



Carbohydrate Budget



Your carbohydrate “budget” for the day is 300 grams (g). Plan your meals and snacks for the day staying as close to this “budget” as you can.

Breakfast

List food/drinks

How many grams of carbohydrate did you use at breakfast?

_____ grams

Lunch

List food/drinks

How many grams of carbohydrate did you use at lunch?

_____ grams

Dinner

List food/drinks

How many grams of carbohydrate did you use at dinner?

_____ grams

Snacks

List food/drinks

How many grams of carbohydrate did you use for snacks?

_____ grams

Total: _____ grams

(All meals and snacks)

Is your total more or less than 300 grams? _____

Did you stay close to your budget? _____





Carbohydrate Budget



Your carbohydrate “budget” for the day is 300 grams (g). Plan your meals and snacks for the day staying as close to this “budget” as you can.

Breakfast

List food/drinks

Option: Some participants may prefer to identify the number of carbohydrate servings at meals and snacks, instead of grams of carbohydrate.

Have these participants use carbohydrate servings instead of grams of carbohydrate in their carbohydrate budget.

Assist participants in calculating the number of carbohydrate servings in 300 grams of carbohydrate.

$300 \text{ grams} \div 15 \text{ grams} = 20 \text{ carbohydrate servings.}$

The carbohydrate budget for the day is 20 carbohydrate servings for these participants.

How many grams of carbohydrate did you use at breakfast?

_____ grams

Lunch

List food/drinks

How many grams of carbohydrate did you use at lunch?

_____ grams

Dinner

List food/drinks

People need a certain number of carbohydrate servings at each meal:

- women need about 3-4 servings (45-60 grams)
- men need about 4-5 servings (60-75 grams)
- snacks need to include no more than 1-2 servings (15-30 grams)

How many grams of carbohydrate did you use at dinner?

_____ grams

Snacks

List food/drinks

How many grams of carbohydrate did you use for snacks?

_____ grams

Total: _____ **grams**

(All meals and snacks)

Is your total more or less than 300 grams? _____

Did you stay close to your budget? _____



