



Patient and Family Education
intermountainhealthcare.org

Carb Counselor

ADVICE AND TOOLS FOR COUNTING CARBS



Intermountain®
Healthcare

Your personal carb budget and meal plan

Before you start learning more about how to count carbs, think about what is in your daily carb budget. As you plan how to “spend” carbs, you can “budget” your daily carbs using a meal plan like the one below. Meal plan sheets are also available from your dietitian or diabetes educator at intermountainhealthcare.org/diabetes.

	Daily carb budget:

Breakfast	_____
Snack	_____
Lunch	_____
Snack	_____
Dinner	_____
Snack	_____
Total daily carb plan =	_____

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How to Use This Guide

Eating healthfully is a critical element of good diabetes care. But it can be confusing and tricky, especially at first. The hardest part for many people is understanding the role of carbohydrates (“carbs”) and counting carbs as part of a healthy meal plan.

Use this **Carb Counselor** as a quick guide to help you learn to manage carbs. Slip it into your purse or glove box. Reach for it when you’re planning meals at home. Keep it handy to guide you in making wise food choices.

YOUR GOAL IS GOOD CONTROL and you can do it!

Healthy eating is only one piece of the diabetes-care puzzle. Along with other key elements, such as monitoring your blood glucose, exercising, and taking medication, healthy eating can help you feel well and stay in good control.



Basic Principles

A healthy eating plan can help you control your blood glucose levels, minimize complications and keep you feeling well. The basics of healthy eating for people with diabetes are really not much different than they are for everyone. Keep these 3 key principles in mind as you create and follow a healthy meal plan:

1 Establish consistent eating patterns

Keep your blood glucose levels stable by eating about the same amount of food at the same time each day.

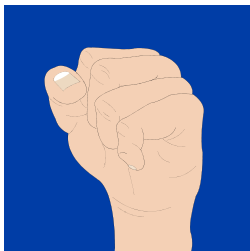
2 Choose foods wisely

Make smart choices for nutritious and enjoyable meals. This means learning how to count carbs, read food labels, and create and follow a meal plan.

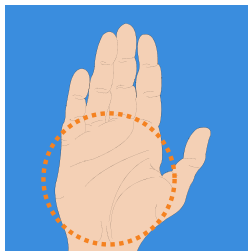
3 Control your portion sizes

Be aware of how many carbs are in the foods you eat. Portion sizes, especially in restaurants and packaged foods, have grown over the years. Knowing how many servings you're actually eating can help you stay healthy. See some “handy” tips on the next page.

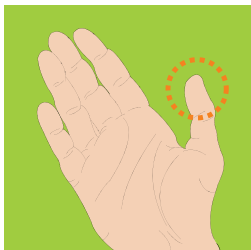
To help you with portion control, use these “handy” formulas:



**fist =
1 cup**



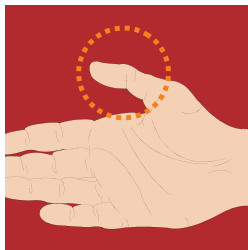
**palm =
3 ounces**



**thumb tip =
1 teaspoon**



**handful =
1 to 2 ounces**



**thumb =
1 ounce**

Why Count Carbs?

Counting carbs is a way to keep track of the number of grams of carbohydrate you eat each day.

Why carbs are important

All foods contain some combination of carbohydrate, fat, and protein. Fat and protein affect your blood glucose over many hours, but carbs affect it almost immediately. That's why planning and watching your carb intake is so important. Counting carbs is especially useful if you take insulin. Knowing how many carbs you eat each day — even with each meal — can help you balance your insulin and food intake.

Not all carbs are created equally

Candy, cookies, and other sweets are loaded with added sugar (a carbohydrate) but have little nutritional value. These foods are “empty calories.” Even small amounts can raise your blood glucose quickly, but still leave you feeling hungry.

Fresh fruits, fresh vegetables, and foods made with whole grains are more nutritious and more satisfying. They also tend to be high in fiber. Fiber-rich carbohydrates don't affect your blood glucose so dramatically. These foods are also better for your overall health — and your waistline.

How to Count Carbs

1 Determine your daily “carb budget”

Work with your dietitian or diabetes educator to decide how you will “spend” your budget with each meal and snack over the course of the day. See [page 2](#) for a sample of a carb budget to get you started.

