

# Diabetes: Carbohydrates and Meal Planning

## How Many Carbohydrate Choices Should I Eat at Each Meal?

In general, the following table gives examples of the approximate number of carbohydrate (carb) choices that should be eaten at each meal based on how many calories you may need each day. Ask your healthcare professional if snacks are part of your meal plan.

The amount of food you eat at a meal or snack may need to vary with factors such as expected exercise, insulin dose, and blood sugar level. You may need more food before you exercise. However, you should try to keep your eating pattern the same as much as possible.

**15 grams of carb = 1 carb choice**

	1200 calories	1500 calories	1800 calories	2000 calories	2200 calories
<b>Breakfast carb choices</b>	3	3	4	4	5
<b>Lunch carb choices</b>	3	4	5	5	6
<b>Dinner carb choices</b>	3	5	4	6	6
<b>Snack carb choices</b>	1	1	1	1	1
<b>Approximate total carb (45-55% of total calories)</b>	135-165	170-205	200-245	225-275	250-300

