



Carb-Counting Worksheet for Mealtime Insulin

Use the food reference tools inside to help you calculate your insulin dose when using the ACCU-CHEK® Aviva Expert or ACCU-CHEK Combo system.



ACCU-CHEK®

Breakfast



Food item	Portion size	Carb grams
Bagel	Medium (3.5 inch)	56
Toast with butter	1 slice	15
Toast with jelly	1 slice with 1 tbsp jelly	28
Donut, glazed	1.7 oz.	21
Orange juice	1 cup	26
Milk	1 cup	12

Food item	Portion size	Carb grams
Breakfast sandwich (English muffin with egg and cheese)	1	32
Cheerios® with ½ cup milk	1½ cups cereal	36
Hash browns	2 oz.	15
Banana	7 inch	27
Strawberries, fresh	1 cup	12



Food item	Portion size	Carb grams
Vanilla latte	16 oz.	37
Peanut butter, smooth	2 tbsp	6
Ham	3 oz. slice	2
Fried egg	1	1
Turkey sausage	1 link	0
Bacon	3 medium slices	0

My Breakfast (write in foods you eat as a meal for breakfast and then add up the carb grams.)

Food item	Portion size	Carb grams
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total:		<input type="text"/>



Use this number to dose your insulin as directed by your healthcare provider.

Lunch

Food item	Portion size	Carb grams
Sub sandwich with meat and cheese	8 inch	55
Potato chips	1 oz.	15
Hamburger with bun	1	31
Hotdog with bun	1	27
French fries (fast food)	Medium	52
Chicken nuggets (fast food, no sauce)	6 nuggets	18



Food item	Portion size	Carb grams
Grilled chicken wrap with ranch	1 (4.2 oz.)	25
Hard-shell taco	2 (2.8 oz. each)	24
Bean burrito	Medium (6.7 oz.)	55
Grilled chicken Caesar salad	Entree size	19
Raw baby carrots	0.4 oz.	1
Regular soda	20 oz.	67
Diet soda	20 oz.	0
Sweet tea	20 oz.	54



Food item	Portion size	Carb grams
String cheese	1 oz.	1
Apple	Medium, 3 inches	25
Orange	Medium, 2.5 inches	15
Brownie	2-inch square	12
Cookie, oatmeal	3.5 inches	17



My Lunch (write in foods you eat as a meal for lunch and then add up the carb grams.)

Food item	Portion size	Carb grams
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total:		<input type="text"/>



Use this number to dose your insulin as directed by your healthcare provider.

Dinner



Food item	Portion size	Carb grams
Pizza	1/8th of 12-inch medium	22
Fried chicken	1 breast	13
Grilled chicken	1 breast	0
Spaghetti with meat sauce	15 oz.	108
Fish, tilapia, broiled	4 oz.	0
Fish, fried	One fillet, 3 oz.	7
Meatloaf	3 oz.	10

Food item	Portion size	Carb grams
Steak, sirloin	4 oz.	0
Roast beef	4 oz.	0
Boiled shrimp	5 large	0
Ribs, Dave's Family BBQ	4 ribs	18
Green beans	1 cup	8
Dinner roll	2 inch, small	13



Food item	Portion size	Carb grams
Baked potato	1 large, 10.5 oz.	63
Mashed potatoes	1 cup	36
Tortilla, flour	10 inch	36
Rice, cooked	1 cup	45
Ice cream, vanilla	1 cup	31

My Dinner (write in foods you eat as a meal for dinner and then add up the carb grams.)

Food item	Portion size	Carb grams
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total:		<input type="text"/>



Use this number to dose your insulin as directed by your healthcare provider.

This tool provides examples of foods with estimated carb amounts rounded to the nearest whole number. Individual carb amounts listed can vary. For more exact information on food items not found here, please check food labels, restaurant nutrition guides, or other accurate sources.

Snacks



Food item	Portion size	Carb grams
Pretzels	1 oz.	23
Granola bar (crunchy oats n' honey)	1 bar	15
Granola	½ cup	35
Popcorn	5 cups	16
Fruit smoothie	20 oz.	87
Saltine crackers	5	10

Food item	Portion size	Carb grams
Trail mix	½ cup	34
Gelatin, sugar free	½ cup	0
Gelatin, regular	½ cup	19
Pudding, regular	½ cup	25
Pudding, sugar free	½ cup	14
Almonds	½ cup	9
Beef jerky	1 piece	2



My Snacks (write foods you eat as a snack and enter the carb grams.)

Food item	Portion size	Carb grams
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Use the number in each box to dose your insulin as directed by your healthcare provider.



Reference calorieking.com. Accessed June 13, 2014.

When needed, measure your food's portion size using this ruler.





ACCU-CHEK® Aviva Expert



ACCU-CHEK® Combo

Interested in enjoying the meal without worrying about the math?

Check out the ACCU-CHEK Aviva Expert and the ACCU-CHEK Combo systems. Both have built-in insulin calculators to make calculating a bolus much easier. To calculate your insulin dose, simply enter your total carbs, and the meter does the rest.

To learn more about these innovative products, visit accu-chek.com.

Roche thanks the following contributing authors for their time and expertise in developing this worksheet for you: Penny Atkinson, MSED, RD, LD, CDE; Barb Crishi, MS, RD/LD, CDE; Kenna Morgan, MS, RD, CDE; and Leslie Weller, RD, CDE.

Content was developed in the summer of 2014 by Roche employees that have extensive diabetes management experience as evidenced by their credentials.



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