2 Use food labels and food lists

See the “Tips for Reading Food Labels” on [page 10](#), the food list on [pages 14 to 24](#), or Intermountain Healthcare’s [Food Finder](#) to help you determine how many grams of carbs are in the foods you eat. The *Food Finder* is available from your dietitian or diabetes educator, or at intermountainhealthcare.org/diabetes.

3 Keep good records

Use the carb trackers provided on [pages 27 to 29](#) to get started. You can print additional tracker pages off the website at intermountainhealthcare.org/diabetes, or use your own method of keeping track.

Food Finder

Filter method: personalized
 Per meal: • 3 inch diameter pizza • 1/2 plate meat or protein foods • 1/2 plate non-starchy vegetable
 • 1 serving fats • 1 serving carbohydrates (starches, fruits, milk) or 1/2 grams

Wondering how a certain food fits into your meal plan? What a serving looks like? How to get the most nutrition out of what you eat? This chart can help.

carb carbohydrate	STARCHES	
	Good sources of minerals, B vitamins, fiber To get the most good from these foods: • Eat a mix of your grains, including grains, like whole wheat bread, oatmeal, rice, etc. • Eat more plain and basmati. • Choose hard-boiled, low-salt, no-fat-sugar sticks.	Each of the servings below contains about 15 grams of carbohydrates . Starches include bread, rice, pasta — and starchy vegetables like beans, peas, corn, and potato.
fruit	FRUITS	
	Good sources of vitamins A & C, minerals, fiber To get the most good from these foods: • Choose whole fruits more often than juice. • Use the whole package of fruit to get the most fiber. • Choose fruit without added sugar, sweetener, or syrup.	Each of the servings below contains about 15 grams of carbohydrates . Fruits include fresh, frozen, dried, and canned fruits — as well as fruit juices (not smoothies).
milk	MILK	
	Good sources of protein, calcium, vitamins A & D To get the most good from these foods: • Always choose modified or low-fat milk and yogurt. • Choose unsweetened milk, yogurt, and pudding — or smoothies — without added sweeteners. • Avoid flavored creamers, fruit, or vanilla.	Each of the servings below contains about 12 grams of carbohydrates . Milk, yogurt, and yogurt are in this group.
non-starchy vegetable	NON-STARCHY VEGETABLES	
	Good sources of vitamins A & C, folate, fiber To get the most good from these foods: • Eat beans & bean sprouts more often than canned vegetables. • Soy and soybean sprouts without sodium. Fats, or oils. • Eat more dark green, orange, and purple vegetables. • Avoid flavored creamers, fruit, or vanilla.	Each of the servings below contains about 5 grams of carbohydrates . Non-starchy vegetables — like broccoli and carrots — are lower in carbohydrates and calories.
meat and other protein-rich foods	MEAT AND OTHER PROTEIN-RICH FOODS	
	Good sources of protein, zinc, B vitamins To get the most good from these foods: • Eat fish more often. • Choose lean cuts of meat and other sources that have less fat. • Avoid items with added sodium like deli meats. • Choose fat-free or low-fat cheese. • Instead of frying — bake, grill, or roast meats.	Each of the servings below contains 0 grams of carbohydrates and about 7 grams of protein . Fish, poultry, meat, eggs, cheese, and tofu are in this group.
oils and fats	OILS AND FATS	
	Helps the body absorb essential vitamins, flavor and texture To get the most good from these foods, use olive oil. • Most oils, choose monounsaturated fats and oils. • Avoid refined, hydrogenated trans fats and oils. • Spread or drizzle unsaturated fats, and trans fats.	Each of the servings below contains 0 grams of carbohydrates and about 7 grams of fat . Vegetable oil, some nuts, and saturated fats from animals (butter, lard) are in this group.

Click here to see the **Food Finder**.

Ready to get started?

Brush up on label-reading using the tips on the next couple of pages, and then work with your dietitian or diabetes educator to create your own carb budget and meal plan (see pages 2 and 30).



Tips for Reading Food Labels

Reading food labels can sometimes be tricky. For carb counting, here are some important tips:

1 Serving size and servings per container

Always check the serving size and number of servings per container. The nutrition facts are based on a **single serving** — not the whole container — so pay close attention.

2 Total carbohydrate

Total Carbohydrate is the number you should use to figure out how many grams of carbs you're eating.

- Multiply the carbs by the number of servings you eat.
Example: 24 carbs x 2 servings = 48 total carbs
- Choose foods higher in dietary fiber. These carbs are healthier and have a less dramatic effect on your blood glucose.
- Note that the total carbohydrate includes fiber. Sometimes fiber may be subtracted from the total number of carbohydrates. Work with your dietitian or diabetes educator to find a solution that works for you.

