**FOOD RECORDS AND CARB COUNTING PRACTICE FOR PUMP PREPARATION**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name of Diabetes Provider**

🞏 Murray 🞏 Foster 🞏 Hamaker 🞏 Raman 🞏 Clements

🞏 Smego 🞏 Ize-Ludlow 🞏 Al-Hamad 🞏 Timme 🞏 Raleigh

🞏 Brown 🞏 Wellisch 🞏 Galbraith 🞏 🞏

1. First, fill in the correct number of carbs for each of the foods listed on the practice day. We have listed hints under “Source of Info” for where you might find the carbohydrate content for each food item. You will use the internet, food apps on your phone, or the carbohydrate counting using a scale sheet (included in your pump packet).
2. Next, write down **EVERYTHING** you eat or drink for 2 days. They do not have to be 2 days in a row.
3. Measure or weigh your food portions before you eat.
4. Describe how the food was prepared (baked, boiled, fried, etc.) (Example: baked potato)
5. List sauces, salad dressing and condiments.
6. Be specific; include brands, restaurant names, etc.

**Return completed form to:**

Primary Children’s Diabetes Clinic

[diabetes@imail.org](mailto:diabetes@imail.org)

Fax: 801-587-7539

Phone: 801-662-1640

**Practice**

Instructions: Fill in the number of carbohydrates for the following food items below.

**Carb Counting Practice Answers English**

**Total carbs**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Breakfast** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
|  | Cheerios, Original | 1 ½ cup |  | Online Food Label |
|  | Low fat milk | ½ cup |  | Online Food Label |
|  | Strawberries | 3 oz |  | Carb Counting Using a Scale |

**Total carbs**

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| --- | --- | --- | --- | --- |
| **Lunch** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
|  | Chocolate milk carton, Trumoo | 1 carton (half pint or 236 mL) |  | Online Food Label |
|  | Baked Potato | 5 oz |  | Carb Counting Using a Scale |
|  | Chili with beans | 2.5 oz |  | Carb Counting Using a Scale |
|  | Daisy Sour Cream | 2 Tbsp |  | Online Food Label |
|  | Cheddar Cheese | 2 Tbsp |  | Online Food Label |

**Total carbs**

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| --- | --- | --- | --- | --- |
| **Snack** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
|  | Honeymaid Graham Crackers | 1 full sheet |  | Online Food Label |
|  | Great value creamy peanut butter | 2 Tbsp |  | Online Food Label |
|  | Celery | 2.5 oz |  | Online |

**Total carbs**

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| **Dinner** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
| Wendy’s | Kid’s Cheeseburger | 1 |  | Calorie King Phone App or website |
|  | Kid’s Fries | 1 |  | Calorie King Phone App or website |
|  | Jr. Chocolate Frosty | ½ |  | Calorie King Phone App or website |
|  | Heinz Ketchup | 1 Tbsp |  | Online Food Label |

**Total carbs**

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| **Snack** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
|  | String Cheese | 1 |  | Online Food Label |
|  | Apple Slices | 4 oz |  | Carb Counting Using a Scale |

**Instructions: Now, it is your turn. Please fill in EVERYTHING you eat for two days.**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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| **Breakfast** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
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**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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| **Snack** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
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**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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| **Lunch** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
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**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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| **Snack** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
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**Total carbs \_\_\_\_\_\_**

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**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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| **Snack** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
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**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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| **Lunch** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
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**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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| **Snack** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
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**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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| **Dinner** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
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**Total carbs \_\_\_\_\_\_**

**Blood sugar \_\_\_\_\_\_**

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| **Snack** | **Food Eaten** | **Amount** | **Carbs** | **Source of Info** |
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**Carbohydrate Counting with a Scale**

Using a food scale to count carbohydrates is useful when eating foods that are baked, vary in size or are difficult to measure in a measuring cup.

The included tables list a variety of foods and the estimated number of carbohydrates per ounce. Follow these steps to figure out how many carbohydrates are in the portion you are eating:

1. Weigh food on a food scale
2. Find the number of carbohydrates per ounce listed on the table
3. Use a calculator to multiply the food’s weight in **ounces** by the **number of carbohydrates per ounce**
4. The answer is the number of grams of carbohydrate in the food you weighed

**Example:**

You place an apple on the scale and it weighs 3 ounces. The list shows that 1 ounce of apple contains 4 grams of carbohydrate. Multiply 3 x 4 to get the total amount of carbohydrates:

**A picture containing sitting, table, scale, indoor

Description generated with high confidence** ***3*** *ounces of apple x* ***4*** *carbohydrates per ounce =* ***12*** *grams of carbohydrates*

**Tips for using a scale**

Make sure your scale is set to weigh in ounces. When using a plate or bowl, place it on the scale before adding the food and press the zero or tare button to erase the weight of the dish. Then, place food to be weighed onto the dish.

