

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: _____

Section to be filled out by health care team

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)?		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	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
2	Cucumber	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
3	Baked potato	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
4	Regular table syrup	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
5	Cheese	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
6	Milk	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
7	Orange juice	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
8	Pop (not diet)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
9	Chili with kidney beans	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
10	Apple	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
11	Sugar	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
12	Butter	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
13	Plain grilled chicken	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
14	Strawberry jam	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
15	Canned spaghetti sauce (tomato)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
16	Ground beef	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
17	Honey	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Don't know
18	Corn	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> 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?

19	1 cup (250 mL) milk	<input type="checkbox"/> 15 <input type="checkbox"/> 30 <input type="checkbox"/> 45 <input type="checkbox"/> 60 <input type="checkbox"/> 75	<input type="checkbox"/> Don't know
20	1 cup (250 mL) cooked pasta	<input type="checkbox"/> 15 <input type="checkbox"/> 30 <input type="checkbox"/> 45 <input type="checkbox"/> 60 <input type="checkbox"/> 75	<input type="checkbox"/> Don't know
21	1 cup (250 mL) cooked rice	<input type="checkbox"/> 15 <input type="checkbox"/> 30 <input type="checkbox"/> 45 <input type="checkbox"/> 60 <input type="checkbox"/> 75	<input type="checkbox"/> Don't know
22	1 cup (250 mL) unsweetened apple juice	<input type="checkbox"/> 15 <input type="checkbox"/> 30 <input type="checkbox"/> 45 <input type="checkbox"/> 60 <input type="checkbox"/> 75	<input type="checkbox"/> Don't know
23	1 cup (250 mL) mashed potatoes	<input type="checkbox"/> 15 <input type="checkbox"/> 30 <input type="checkbox"/> 45 <input type="checkbox"/> 60 <input type="checkbox"/> 75	<input type="checkbox"/> Don't know

Select the grams of carbohydrate in this column.

Check this column if you 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.

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

Check this column if you 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?	<input type="checkbox"/> Grape <input type="checkbox"/> Banana (overripe) <input type="checkbox"/> Apple	<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"/> Steel cut oats <input type="checkbox"/> Rye bread <input type="checkbox"/> Instant rice	<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 a high glycemic food (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

Salad dressing

Hamburger bun

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

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

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.

Breakfast:

32 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

Lunch:

33 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

Snack:

34 1 large banana

15 30 45
 60 75 90

Don't know

Dinner:

35 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