Nutrition Facts

Serving size: 1 Meal
Servings per container: 1

Amount per Serving

Calories 290 **Calories from Fat 40**

% Daily Value *

Total Fat	4.5g	7%
Saturated Fat	1g	5%
Trans Fat	0g	
Polyunsaturated Fat	1.5g	
Monounsaturated Fat	2g	
Cholesterol	30mg	10%
Sodium	460mg	19%
Potassium	680mg	19%
Total Carbohydrate	44g	15%
Dietary Fiber	8g	32%
Total Sugars	18g	
Includes 6g added sugars		12%
Protein	17g	29%

Nutrition Facts

Serving size: 1 cup (52g)
Servings per container: about 8

Amount per Serving

	Fiber with ½ cup Cereal	with skim milk
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Calories 160 **200**

Calories from Fat 15 **15**

% Daily Value **

Total Fat	1.5g	2%	2%
Saturated Fat	0g	0%	0%
Trans Fat	0g		
Polyunsaturated Fat	0.5g		
Monounsaturated Fat	0g		
Cholesterol	0mg	0%	1%
Sodium	280mg	12%	15%
Potassium	320mg	9%	15%
Total Carbohydrate	42g	14%	16%
Dietary Fiber	13g	51%	51%
Soluble Fiber	3g		
Total Sugars	6g		
Includes 0g added sugars		0%	0%
Other Carbohydrate	23g		
Protein	5g		

- Note the **Servings per container** on the example on the right. If you eat 2 cups (2 servings), you get 42g + 42g, or 84g of carbohydrates.

In general, aim for lower values for Total Fat, Saturated Fat, Trans Fat, and Sodium (salt).

Tools

Food list

This list contains some common foods, portion sizes, and the grams of carbs they contain. Here are some things to keep in mind as you use this list:

- Foods listed in **green** are higher in fiber and nutrients and lower in less-healthy fats, sugars, and sodium.
- Foods with 0 grams of carb are not calorie-free. For example, margarine and butter have 0 carb grams, but a lot of fatty calories.

Food	Portion Size	Carb Grams
• Alfalfa sprouts	1 c raw	0
Angel food cake	½ cake (2 oz)	30
• Apple	1 small (4 oz)	15
• Applesauce, unsweetened	½ c	15
• Apricots	3 medium (5 ½ oz)	15
• Artichoke	½ c cooked	5
• Asparagus	½ c cooked, 1 c raw	5
• Avocado, medium	⅛ (1 oz)	2 (1 whole = 15 carbs)
Bacon, cooked	2 strips	0
Bagel	¼ large	15
Baked beans	⅓ c	15
• Bamboo shoots	½ c cooked	0

- green means “go”— a healthier food choice

FOOD	PORTION SIZE	CARB GRAMS
• Banana	½ medium (4 oz)	15
• Barley	⅓ c cooked	15
• Bean sprouts	1 c raw	5
• Beans: garbanzo, kidney, lima, pinto, white, black	½ c cooked	15
• Beans: green, wax, or Italian	½ c cooked	5
Beef	3 oz	0
Beef pot pie	½ pie (7 oz)	21
Beef stew	1 c	15
Beer	12 oz	15
Beer, light	12 oz	5
• Beets	½ c cooked	5
Biscuit	1	25 to 30
• Blackberries	1 c	15
• Blueberries	¾ c	15
• Bran flakes	½ c	15
• Bran flakes with raisins	⅓ c	15
Bread: white, raisin, or French	1 slice (1 oz)	15
• Bread, whole grain	1 slice (1 oz)	15
Breadcrumbs	¼ c	15
Breadstick	1 oz	15
• Broccoli	½ c cooked, 1 c raw	5
Brownie, unfrosted	2" square	15

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Food	Portion Size	Carb Grams
• Brussels sprouts	½ c cooked	5
• Bulgur	½ c	15
Bun: hamburger or hot dog	½ bun	15
Burrito, beef	1	30
Burrito, bean	1	45
Butter	1 T	0
• Cabbage: green, bok choy, or Chinese	½ c cooked, 1 c raw	0
Cake (unfrosted)	2" square	15
Cake (frosted)	2" square	30
• Cantaloupe	1 c (11 oz)	15
Casserole	½ c	15
• Carrots	½ c cooked, 1 c raw	5
• Cauliflower	½ c cooked, 1 c raw	5
• Celery	½ c	0
• Chayote	½ c cooked, 1 c raw	5
Cheese	1 oz	0
• Cherries	20 (3 oz)	15
• Chicken (skinless, white meat)	3 oz	0
Chicken pot pie	½ pie (7 oz)	18
Chili con carne with beans	½ c	15
Chow mein	2 c	15
Chow mein noodles	½ c	15

