



Hephzibah Health Solutions, LLC

How Many Carbohydrates Should I Eat?

A general guide for each meal:

	To Lose weight:	To Control Weight:
Women:	30 - 45 grams	45 - 60 grams
Men:	45 - 60 grams	60 - 75 grams
Snacks:	Varies	Varies

Foods that are **high** in carbohydrates:

- Bread
- Rice
- Potatoes
- Grits

Serving Sizes:

Rice or Pasta (cooked)

- 1/3 Cup = 15 grams
- 2/3 Cup = 30 grams
- 1 Cup = 45 grams

Potatoes (baked, mashed, or sweet)

- 1/2 Cup = 15 grams
- 1 Cup = 30 grams

Blood Glucose Goals:

- First thing in the morning and before meals: 80-130 mg/dL
- 2-hours after meals: less than 160 mg/dL



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Reading a Food Label



Nutrition Facts			
Serving Size 1 Cup (228g)			
Amount Per Container: 2			
Amount Per Serving			
Calories 260		Calories from Fat 120	
			% Daily Value
Total Fat 13g		20%	
Saturated Fat 5g		25%	
Trans Fat 2g			
Cholesterol 30mg		10%	
Sodium 660g		28%	
Total Carbohydrates 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A 4%		•	Vitamin C 2%
Calcium 15%		•	Iron 4%
<ul style="list-style-type: none"> Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. 			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300mg	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	Carbohydrate 4	Protein 4	