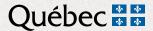
# Carbohydrate counting guide for people living with diabetes

Appendix - For health professionals







## **Appendix - For health professionals**

This appendix explains the criteria that were used to create the Carbohydrate counting guide for people living with diabetes.

#### **Nutritional values**

For foods that do not have a nutrition facts table, most of the values come from the <u>Canadian Nutrient File</u> (CNF).

For other foods, the values for a few store-bought products and the CNF values were compiled to obtain averages.

## Serving sizes

For foods with carbohydrates, each serving contains 15 g  $\pm$  -3 g of carbohydrates.

For foods with little or no carbohydrates, each serving contains 5 g of carbohydrates + / -1 g of carbohydrates. If no serving is indicated, the typical amount eaten contains less than 5 g of carbohydrates.

If "Varies" is indicated for a serving, it means that a serving size could not be determined using the above-mentioned criteria.

### **Symbols**

Foods that are sources of fibre and foods that are high in saturated fat, unsaturated fat and sodium are identified by symbols.

The criteria used are **drawn** from Health Canada's <u>nutrition labelling regulations for packaged foods</u>.

- ▶ All fruits, vegetables, whole grains and whole grain products have been identified as sources of fibre even if they did not meet the criteria. For other store-bought foods, Health Canada's criteria were used.
- ▶ For saturated fats, Health Canada's criteria were used.
- For unsaturated fats, there are no official recommendations. The symbol has been applied to foods that are known to be nutritious and high in unsaturated fat.
- For sodium, the threshold used (2,000 mg) is lower than Health Canada's threshold (2,300 mg) given that people living with diabetes are at high risk of developing cardiovascular disease.
- For each store-bought food, several brands were analyzed. If a brand met the criteria for sodium or saturated fat, the food was identified with the appropriate symbol.

#### Other foods

For canned fruit, the servings indicated take the juice or syrup into account.

Exceptions were made based on the editorial board's judgement.



