

# Diabetes Care and Education

a dietetic practice group of the  
**eat  
right.** Academy of Nutrition  
and Dietetics

## Ready, Set, Start Counting!



*Moderator's Guide*

# Notes to Moderator:

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This Moderator's Guide is the direct English language translation of the **¡En tu marca, listo, empieza a contar! (Ready, Set, Start Counting!)** handout versus the *original* copy of the Read, Set, Start Counting! Handout. It is designed for you, the health practitioner, as you may be working with a client who has limited English language proficiency, or, may wish to learn from materials written in his/her native language. The goal of this Moderator's Guide is to facilitate your interactions with your Hispanic clients. The Moderator's Guide allows you to follow the copy of the Spanish language version as you review the materials with your client.

Please keep in mind that the **¡En tu marca, listo, empieza a contar!** handout is not a direct translation of the *original Ready, Set, Start Counting!* It is a cultural and linguistic adaption to best meet the needs of your Hispanic clients while maintaining the integrity of the original handout without change to content.

Hispanic clients may have roots in any one of over 23 countries and/or could have lived most of their lives in the United States. This work has been developed in the style of "universal Spanish" to reach a broad group of Hispanic clients instead of making accommodations for specific dialects.

In addition, to text, format and grammar, some terms or phrases have been modified to be appropriate for the cultural forms of the Latino population. A key difference is the use of carbohydrate versus carbohydrates. In English, the word carbohydrate can refer to a group (3 carbohydrate choices). In Spanish, the word carbohydrate is usually referred to in the plural form even when it is not defining a group, i.e. "1 opción de carbohidratos". These changes are for linguistic purposes only and do not affect the content of the material.

Lastly, per Academy guidelines, the term registered dietitian nutritionist (RDN) will not be written or spoken as such in Spanish. Therefore, Moderators will see this phrase written as, "un dietista nutricionista registrado (RDN)". The letters "RDN" represent a legal designation and therefore cannot be changed to match the written or spoken designation in Spanish.

# Ready, Set, Start Counting!

## Carbohydrate Counting — a method to Help Manage Your Blood Glucose

When you have diabetes, keeping your blood glucose in a healthy range can help you feel your best today and in the future. Carbohydrate counting is a flexible meal-planning tool (not a diet) that can help you understand how your food choices affect your blood glucose level.

### Carbohydrate and blood glucose

Any carbohydrate food you eat (e.g., milk, fruit, bread and pasta) is digested into glucose, which causes your blood glucose level to increase. However, eating some carbohydrate foods throughout the day is important because they provide energy and essential nutrients for your body. To better manage your blood glucose, energy level and weight, pay attention to how much carbohydrate you eat.

Maintaining the right balance between carbohydrate and insulin (whether your body produces it or you take it) helps to regulate your blood glucose level. Determining when and how much you eat — and whether or not you have snacks — should be based on your lifestyle, medications and meal-planning goals. A registered dietitian nutritionist (RDN) may consider the following ways for you to use carbohydrate counting to determine the healthiest plan for you:

- ❖ **Portion Control:** Setting a maximum amount of carbohydrate for each meal within your healthy meal plan and/or taking diabetes medications can keep your blood glucose from getting too high.

- ❖ **Consistency:** If you use diabetes medications or insulin, it may be important to eat the same amount of food and carbohydrate at the same time each day. Doing this can keep your blood glucose from getting too high or too low.

- ❖ **Flexibility:** If your insulin plan includes varying doses based on how much carbohydrate you are eating (carbohydrate/insulin ratio); accurate carbohydrate counting can help you determine how much insulin to take.

### Foods that contain carbohydrate:

- ❖ Grains (e.g., breads, crackers, rice, hot and cold cereals, tortillas, and noodles)
- ❖ Starchy vegetables (e.g., potatoes, peas, corn, pumpkin, lentils, and beans)
- ❖ Fruits and juices
- ❖ Milk and yogurts
- ❖ Sweets and desserts

Non-starchy vegetables (e.g., carrots, broccoli, and tomatoes) contain only a small amount of carbohydrate and do not affect blood glucose when eaten in small portions.

