

# Diabetes Management: Combination Foods and Carbohydrate Counting

As you learn to carb count, you'll start to easily recognize the amount of carbohydrate in many foods you eat, like one small apple, one-third cup of rice, or one slice of bread.

But how do you count carbs in foods that have more than one ingredient? How do you count combination foods?

Many combination foods are prepared foods that are easy and convenient like soups, casseroles, and stews.

Luckily, many pre-packaged combination foods will have the total carbohydrate listed on the food label. So look there.

And when you are preparing foods at home, some cookbooks will have the nutritional information in the recipe.

If not, you can still make your favorite family recipes. You just need to do a little carb counting.

To do so, first add up the carbohydrate from each ingredient. Then divide that total by the number of suggested servings. You will get the carb value of each serving.

When you count carbs in foods that you cook, remember to consider the cooked portion of food when estimating carbs. Write this information on the recipe, so you only have to do it once.

Casseroles and pizza can be tricky combination foods because their protein and fat content affects the way the carbs are digested.

So you may have an accurate idea of the number of carbs in a serving, but you may notice your blood sugar stays high after eating a higher fat combination food.

Check your blood sugar two hours after your meal to see how a specific combination food affects it.

And if you do have favorite recipes, take them with you to your next diabetes care team visit.

Together, you can calculate the carbohydrate amounts in your favorite meals, making combination foods a little easier to count.