to make carb counting work, it is also important to understand portion or serving sizes. Some foods contain more carbs than others. So the serving size is different for each food. For example, each serving of the following cereals has about 15 grams of carbs:

- 1/4 cup granola
- 1 cup Cheerios
- 1/3 cup Frosted Flakes
- 1-1/4 cup puffed wheat
- 3/4 cup Corn Flakes

Practice learning portion sizes by weighing and measuring your foods at meal time for a couple of weeks. You can use ordinary measuring cups and spoons. You may find it helpful to purchase a book on carbohydrate counting that will have lists of foods, their portion size, and grams of carbohydrate.

It is now possible to live in the “real world” when you have diabetes. This does not mean “treat” foods and desserts may be eaten in addition to your usual foods, but they can fit in, using a meal planning method such as carbohydrate counting. What would you rather have for a bedtime snack: 1/2 cup ice cream, a granola bar, or a medium-sized orange? Each has the same amount of carbohydrate, but the choice is up to you.

### Dining Centers & Days of Service Call for Lunch Reservations

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##### Albany Senior Center

Monday - Friday (541) 967-7647

##### Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

##### Lebanon Senior Center

Monday - Friday (541) 451-1139

##### Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

##### Sweet Home Community Center

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##### Corvallis Senior Center

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#### LINCOLN COUNTY

##### Lincoln City Community Center

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##### Newport Senior Center

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##### Siletz, Tribal Community Center

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##### Toledo, Trinity United Methodist

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##### Waldport, South County Sr. Center

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