



Carb Counting

Lee Ramos – Specialist Dietitian

Carbohydrate counting for people taking insulin, the basic idea of that is that you would match insulin to what you're eating. So some people might need one unit of insulin for every 10 grams, some people might need more and the more active we are, usually we'll need less insulin because of the insulin we inject will be more responsive.

Lil Lintern - Type 1 Patient

I started counting carbs when I did the DAFNE course, which was about, it must be about 13 years ago. It was fairly quick after I was diagnosed, only a couple of years. So that was the best thing ever. That was a really useful course to do.

Salma Mehar – Consultant Dietitian

So how can people learn more about carbohydrate counting or carbohydrate awareness? So one of the tools that we could use is by looking online and understanding how much carbohydrate is in the foods that we eat. And this would be by looking at the food label content of foods. So if you have any packaging or food labels in front of you, you would look up the total carbohydrate of the food content and per one hundred grams, understand how much carbohydrate is in that food item. You will then need to understand how much carbohydrate you'll be eating of that portion. And then using that value, you can then calculate how much insulin you need to give,

Lil Lintern - Type 1 Patient

I work my carbs out on a carb to insulin ratio. So I have 10 grams of carbs per one, for one unit of insulin and it's different throughout the day. I need slightly more in the evening. So it's about 1.5 units to 10 grams in the evening, but it works out quite well.

Claire foster- Diabetes Dietician

Once you've worked out the carbohydrate content of your meals, people have different insulin to carbohydrate ratios, so that would determine how much insulin you need to take with the particular amount of carbohydrate. You may also need to factor in extra insulin if your blood glucose levels are high before a meal, and that might be a correction dose of insulin, extra insulin dose to bring down a high blood glucose level.



Rizwana Ali – Type 1 Patient

When I do carbohydrate counting, I look at my meal and I say, well, if I'm eating this, this is how much I would need for my insulin, to take and so, every meal that I do. I carbohydrate count my meals. And so, it depends on your ratio, what ratio you are in. Some people might be on 2:1 or 3:1, and it then depends on how much insulin you are going to be taking for that meal.

Lil Lintern - Type 1 Patient

I've got scales that are on the side at home and it's quite funny because my children just think it's hilarious that I do this. I've done this for as long as they've been around, so this is nothing new. And so, more often than not, I know what's in it. I've got a really good app that I use called My Fitness Pal. That's really useful, especially when you're in the supermarket and you can scan items as well.

Lee Ramos – Specialist Dietitian

It does take a while to get our head around carb counting. It's, you know, and people are often put off because they think, oh gosh! It's maths but once people get into it, we are creatures of habit. So, once we kind of got the rule for one meal, we can spread it to other meals and people, once they've adopted it, find it's, you know, it really benefits them.