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Food	Portion Size	Carb Grams
• Clams	3 oz	0
Coconut	1 c shredded	15
• Cod	3 oz	0
• Coleslaw (homemade)	1 c	5
Cookie	2 small	15
Cookie, sugar-free	3 small	15
• Corn	½ c	15
• Cottage cheese, low-fat	1 c	8
Cornbread	2" cube	15
Cornflakes	¾ c	15
Couscous	½ c cooked	15
• Crab	3 oz	0
Crackers: round, butter, or Saltine	6	15
• Crackers: whole wheat and/or low fat	5	15
Cranberry sauce	2 T	15
Cream	1 T	0
Cream cheese, regular	1 T	0
Croutons	1 c	15
Crystal Light®	8 oz	0
• Cucumber	½ c	0
Cupcake, frosted	1 small	30
• Dates	3 small, dried	15

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Food	Portion Size	Carb Grams
Dinner roll	1 small	15
Doughnut, plain	1 medium	20
Doughnut, glazed	1 medium	30
• Eggplant	½ c	5
• Egg	1	0
Energy drinks (check the label)	8 oz	30
English muffin	½	15
• Figs	2 medium (3½ oz)	15
• Flounder	3 oz	0
Flour	3 T	15
Franks and beans	⅓ c	15
French fries	10	15
Frosting	1 T	15
Fruit cobbler	½ c	45
Fruit cocktail (in its own juice)	⅓ c	15
Fruit juice bar	1	15
Fruit snacks	1 pkg	15
Graham crackers	3 squares	15
Gelatin, regular	½ c	15
Gelatin, sugar-free	⅓ c	0
Gingersnaps	3	15
Granola	¼ c	15

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Food	Portion Size	Carb Grams
• Grapefruit	½ large (11 oz)	15
• Grapes	15 (3 oz)	15
• Green beans	½ c	5
• Greens: collard, kale, mustard, or turnip	½ c , 1 c raw	5
Grits	½ c cooked	15
• Haddock	3 oz	0
Half and half	2 T	0
• Halibut	3 oz	0
Ham	3 oz	0
• Hearts of palm	½ c cooked, 1 c raw	5
Herring	3 oz	0
Honey	1 T	15
• Honeydew	1 c	15
Hot dog (<i>meat only</i>)	1	0
• Hummus	⅓ c	15
Ice cream, vanilla	½ c	15
Ice milk	½ c	15
Jam	1 T	15
Jelly	1 T	15
• Jicama	½ c cooked, 1 c raw	5
Juice: apple, pineapple, grapefruit, or orange	½ c	15
Juice: cranberry blends, grape, or prune	⅓ c	15

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Food	Portion Size	Carb Grams
• Kale	1 c	5
• Kasha	½ c	15
• Kiwi	1 medium (3½ oz)	15
• Kohlrabi	½ c cooked, 1 c raw	5
Koolaid®, regular	8 oz	25
Koolaid®, sugar-free	8 oz	0
Lamb	3 oz	0
Lard	1 t	0
Lasagna	1 c	30
• Leeks	1 c (bulb and lower leaf)	10
• Lentils	½ c	15
• Lettuce	1 c	0
• Lobster	3 oz	0
Macaroni and cheese	½ c	15
Mandarin oranges (canned)	½ c	15
• Mango	½ medium (5½ oz)	15
Margarine	1 T	0
Marshmallows	½ c	15
Mayonnaise, low-fat	1 T	0
Mayonnaise, regular	1 t	0
Milk, chocolate	1 c	25
• Milk, low-fat or skim	1 c	12

