

Carbohydrate Counting Resources

Ways to help you match your medication or activity levels to how much food you eat:

1. Be aware of the carbohydrates you eat.
2. Count the amount of carbohydrates in meals and snacks.

Resources like the ones we list here can help you count the daily amount of carbohydrates you eat and drink each day.

On the Road to Diabetes Health from Fraser Health

In this booklet, there is a table with a list of foods and portions equal to 15 grams of carbohydrates.

- Go to fraserhealth.ca/health-topics-a-to-z/diabetes.
Links to the booklet in various languages is available at the bottom of the page.
- Scan this QR Code directly to the resource.
Choose your language, then click on the document to download.



Nutrient Value of Common Foods from Health Canada

This booklet lists 19 nutrients for 1000 of the most common foods we eat and drink in Canada.

- Search online by the title.
- Go to canada.ca. Type “Nutrient Value of Common Foods” in the search box to download a copy.
- Scan this QR Code to download the resource.



Other websites and smart device applications (apps)

- My Fitness Pal (activity and food diary) myfitnesspal.com
- Calorie King (analyze the nutrients of specific foods) calorieking.com
- Cronometer (analyze recipes) cronometer.com
- Fat Secret (includes South Asian foods) fatsecret.com
- MyNetDiary (diabetes tracker) mynetdiary.com
- Nutritionix (food diary) nutritionix.com

You might find another website or app that works for you.

These sites and apps are only suggestions. Fraser Health does not endorse any of them.

A QR code (short for ‘quick response’ code) is a type of barcode that you scan with your smart device’s camera. Once scanned, it takes you to that web page.