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)

- ½ 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%

- 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	2,5000
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