

# CARB IN SCHOOL LUNCH FOODS

## A RESOURCE FOR SCHOOL PERSONNEL

Students with diabetes can eat the same foods as students without diabetes. The carbohydrate (“carb”) in food raises blood glucose. Students with diabetes count how many carbs they eat.

### 1. Carbs ARE found in:

Grains & Starchy Vegetables	Fruits	Milk & Alternatives	Other Choices (sweets and snacks)
Bread, bagel, wraps, pasta, rice, cereal, crackers, corn, potatoes	Apples, bananas, grapes, oranges, berries, canned fruit, juice	Milk, chocolate milk, soy milk, yogurt	Cookies, cake, granola bars, popcorn, pretzels, honey, syrup
<b>These are just SOME examples in each group!</b>			

### 2. Carbs are NOT found in:

- Meat, most vegetables, fats (butter/margarine/oil), cheese and eggs

### 3. Counting carbs

- For packaged foods, **use the food label for the most accurate carb count** (see page 2).
- If the food label is not available, use the list below to estimate the carbs.

### Carb in common school lunch foods

Food	Carbs (grams)
<b>Grains and starchy vegetables</b>	
Sandwich (any kind, 2 slices bread)	30
Wrap (any kind, 10-inch tortilla)	30
Wrap (any kind, 6-inch tortilla)	15
Spaghetti and sauce (½ cup)	15
Corn (½ cup)	15
Potato (baked or boiled) (1 medium)	30
Mashed potato (½ cup)	15
Rice (1/3 cup)	15
French fries (10)	15
Burger (1 whole bun)	30
Pizza (1/12 of 12-inch pizza)	15
<b>Other choices</b>	
Granola bar	20
Cookies (2 small)	20

Food	Carbs (grams)
<b>Fruits</b>	
Banana (small or half large)	15
Apple/orange/pear (medium)	15
Grapes (15)	15
Blueberries (1 cup)	15
Other berries (2 cups)	15
Applesauce (½ cup)	15
Fruit cup (in juice)	15
Juice box	20
<b>Milk and alternatives</b>	
Milk (small carton)	12
Yogurt cup	15
Yogurt tube	7
Cheese string	0
Ice cream (½ cup)	15

## Using food labels (Nutrition Facts) to count carbs

Nutrition Facts tables are found on packaged foods and can tell you how much carb is in that food. Follow these steps to count the carbs:

**1. Find the serving size**

- Compare this to the student’s portion size (are they eating the same amount, or more or less?)

**2. Find the total grams of carbohydrate**

**3. Subtract grams of fibre (if any) from the total grams of carbohydrate**

- Fibre does not raise blood glucose

Nutrition Facts	
Per ½ cup (87g)	
Amount	% Daily Value
Calories 80	
Fat 0.5g	1%
Saturated 0g + Trans 0g	0%
Cholesterol 0mg	
Sodium 0mg	0%
Carbohydrate 18g	6%
Fibre 4g	8%
Sugars 2g	2%
Protein 3g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

**What’s left is the grams of carbohydrate that raise glucose – this is your carb count!**

### Example using the label shown above

1. Find the serving size
  - ½ cup serving
2. Find the total grams of carbohydrate
  - 18 grams total carb
3. Subtract grams of fibre (if any)
  - 4 grams of fibre
  - 18 – 4 = 14 grams

**There are 14 grams of carb in a ½ cup serving**

### If the PORTION is different from the SERVING SIZE

If the student eats **more** than the serving size, you will have to **multiply** the carb count.

**Example:**

- A 1 cup portion is 2 times the serving size of ½ cup
- 14 grams x 2 = 28 grams in 1 cup (twice the serving = twice the carbs!)

If the student eats **less** than the serving size, you will have to **divide** the carb count.

**Example:**

- A ¼ cup serving is half the serving size of ½ cup
- 14 grams ÷ 2 = 7 grams in ¼ cup (half the serving = half the carbs!)

Reference: Beyond the Basics Poster and Longer List of Foods. Meal Planning for Healthy Eating and Diabetes Management. Diabetes Canada.