**\*Numbers used to calculate carbohydrates per ounce were based off the USDA Nutrient Database and are only an estimate.**

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| **Carbohydrates Per Ounce** | | | | | |
| Breads & Grains | | | | | |
| Food | Carb/ounce | Food | Carb/ounce | Food | Carb/ounce |
| bagel, wheat | 15.5 | French toast | 7 | tortillas, corn | 14 |
| barley, uncooked | 22 | muffins | 15 | tortillas, flour | 13 |
| biscuits | 12 | pancakes & waffles | 12 |  |  |
| bread | 15 | Egg noodles, cooked | 7 |  |  |
| bread crumbs | 20 | quinoa, cooked | 11 |  |  |
| bread sticks | 21 | rice, cooked | 7 |  |  |
| croissants | 14 | rolls | 17 |  |  |
| English muffin | 14 | Pasta, cooked | 8 |  |  |
| Dry Cold Cereals | | | | | |
| Captain Crunch | 24 | Frosted Flakes | 25 | Reese’s Puffs | 21.5 |
| Cheerios | 23 | Fruit Loops | 21.5 | Rice Krispies | 25 |
| Cheerios, Honey Nut | 22 | Fruity Pebbles | 24.5 |  |  |
| Cinnamon Toast Crunch | 21 | Granola, plain | 20 |  |  |
| Coco Puffs | 24 | Honey Bunches of Oats | 23 |  |  |
| Corn Chex | 25 | Raisin Bran | 22 |  |  |
| Cooked Hot Cereals | | | | | |
| Malt O’ Meal, unsweetened | 2 | Oatmeal, cooked | 4 |  |  |
| Malt O’ Meal, chocolate | 3 | Cream of Wheat | 4 |  |  |
| Combination Dishes | | | | | |
| Breaded Cheese sticks | 9 | Lasagna with meat sauce | 4 | Soup |  |
| Burrito | 9 | Mac & Cheese | 6 | Beef stew | 5 |
| Casserole | 5 | Pizza |  | Chicken Noodle | 1.5 |
| Chicken nuggets | 4 | cheese | 9 | Chili w/out beans | 2 |
| Chicken Pot Pie | 6 | pepperoni | 8 | Chili with beans | 3 |
| Coleslaw | 4 | meat & veggie | 8 | Tomato | 2 |
| Enchiladas, cheese | 5 | Potato Salad | 4 | Vegetable | 1.5 |
| Enchiladas, chicken | 5 | Spaghetti with meat sauce | 5 | Tamales, meat | 6 |
| Fish sticks | 6 | Shepherd's Pie | 3 |  |  |

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| Desserts and Sweets | | | | | |
| banana bread | 16 | COOKIES |  | ICE CREAM | 6 |
| brownie | 18 | chocolate chip | 16.5 | w chocolate, carmel | 8 |
| brownie, w walnuts | 19 | gingersnap | 22.5 | with nuts | 6 |
|  |  | no bake | 15.5 | vanilla | 6 |
| CAKES |  | COOKIES |  | PIES |  |
| angel | 17 | oatmeal raisin | 20 | apple | 10.5 |
| coffee | 15 | sugar | 20 | cherry | 10.5 |
| chocolate | 15 | Danish pastry | 13 | lemon meringue | 10.5 |
| tres leches | 11 | doughnuts | 14 | pecan | 6.5 |
| cheesecake | 7 | fudge | 21 | pumpkin | 6.5 |
| CANDY |  | eclairs | 7 | Banana cream | 10 |
| caramel | 22 | fruit turnovers | 7.5 | Chocolate cream | 10 |
| hard | 27 |  |  | rice krispy treat | 21 |
| Fruits | | | | | |
| apple | 4 | grapes | 4 | pineapple |  |
| applesauce | 3 | grapefruit | 3 | fresh | 4 |
| apricots |  | honeydew | 2 | canned in juice | 3 |
| fresh | 4 | lemon | 3 | plums, fresh | 5 |
| canned in juice | 4 | lime | 3 | prunes, dried | 19 |
| dried | 10 | mangoes | 5 | raisins | 22 |
| banana | 6 | nectarines | 5 | raspberries, fresh | 4 |
| blackberries | 3 | oranges | 3 | strawberries, fresh | 2 |
| blueberries |  | papayas | 3 | tangerines | 3 |
| cantaloupe | 2.5 | peaches |  | watermelon | 2 |
| cherries | 3.5 | fresh | 3 |  |  |
| fresh, sweet red | 5 | canned in juice | 3 |  |  |
| maraschino | 8 | pears |  |  |  |
| cranberry sauce, sugar | 10 | fresh | 4 |  |  |
| fruit cocktail, in syrup | 2.5 | canned w syrup | 4 |  |  |
| Snack Foods | | | | | |
| corn chips | 20 | Cheez Its | 19 | sun chips | 16 |
| crackers |  | popcorn, no butter | 14 | tortilla chips | 19 |
| animal | 23 | potato chips | 15 | wheat thins | 20 |
| goldfish | 19 | pretzels | 23 |  |  |
| graham | 23 |  |  |  |  |
| saltine | 23 |  |  |  |  |

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| Beans and Starchy Vegetables | | | | | |
| BEANS |  | POTATOES |  | Winter squash, cooked | 4 |
| Kidney, red, black, pinto, white | 6 | baked | 6 | acorn, butternut, pumpkin, etc |  |
| Refried beans | 5 | boiled | 4 |  |  |
| Carrots |  | Hash browns | 8 |  |  |
| raw | 3 | french fries | 10 |  |  |
| cooked | 2 | mashed | 5 |  |  |
| Peas | 4 | tator tots | 7 |  |  |