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Food	Portion Size	Carb Grams
Milk, regular	1 c	12
• Millet	⅓ c cooked	15
Miracle Whip®, low-fat	1 T	0
Miracle Whip®, regular	2 t	0
• Muesli	¼ c	15
• Mushrooms	½ c cooked, 1 c raw	5
• Nectarine	1 medium (5 oz)	15
• Nuts, unsalted	1 T	0
• Oatmeal	½ c cooked	15
• Oats (dry)	¼ c	15
• Oil: canola, olive, or peanut	1 t	0
Oil: corn, safflower, or soybean	1 t	0
• Okra	½ c cooked, 1 c raw	5
• Olives	8	0
• Onion	½ c cooked, 1 c raw	5
• Orange	1 small (6 ½ oz)	15
• Oysters, unsalted	6 medium	0
Pancake	1, 4" diameter	15
• Papaya	½ medium (8 oz)	15
Pasta	⅓ c	15
• Parsnips	½ c	15
• Peach	1 medium (6 oz)	15

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Food	Portion Size	Carb Grams
Peanut butter	1 T	0
• Pear	1 medium (4 oz)	15
• Peapods	½ c	5
• Peas, green	½ c	15
• Peas, split	½ c	15
• Peas, sugar snap	1 c raw	5
• Pepper, green	½ c	5
• Pepper, chili	1	0
• Perch	3 oz	0
Pie, fruit with two crusts	⅙ pie, 8" diameter	45
Pie, pumpkin or custard	⅛ pie, 8" diameter	30
• Pineapple	½ c canned, ¾ c cooked	15
Pita bread	½, 6" diameter	15
Pizza, thin crust	¼, 12" diameter	30
Pizza, deep dish	1 slice	35
Pizza, individual	6", deep dish	65
• Plum	2 medium (5 oz)	15
• Popcorn (unsalted, air-popped)	3 c popped	15
Popsicle	2 oz	10
Pork	3 oz	0
• Potato (baked, with skin)	½ medium (3 oz)	15
Potato (boiled or mashed)	½ c	15

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Food	Portion Size	Carb Grams
Potato chips	15	15
Pretzels	15	15
• Prunes, dried	3	15
Pudding, regular	½ c	30
Pudding, rice	½ c	40
Pudding, tapioca	½ c	30
Pudding, sugar-free	½ c	15
• Pumpkin seeds, unsalted	1 T	0
• Radishes	5	0
• Raisins	2 T	15
Ramen noodles	1 package	50
• Raspberries	1 c	15
• Rice: brown or wild	⅓ c cooked	15
Rice, white	⅓ c cooked	15
Rice cake	2, 4" diameter	15
• Salad greens: chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress	1 c	0
Salad dressing, low-fat	2 T	0
Salad dressing, regular	1 T	0
• Salmon	3 oz	0
• Salsa	¼ c	5

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Food	Portion Size	Carb Grams
Sardines	5	0
Sauerkraut	½ c	5
Sausage	1 oz	0
• Scallops	3 oz	0
Sesame seeds	1 T	0
Shortening	1 t	0
• Soybeans	½ c	5
Sherbet	½ c	30
• Shrimp	10 small	0
Soft drink (soda), diet	1 can (12 oz)	0
Soft drink (soda), fruit-flavored	1 can (12 oz)	50
Soft drink (soda), regular	1 can (12 oz)	40
Sorbet	½ c	30
Soup, bean and bacon	¾ c	15
Soup, beef vegetable	1 c	10
Soup, broth, low-sodium	1 c	0
Soup, chicken noodle	1 c	10
Soup, clam chowder with water	1 c	15
Soup, cream of chicken with water	1 c	10
Soup, cream of tomato with water	1 c	20
Soup, minestrone	1 c	10
• Soup, split pea with water, low sodium	½ c	15

- green means “go”— a healthier food choice

Food	Portion Size	Carb Grams
Sour cream, low-fat	3 T	0
Sour cream, regular	2 T	0
Spaghetti with sauce	½ c	15
• Spinach	½ c cooked, 1 c raw	5
Sports drink (check label)	8 oz	15
• Squash: summer, crookneck, or zucchini	½ c cooked, 1 c raw	5
• Squash, winter	1 c	15
• Strawberries	1 c	15
Stuffing, bread	⅓ c	15
Sugar	1 T	15
Sugar substitutes	1 T	0
Sunflower seeds	1 T	0
• Sweet potato	½ c	15
• Swiss chard	½ c cooked, 1 c raw	0
• Swordfish	3 oz	0
Syrup, light	2 T	15
Syrup, regular	1 T	15
Taco	1	15
• Tangerine	2 small (8 oz)	15
• Tofu	½ c	0
• Tomatoes	½ c cooked, 1 c raw	5
• Tomato juice, low-sodium	½ c	5

