

Carbohydrate Counting Assessment

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

Name: _____

Date completed: _____

Section to be filled out by
health care team

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)?		Select one answer for each food item. If you don't know if the food contains carbohydrate, you can select "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

Click the button to reset form [Reset](#)

Carbohydrate Food Counting

Select the best answer.

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

Select the grams of carbohydrate in this column.

Check this

column if you don't know.

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

Food Labels

For 1 package (456 g)

Nutrition Facts	
Per 1 cup (228g)	
Calories 260	% Daily Value*
Fat 13 g	20 %
Saturated 5 g	25 %
+Trans 0 g	
Carbohydrate 31 g	
Fibre 2 g	8 %
Sugars 8 g	8 %
Protein 5 g	
Cholesterol 10 mg	
Sodium 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.

Select the best answer.

Check 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

Check  the best answer for each question.		Check this column if you don't know.
27	Which of these will raise your blood sugars the fastest?	☐ Grape ☐ Banana (overripe) ☐ Apple ☐ Don't know
28	Which of these will raise your blood sugars the slowest?	☐ Plain 2% yogurt ☐ Plain 2% yogurt with cherries ☐ Plain 2% yogurt with nuts ☐ Don't know
29	Which of these will raise your blood sugars the fastest?	☐ Steel cut oats ☐ Rye bread ☐ Instant rice ☐ Don't know
30	Which of these will raise your blood sugar the fastest when you have a low blood sugar?	☐ Chocolate bar ☐ Regular (not diet) pop ☐ Peanut butter ☐ Don't know
31	If you ate only a high glycemic food (white bread) at a meal, how long would it take for your blood sugars to peak?	☐ 30 minutes to 1 hour ☐ 2 to 3 hours ☐ 4 to 5 hours ☐ 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)	
Calories 90	% Daily Value*
Fat 3 g	4 %
Saturated 1.5 g	8 %
+Trans 0 g	
Carbohydrate 12 g	
Fibre 0 g	0 %
Sugars 9 g	9 %
Protein 4 g	
Cholesterol 10 mg	
Sodium 40 mg	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)	
Calories 120	% Daily Value*
Fat 12 g	16 %
Saturated 1.5 g	8 %
+Trans 0 g	
Carbohydrate 1 g	
Fibre 0 g	0 %
Sugars 1 g	1 %
Protein 0 g	
Cholesterol 5 mg	
Sodium 250 mg	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)	
Calories 170	% Daily Value*
Fat 2.5 g	3 %
Saturated 0 g	0 %
+Trans 0 g	
Carbohydrate 34 g	
Fibre 6 g	20 %
Sugars 2 g	2 %
Protein 5 g	
Cholesterol 0 mg	
Sodium 340 mg	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?		Select the best answer (grams).	Check this column if you don't know.
32	Breakfast: 2 eggs 2 toast 2 tbsp (30 mL) peanut butter 1 cup (250 mL) 1% milk	☐ 15 ☐ 30 ☐ 45 ☐ 60 ☐ 75 ☐ 90	☐ Don't know
33	Lunch: 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	☐ 15 ☐ 30 ☐ 45 ☐ 60 ☐ 75 ☐ 90	☐ Don't know
34	Snack: 1 large banana	☐ 15 ☐ 30 ☐ 45 ☐ 60 ☐ 75 ☐ 90	☐ Don't know
35	Dinner: 1 cheeseburger with bun 1 cup (250 mL) green salad 1 tbsp (15 mL) regular ranch dressing 1 can (355 mL) diet pop	☐ 15 ☐ 30 ☐ 45 ☐ 60 ☐ 75 ☐ 90	☐ Don't know