## Carbohydrate choices and portion sizes

- ❖ A “carbohydrate choice” is a portion of food, like a slice of bread, that has 15 grams of carbohydrate (1 carbohydrate choice = 15 grams of carbohydrate).
- ❖ The idea is that the total carbohydrate from any food often has a similar effect on blood glucose levels.
- ❖ Small portions of sweets or sugar can occasionally be used in place of other carbohydrate-containing food.
- ❖ Measure or weigh foods to learn what common portion sizes look like. If you do not have access to a scale or measuring cups, refer to these hand-estimated illustrations.



1/2 cup



1 cup

## Learn how to read food labels

Here are tips to keep in mind when reading food labels. Remember: Always compare the serving size listed to your actual portion.

**1.** Find the serving size.

### Nutrition Facts / Datos de Nutrición

Serving Size / Tamaño de Ración	15 crackers (30 g) / 15 galletas (30 grs.)
Servings Per Container / Raciones por Envase	about 14 / aprox. 14

**3.** Compare the serving size listed to your actual portion.

**2.** Locate the total carbohydrate in one serving. (Sugars are included in this number, so you do not need to count them separately.)

Calories / Calorías	130
Total Fat / Grasa Total 3g	5%
Saturated Fat / Grasa Saturada	0g
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 160mg	7%
Total Carbohydrate / Carbohidrato Total 22g	7%
Dietary Fiber / Fibra Dietética 2g	8%
Sugars / Azúcares 3g	
Protein / Proteínas 3g	–
Vitamin A / Vitamina A	0%
Vitamin C / Vitamina C	0%

**4.** Count the grams of carbohydrates or the number of carbohydrate choices. In this example, 10 crackers would have about 15 grams of carbohydrates and equal 1 carbohydrate choice.

## Determine carbohydrate choices online

1. Locate the name of the company that produced or packaged the food, then visit its website.
2. Refer to a reliable website that provides nutrition information, such as:
  - a. Calorie King ([www.calorieking.com](http://www.calorieking.com))
  - b. MyFoodAdvisor (<http://tracker.diabetes.org/explore>)
3. Check out your favorite chain restaurant’s nutrition information on their website so you can stick to your plan when you eat away from home.



The number of carbohydrate choices you need depends on your body size, activity level and weight-management goals. An RDN can help you determine the appropriate amount of carbohydrate for you. Visit [www.eatright.org](http://www.eatright.org) to find an RDN near you.

## Food lists



### Breads, Grains & Cereals

1 ounce bread product (1 slice bread, 1/4 large bagel, small 6" tortilla)  
 1/3 cup cooked rice or pasta  
 1 cup soup  
 3/4 cup unsweetened cold cereal (serving sizes vary, check label)  
 1/2 cup cooked cereal  
 3 cups air-popped popcorn

### Milk & Yogurt

1 cup fat-free, low-fat, or whole milk  
 6 ounces low-fat or fat-free plain or Greek yogurt  
 6 ounces flavored yogurt made with low-calorie sweetener (these vary, check label)

### Fruits

1 small piece fresh fruit (small apple, extra-small banana)  
 1/2 medium fruit (orange, peach)  
 1/2 cup canned fruit in own juice  
 1/2 small mango  
 1 1/4 cup watermelon  
 1/2 cup fruit juice  
 2 tbsps. dried fruit  
 17 grapes  
 1 1/4 cup strawberries  
 1 cup papaya  
 3/4 cup blueberries

### Vegetables & Beans

1/2 cup potato, sweet potato, peas, corn  
 1/2 cup cooked beans, legumes (garbanzo, kidney, black beans, lentils)  
 3/4 cup pumpkin puree unsweetened  
 1/3 cup cooked cassava  
 1/3 plantain (green or yellow)  
 1 1/2 cups cooked vegetables (small portions of non starchy vegetables are carbohydrate-free)

### Sweets & Snack Foods

3/4 ounce pretzels  
 6 saltine-type crackers  
 8 baked chips, potato, pita  
 13 regular chips, (tortilla, potato)  
 1 ounce sweet snack (2 small sandwich cookies, 5 vanilla wafers)  
 1 tbsp. sugar or honey  
 1/2 cup regular ice cream

The lists above provide a basic idea of the carbohydrate count in common foods. Each portion is one carbohydrate choice (15 grams of carbohydrates). Foods with fewer than 20 calories and fewer than 5 grams of carbohydrates are considered "free." These include sugar-free beverages, sugar substitutes, spices and seasonings.

