

# Health Minute: What Is Carbohydrate Counting?

Now, a Health Minute.

Carbohydrates give your body much-needed energy. But they also raise your blood sugar.

So learning to count carbohydrates can help you better manage your blood glucose.

Here's how.

First, work with your diabetes care team to develop a meal plan that tells you how many carbohydrates to eat at each meal and snack.

Next, check how many carbohydrates are in the foods you eat.

Read the food label, or use websites or an app.

Carbohydrates are measured in grams.

One serving of carbohydrates is 15 grams. So make sure you base the carb amount on the serving size you eat.

By counting carbohydrates and staying within your plan for the day, you can help keep your blood glucose in your target range.