Carbohydrate Counting Assessment

Carbohydrate counting can help you manage your blood glucose (sugars).
This tool can help you and your health care team asses 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 ⬭circle⬭ 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

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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)

Calories 260	% Daily Value*
Fat 13 g	20 %
Saturated 5 g +Trans 0 g	25 %
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. 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 ✔ 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?	❑ Watermelon ❑ Ice cream ❑ Whole wheat bread	☐ 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?	❑ Mini Wheats® cereal ❑ Rice Krispies® cereal ❑ All-bran™ breakfast cereal	☐ 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 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	Salad dressing	Hamburger bun

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 %

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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 %

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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?		Please (circle) the best answer (grams)	Please circle 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	0 15 30 45 60 75 90 105	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 ½ cup apple juice	0 15 30 45 60 75 90 105	Don't know
34	**Snack:** 1 large banana	0 15 30 45 60 75 90 105	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	0 15 30 45 60 75 90 105	Don't know