

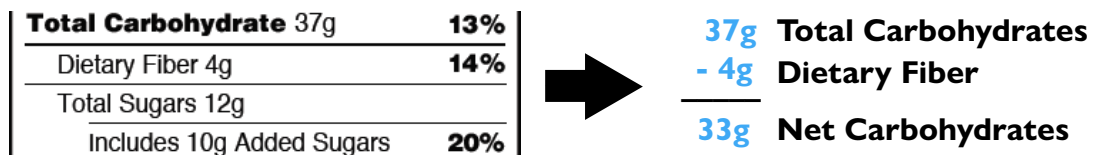
Counting Carbs

How do you count carbs? The important thing is that you count **net carbs** rather than total carbs. You will need to have somewhere to track your carb intake, as well as look up the number of carbs when nutrition labels are not available. CarbManager and MyFitnessPal are two apps our patients like, but feel free to use whatever works for you. Be careful to look at portion size when tracking carbs - not all sweet potatoes have the same number of carbohydrates. You'll need to use a scale or measuring cups when cooking at home.

What Are Net Carbs?

There are 3 types of carbohydrates: Sugars, Starches, and Fiber. While sugars and starches raise blood sugar levels, fiber slows down digestion, which helps keep blood sugar relatively stable.

When looking at a nutrition label, you will see under Total Carbohydrates that Fiber and Sugars are broken out as separate lines. To quickly calculate net carbs for something that's not in your tracking app, subtract the amount of Fiber from the Total Carbohydrates (**not** the total Sugars).



Examples:



Yam (6 inch)
 33g Total Carbs
 4g Dietary Fiber
 29g Net Carbs



Avocado (1 cup)
 12g Total Carbs
 10g Dietary Fiber
 2g Net Carbs



Rice (Cooked, 1 cup)
 38g Total Carbs
 0g Dietary Fiber
 38g net carbs



Raspberries (1 cup)
 11g Total Carbs
 6g Dietary Fiber
 5g net carbs

Remember:

Low Carb
 50g **net** carbs (or less) per day

Keto
 20g **net** carbs (or less) per day