

# Carbohydrate Counting Assessment

Carbohydrate counting can help you manage your blood sugars.  
This tool can help you and your health care team assess your skills counting carbohydrates.

Name: \_\_\_\_\_

Date completed: \_\_\_\_\_

Score

Please answer all the questions below.

Who completed this assessment?  Myself  Myself and a parent  Other: \_\_\_\_\_

## Carbohydrate Food Recognition

Does this food have enough carbohydrate to raise your blood sugar (or take insulin)?		Please <b>circle</b> one answer for each food item. If you don't know if the food contains carbohydrate, you can circle "Don't know."		
1	Bread	Yes	No	Don't know
2	Cucumber	Yes	No	Don't know
3	Baked potato	Yes	No	Don't know
4	Regular table syrup	Yes	No	Don't know
5	Cheese	Yes	No	Don't know
6	Milk	Yes	No	Don't know
7	Orange juice	Yes	No	Don't know
8	Pop (not diet)	Yes	No	Don't know
9	Chili with kidney beans	Yes	No	Don't know
10	Apple	Yes	No	Don't know
11	Sugar	Yes	No	Don't know
12	Butter	Yes	No	Don't know
13	Plain grilled chicken	Yes	No	Don't know
14	Strawberry jam	Yes	No	Don't know
15	Canned spaghetti sauce (tomato)	Yes	No	Don't know
16	Ground beef	Yes	No	Don't know
17	Honey	Yes	No	Don't know
18	Corn	Yes	No	Don't know

## Carbohydrate Food Counting

Please **circle** the best answer only

How many grams of carbohydrates are in this portion of food?

Circle the grams of carbohydrate in this column

Please circle this column if you don't know

19	1 cup (250 mL) milk	0	15	30	45	60	75	Don't know
20	1 cup (250 mL) cooked pasta	0	15	30	45	60	75	Don't know
21	1 cup (250 mL) cooked rice	0	15	30	45	60	75	Don't know
22	1 cup (250 mL) unsweetened apple juice	0	15	30	45	60	75	Don't know
23	1 cup (250 mL) mashed potatoes	0	15	30	45	60	75	Don't know

## Food Labels

For 1 package (456 g)

Nutrition Facts	
Per 1 cup (228g)	
<b>Calories</b> 260	% Daily Value*
<b>Fat</b> 13 g	20 %
Saturated 5 g	25 %
+Trans 0 g	
<b>Carbohydrate</b> 31 g	
Fibre 2 g	8 %
Sugars 8 g	8 %
<b>Protein</b> 5 g	
<b>Cholesterol</b> 10 mg	
<b>Sodium</b> 660 mg	28 %
Potassium 300 mg	6 %
Calcium 300 mg	23 %
Iron 1 mg	6 %
*5% or less is a little, 15% or more is a lot	

Use the Nutrition Facts table above to answer the questions below.

Please **circle** the best answer.

Please circle this column if you don't know

24	How much available carbohydrate (in grams) would be in 1 cup?	228 g	41 g	31 g	29 g	Don't know
25	If you ate the whole package, how many cups would you eat?	1 cup	2 cups	4 cups	Don't know	
26	If you ate the whole package, how much available carbohydrate would you eat?	456 g	82 g	62 g	58 g	Don't know

## Insight

Please check <input checked="" type="checkbox"/> the best answer for each question.		Please check this column if you don't know
27	Which of these will raise your blood sugars the fastest?	<input type="checkbox"/> Watermelon <input type="checkbox"/> Ice cream <input type="checkbox"/> Whole wheat bread <input type="checkbox"/> Don't know
28	Which of these will raise your blood sugars the slowest?	<input type="checkbox"/> Plain 2% yogurt <input type="checkbox"/> Plain 2% yogurt with cherries <input type="checkbox"/> Plain 2% yogurt with nuts <input type="checkbox"/> Don't know
29	Which of these will raise your blood sugars the fastest?	<input type="checkbox"/> Mini Wheats <sup>®</sup> cereal <input type="checkbox"/> Rice Krispies <sup>®</sup> cereal <input type="checkbox"/> All-bran <sup>™</sup> breakfast cereal <input type="checkbox"/> Don't know
30	Which of these will raise your blood sugar the fastest when you have a low blood sugar?	<input type="checkbox"/> Chocolate bar <input type="checkbox"/> Regular (not diet) pop <input type="checkbox"/> Peanut butter <input type="checkbox"/> Don't know
31	If you ate only white bread at a meal, how long would it take for your blood sugars to peak?	<input type="checkbox"/> 30 minutes to 1 hour <input type="checkbox"/> 2 to 3 hours <input type="checkbox"/> 4 to 5 hours <input type="checkbox"/> Don't know

## Carbohydrate Counting in Meals

You can use the information below to help you answer questions 32 – 35.

### Yogurt

Nutrition Facts	
Per 1 container (100g)	
<b>Calories 90</b>	<b>% Daily Value*</b>
<b>Fat 3 g</b>	4 %
Saturated 1.5 g	8 %
+Trans 0 g	
<b>Carbohydrate 12 g</b>	
Fibre 0 g	0 %
Sugars 9 g	9 %
<b>Protein 4 g</b>	
<b>Cholesterol 10 mg</b>	
<b>Sodium 40 mg</b>	2 %
Potassium 200 mg	4 %
Calcium 150 mg	12 %
Iron 0.1 mg	1 %
*5% or less is a little, 15% or more is a lot	

### Salad dressing

Nutrition Facts	
Per 2 tbsp (30 mL)	
<b>Calories 120</b>	<b>% Daily Value*</b>
<b>Fat 12 g</b>	16 %
Saturated 1.5 g	8 %
+Trans 0 g	
<b>Carbohydrate 1 g</b>	
Fibre 0 g	0 %
Sugars 1 g	1 %
<b>Protein 0 g</b>	
<b>Cholesterol 5 mg</b>	
<b>Sodium 250 mg</b>	11 %
Potassium 10 mg	1 %
Calcium 10 mg	1 %
Iron 0 mg	0 %
*5% or less is a little, 15% or more is a lot	

### Hamburger bun

Nutrition Facts	
Per 1 bun (65 g)	
<b>Calories 170</b>	<b>% Daily Value*</b>
<b>Fat 2.5 g</b>	3 %
Saturated 0 g	0 %
+Trans 0 g	
<b>Carbohydrate 34 g</b>	
Fibre 6 g	20 %
Sugars 2 g	2 %
<b>Protein 5 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 340 mg</b>	15 %
Potassium 225 mg	5 %
Calcium 0 mg	0 %
Iron 1.5 mg	11 %
*5% or less is a little, 15% or more is a lot	

How many grams of carbohydrate does this meal or snack contain?	Please <b>circle</b> the best answer (grams)	Please circle this column if you don't know
<b>32</b> <b>Breakfast:</b> 2 eggs 2 toast 2 tbsp (30 mL) peanut butter 1 cup (250 mL) 1% milk	0 15 30 45 60 75 90 105	Don't know
<b>33</b> <b>Lunch:</b> 2 slices bread with 2 slices turkey 1 dill pickle 1/3 cup (75 mL or 100 g) yogurt flavoured with added sugar 1/2 cup apple juice	0 15 30 45 60 75 90 105	Don't know
<b>34</b> <b>Snack:</b> 1 large banana	0 15 30 45 60 75 90 105	Don't know
<b>35</b> <b>Dinner:</b> 1 cheeseburger with bun 1 cup (250 mL) green salad 1 tbsp (15 mL) regular ranch dressing 1 can (355 mL) diet pop	0 15 30 45 60 75 90 105	Don't know