

Carb Counting

Prepare for your Dm2life carb counting class

What you'll learn

- What carbohydrates are and where they hide in meals
- How to measure carb servings using food lists and labels
- Meal and snack math for consistent portions
- Reading portions and using household tools
- Glucose-friendly swaps and real-life practice examples

Pre-class checklist

Check each item off before your session so we can spend our time on you, not on paperwork.

- ☐ Bring a food label from a food you eat often
- ☐ Write down a typical day of meals and snacks
- ☐ Have measuring cups or a food scale if you own one
- ☐ Come with one meal you'd like to improve

One carb serving = about 15 grams

- 1 slice of bread, or 1/4 of a large bagel
- 1/3 cup cooked rice or pasta
- 1/2 cup cooked beans, corn, peas, or mashed potato
- 1 small piece of fruit, or 1/2 cup canned fruit in juice
- 1 cup milk or plain kefir; 6 oz plain yogurt
- 3 cups popped popcorn, or 4–6 small crackers

Non-starchy vegetables (greens, peppers, broccoli, cucumber) are low in carbs — 1/2 cup cooked or 1 cup raw counts as about 5 grams.

Practice: my meals for class

Fill this in before class and we will count it together.

Breakfast — foods and portions

Lunch — foods and portions

Dinner — foods and portions

Snacks — foods and portions

Bring-your-own notes

Questions I want answered in class

Brief intake questionnaire

Answer these before class and share them at the start of our session.

- Do you currently count carbohydrates?

- What tools do you use to plan meals (apps, paper, none)?

- Which foods or meals confuse you most when choosing portions?

My one goal for this class

Always follow your doctor or provider's advice and prescriptions. These materials are for education only and do not diagnose, treat, or replace medical care.