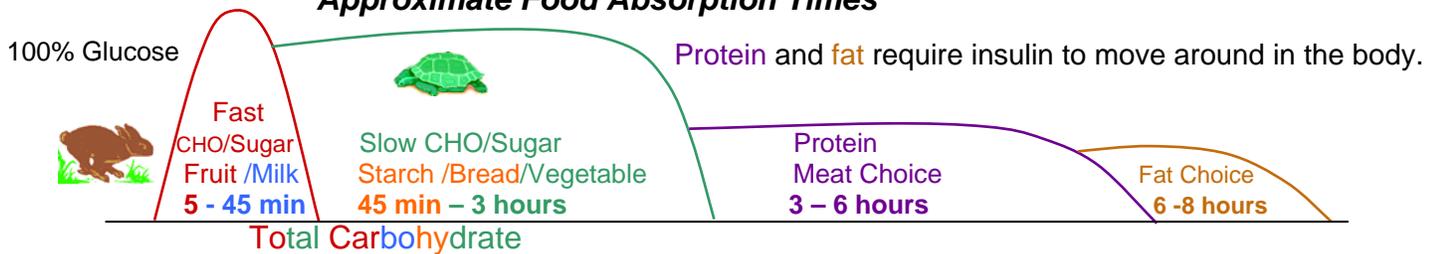


HEALTH CARE PROVIDER TOOL

Daily Meal Plan

CALORIES per day	1200	1500	1800	2000	2200	2500
TOTAL CARBOHYDRATES (CHO) grams /day	150	186	225	250	275	300
CARBOHYDRATE goal per meal	45 gm	45 gm	60 gm	75 gm	75 gm	75 gm
TOTAL FAT grams /day	40 gm	50 gm	60 gm	65 gm	75 gm	80 gm
	CHOICES					
Fruit/Sugar choices/ day = 15 grams Simple Carbohydrate (Fast Sugar) = 60 calories 	3	3	4	4	5	6
Milk/Dairy choices/ day = 12 grams Simple Carbohydrate (Fast Sugar) = 90-100 calories = 8 gms Protein 	2	2	2	3	3	3
Bread/Starch choices/ day = 15 grams Complex Carbohydrate (Slow Sugar) = 80 calories = 3 gms Protein 	5	7	8	9	10	11
Vegetables choices/ day = 5 grams Complex Carbohydrate (Slow Sugar) = 25 calories = 2 gms Protein 	2	2	3	4	5	5
Protein choices/ day = 7 gms Protein = 1 oz. = 35-100 calories	4 oz	4 oz	6 oz	7 oz	7 oz	8 oz
Fat choices/ day (Butter, Margarine, Mayo, Salad Dressing) = 5 grams Fat = 45 calories	3	4	4	5	5	6

Approximate Food Absorption Times



Carbohydrate Counting

Carbohydrate counting, or "**Carb Counting**", is a meal planning system in which you eat a specific number of grams of **carbohydrates** to try to help control your blood glucose. It is a good plan for anyone watching their portion sizes of food. It is especially helpful for people with diabetes.

Diabetes is an **energy disorder** in which there is not enough insulin to let the glucose (sugar), or **carbohydrates**, into the cells from the blood stream. All **carbohydrates** are 100% glucose (sugar).

Carbohydrates include fruit, juice, candy, bread, pasta, rice, potatoes, corn, peas, dried beans and milk products. **Carbohydrates** are anything but fat and protein.

Steps to carbohydrate counting:

1. Look at the food label for **portion size**.
2. Look at the **TOTAL CARBOHYDRATES** on the food label or look up the portion in a **carbohydrate** counting book.
3. **Fiber** is like a **net** that slows the absorption of sugar into your intestines.
If there are over 5 grams of fiber per serving choice, you may subtract the fiber from the total carbohydrate. 

4. **SUGAR** is always listed below the **TOTAL CARBOHYDRATE** and is part of the **TOTAL CARBOHYDRATE**.

The sugar is the "fast" glucose that starts approximately in 5 minutes and increases your blood sugar first. This is "fast" like a **fruit choice**. 

5. The difference between the **TOTAL CARBOHYDRATE** and **SUGAR** (minus the FIBER), is the OTHER CARBOHYDRATE that is slower and does not start increasing the blood glucose for about 45 minutes. This is called a **bread choice**. 

CALORIES to control WEIGHT! --- **CARBS to control SUGAR!**

Total Carbohydrates
Minus Dietary Fiber
of 5gm or more
= carbs to count 