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Food	Portion Size	Carb Grams
Tortilla chips	1 oz	15
Tortilla, corn flour	1, 6" diameter	15
Tortilla, corn flour	⅓, 10" diameter	15
• Trout	3 oz	0
• Tuna	3 oz	0
Tuna casserole	1 c	30
• Turkey	3 oz	0
Turkey patty, breaded	1	15
• Turnips	½ c cooked, 1 c raw	5
Vanilla wafers	5	15
Veal	3 oz	0
Waffle	1, 4" square	15
• Watermelon	1 c (13½ oz)	15
• Water chestnuts	½ c slices	15
• Wheat, shredded	¾ c	15
Wine	4 oz	0
• Yam	½ c	15
Yam, candied (old-fashioned)	½ c	46
• Yogurt, light	6 oz	15
Yogurt, frozen	½ c	15
Yogurt, regular	8 oz	40
• Zucchini	½ c cooked, 1 c raw	5

Food	Portion Size	Carb Grams
<i>Write in your own favorite foods:</i>		

Food	Portion Size	Carb Grams
Write in your own favorite foods:		

Carb Tracker

Try it! Use the following pages to track your carbs. Make copies, download more pages from intermountainhealthcare.org/diabetes, or develop your own tracking sheet that works for you.

Date: *July 23,* _____

Meal	Food	Portion	Carb Value
<i>Breakfast</i>	<i>Light yogurt</i>	<i>6 oz</i>	<i>15</i>
	<i>Honeydew melon</i>	<i>1 slice</i>	<i>15</i>
	<i>Toast, light margarine</i>	<i>2 slices</i>	<i>30</i>
<i>Snack</i>	<i>Pear</i>	<i>1</i>	<i>15</i>
<i>Lunch</i>	<i>Mixed green salad</i>	<i>1 cup</i>	<i>0</i>
	<i>Turkey sandwich, wheat bread</i>	<i>2 slices</i>	<i>30</i>
	<i>Milk</i>	<i>8 oz</i>	<i>12</i>
	<i>Apple</i>	<i>Small</i>	<i>15</i>
<i>Snack</i>	<i>String cheese</i>	<i>1</i>	<i>0</i>
	<i>Wheat crackers</i>	<i>5</i>	<i>15</i>
<i>Dinner</i>	<i>Green salad</i>	<i>1 cup</i>	<i>0</i>
	<i>Green beans</i>	<i>½ cup</i>	<i>5</i>
	<i>Baked potato</i>	<i>½ medium</i>	<i>15</i>
	<i>Baked salmon</i>	<i>3 oz</i>	<i>5</i>
	<i>Gingersnap cookies</i>	<i>3</i>	<i>15</i>
	<i>Strawberries</i>	<i>1 cup</i>	<i>15</i>
	<i>Milk</i>	<i>8 oz</i>	<i>15</i>
<i>Snack</i>	<i>Peach</i>	<i>1 medium</i>	<i>15</i>
Daily Total			227

Carb Tracker

Date: _____

Meal	Food	Portion	Carb Value
Daily Total			

More Resources

Check out these resources for support and more “carb counseling.”

Intermountain Healthcare Diabetes Handouts

intermountainhealthcare.org/diabetes

Meal Plan

A tool to help you come up with a meal plan that fits your needs and food preferences. Available online at **Intermountain Patient Handouts**. Enter “Meal Plan” in the search field and click **Search**.

The screenshot shows a web-based meal planning tool. At the top, there is a 'MEAL PLAN' header and a 'DAILY TARGETS' table. Below this, there are input fields for Name, Address, Date of Birth, and Gender. A section titled 'Checklist' lists various food categories with checkboxes and numerical inputs for each. The categories include Breakfast, Lunch, and Dinner, each with sub-items like Grains, Protein, Vegetables, and Fruit. A 'Meals Menu' table is also visible, with columns for 'Meals per week' and 'Daily per meal'. The Intermountain Healthcare logo is at the bottom.

Online Food Lists

choosemyplate.gov

nutritiondata.com

calorieking.com (mobile app available)

Online Advice for Menu Planning and Eating Out

diabetes.org/food-and-fitness

changingdiabetes-us.com



Additional mobile apps

myfitnesspal.com

gomeals.com

healthydiningfinder.com



Books on Eating Out

Eating Out Food Counter. Annette B. Natow. Pocket, 1998.

The Smart-Carb Guide to Eating Out. Tracy Jones. Avery, 2004.

What to Eat When You're Eating Out. Hope S. Warshaw.

American Diabetic Association, 2006.

Notes



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