

Diabetes Management: Creating Your Carbohydrate Counting Meal Plan

Carb counting is a meal planning method that can help you manage your blood sugar.

You and your diabetes care team will work together to develop a meal plan that helps you keep your blood sugar in your target range as much as possible.

Your meal plan is specific to you. It is based on your nutritional needs, routines, age, the medicines you take - if any, how active you are, and any other goals of your diabetes management plan, including weight loss.

Carbohydrate is measured in grams. Your meal plan will tell you how many grams of carbs to aim for at each meal and snack, and a total for the day.

A typical meal plan may look like this: 45 grams of carbs for breakfast, 60 grams of carbs for lunch, 15 grams of carbs for an afternoon snack, and 60 grams of carbs for dinner.

That's a daily total of 180 grams of carbohydrate.

Work with your diabetes care team to make sure you can put your meal plan into practice.

It should be based on your lifestyle and the way you really eat.

No matter how your meal plan looks, remember that your goal is to try to keep your blood sugar in your target range.

You don't want to have high blood sugar after you eat. So space your carb intake evenly throughout the day and try to eat at about the same time each day.

Consistency is key.

If snacks are not an option because of your daytime schedule, try not to wait any longer than 4 to 5 hours between meals.

Do your best to stay as close to your meal plan as possible, ideally within 15 grams of carb.

Creating a meal plan is the first step to managing your blood sugar through carb counting. Make sure it works for you and follow it every day.