

Carbohydrate counting guide for people living with diabetes

Appendix – For health professionals



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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 [Canadian Nutrient File](#) (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 +/- 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 [nutrition labelling regulations for packaged foods](#).

- ▶ 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.