### Carbohydrate(s) choices for common serving sizes

- ❖ 1 regular sandwich = 2 carbohydrate(s) choices or about 30 grams of carbohydrates
- ❖ 1 (6") sub sandwich = 3 carbohydrate (s) choices or about 45 grams of carbohydrates
- ❖ 1 cup cooked rice or pasta = 3 carbohydrate(s) choices or about 45 grams of carbohydrates
- ❖ 1 medium (average) apple or banana = 2 carbohydrate(s) choices or about 30 grams of carbohydrates

### Better carbohydrate choices

Carbohydrate(s) counting is important, but the type of carbohydrate(s) also is important for both blood glucose and overall health. All carbohydrates are not the same. Choose better carbohydrate(s) choices, such as whole grains and less-processed foods.

- ❖ Opt for beans and other legumes.
- ❖ Select whole grain bread, whole grain pasta, and brown rice over white (refined) varieties.
- ❖ Experiment with many types of whole grains, including quinoa, oatmeal, barley, and bulgur.
- ❖ Go for whole fruits instead of fruit juice or sugary foods.
- ❖ Select a variety of vegetables such as onions, peppers, tomatoes, and carrots (most vegetables are great choices).



# How Much to Eat? For Weight Maintenance



## Women

Many women need about 3-4 carbohydrate choices (45-60 grams) at each meal.

### BREAKFAST

1 small orange                      1 carbohydrate choice

1 teaspoon light margarine

1 egg omelet with tomato, onion, and pepper

1 slice (1 ounce) whole grain toast                      1 carbohydrate choice

1 cup of low-fat milk                      1 carbohydrate choice

### LUNCH

1 sandwich with whole grain bread                      2 carbohydrate choices

1-2 cups vegetables                      0-1 carbohydrate choice

1 small fruit                      1 carbohydrate choice

### DINNER

1 large green salad                      0-1 carbohydrate choice

1 piece of chicken

½ cup of sweet potato                      1 carbohydrate choice

1-2 cups green beans                      0-1 carbohydrate choice

1 cup low-fat milk                      1 carbohydrate choice

1 small fruit                      1 carbohydrate choice



## Men

Many men need about 4-5 carbohydrate choices (60-75 grams) at each meal.

### BREAKFAST

¾ cup blueberries                      1 carbohydrate choice

1 cup cooked oatmeal made with water                      2 carbohydrate choice

1 cup low-fat milk                      1 carbohydrate choice

2 tablespoons nuts

2 tablespoons raisins                      1 carbohydrate choice

### LUNCH

½ cup rice                      1 carbohydrate choice

1 (12") tortilla                      2 carbohydrate choices

1-2 cups of shredded lean pork w/steamed vegetables with 1 tablespoon of mole poblano                      0-1 carbohydrate choice

1 small fruit                      1 carbohydrate choice

### DINNER

1 large green salad

Soup Ingredients:                      3 carbohydrate choices

- ❖ 1 cup of cooked pasta
- ❖ shredded beef cubes
- ❖ ½ cup of spinach

4-6 crackers                      1 carbohydrate choice

6 ounces plain frozen yogurt                      1-2 carbohydrate choices

## My Individual Carbohydrate Goals

	Time	Carbohydrate
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		
Total		

Healthy eating is about more than just counting carbohydrates. It is important to eat balanced meals with an emphasis on vegetables and fruits.

Eat a variety of foods. For most people these include:

- ❖ at least 5 servings of fruits and vegetables
- ❖ at least 3 servings of whole grains or legumes (beans)
- ❖ 2–3 servings of low-fat or fat-free dairy
- ❖ adequate protein and healthy fats

Protein foods (including meat, poultry, fish and plant-based proteins) and fats do not directly affect blood glucose and can help you feel satisfied, although they do add calories. To keep your heart healthy, choose healthy fats (like those found in nuts, seeds, and fish) in appropriate portions. With all of the food you eat, remember that portion control is important.



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For a referral to a registered dietitian nutritionist (RDN) and for additional food and nutrition information, visit the Diabetes Care and Education Practice Group at [www.dce.org](http://www.dce.org) or the Academy of Nutrition and Dietetics at [www.eatright.org](http://www.eatright.org), or call 1-800-877-1600.

