

Carb Counting Visual Worksheet

Each Square represents ___ grams of carbs (___gs =)
You Take ___ units for every ___ grams of carbs (___units for every)

Worksheet Steps:

1. Calculate the number of carbs in each serving of food in your meal.
2. Divide the total number of carbs by ___ and fill in that number of squares
3. Each square represents ___ units of insulin.

Example:



Dinner = Pasta 45g + 2 slices of bread 30g + Aguas Frescas 15g
 $45 \div \underline{\quad} = \underline{\quad}$ $30 \div \underline{\quad} = \underline{\quad}$ $15g \div \underline{\quad} = \underline{\quad}$

Your Meal:

Main Entrée: _____

of Carbs per serving = _____ # of Servings = _____

() x () = _____ total # of carbs for Entree

Side 1: _____

of Carbs per serving = _____ # of Servings = _____

() x () = _____ total # of carbs for Side 1

Side 2: _____

of Carbs per serving = _____ # of Servings = _____

() x () = _____ total # of carbs for Side 1