

All About Carbohydrate Counting

Sve o brojanju ugljikohidrata

Toolkit No. 10

Brošura br. 10

What is carbohydrate counting?

Šta je brojanje ugljikohidrata?

Counting carbohydrates is one way to plan your meals and keep your blood glucose (sugar) on target. Carbohydrates are one of the three main energy sources in food, along with protein and fat. It's the balance between the carbohydrates you eat and insulin that determines how much your blood glucose levels rise after you eat. With the right balance of carbohydrates and insulin, your blood glucose level will usually stay in your target range. Counting carbohydrate servings can help you reach your blood glucose goals and prevent diabetes complications. You can learn to use carbohydrate counting to choose what and how much to eat. Carbohydrate counting can be easier to use than other meal planning methods. If you take insulin, you can use carbohydrate counting to decide how much insulin to take.

Brojanje ugljikohidrata je jedan od načina da planirate ishranu i da vam razina glukoze (šećera) u krvi ostane u normalni.

Ugljikohidrati su jedan od tri osnovna izvora energije u hrani, uz protein i masnoće.

Balans između ugljikohidrata koje pojedete i inzulina je ono što određuje koliko će vam se glukoza u krvi povisiti nakon jela. Kod pravilnog omjera ugljikohidrata i inzulina, glukoza u krvi obično ostaje u željenim vrijednostima. Brojanje ugljikohidrata po obrocima vam može pomoći da dostignete

željenu razinu glukoze u krvi i spriječite komplikacije vezane za dijabetes. Možete naučiti brojati ugljikohidrate i birati šta i koliko da jedete. Brojanje ugljikohidrata je lakše nego drugi načini planiranja obroka. Ako uzimate inzulin, brojanje ugljikohidrata možete koristiti da odredite koliko inzulina da uzmete.

Which foods have carbohydrate?

Koje vrste hrane sadrže ugljikohidrate?

The foods listed in the chart below are mostly carbohydrate. These foods affect your blood glucose much more than other foods such as meat and meat substitutes, vegetables, or fats.

Hrana navedena u tabeli sadrži uglavnom ugljikohidrate. Ove vrste hrane utiču na glukoza u krvi puno više nego druge vrste kao što je na primjer meso i zamjena za meso, povrće ili masnoće.

Carbohydrate foods	
bagels, biscuits, bread, crackers, taco shells, and tortillas	dried beans (such as kidney or pinto beans) and peas (such as black-eyed or split peas)
ready-to-eat or cooked cereal	fruit (canned, dried, and fresh) and fruit juice
pasta and rice	milk, soy milk, and yogurt
starchy vegetables such as corn, peas, potatoes, and sweet potatoes	sweets such as cake, cookies, ice cream, jam, jelly, and sugar
pancakes and waffles	popcorn, potato chips, and pretzels

Hrana koja sadrži ugljikohidrate	
bagel pecivo, biskvit, hljeb, krekeri, tvrde kore za taco i tortilje	suhi grah (kidney ili pinto) i grašak (black-eyed ili split peas)
gotove ili kuhane cerealije	voće (konzervirano, sušeno i svježe) i voćni sokovi
pasta i riža	mlijeko, sojino mlijeko i jogurt
škrobno povrće kao što su kukuruz, grašak, krompir i slatki krompir	slatkiši kao što su kolači, keksi, sladoled, džem, žele i šećer
palačinke i vafli	kokice, krompirov čips i pereci

Large servings of salads or cooked vegetables (such as 1½ cups of cooked carrots) are counted as carbohydrate servings too. Some foods, such as pizza, casseroles, and soups, are a combination of carbohydrate, protein, and fat.

Velika porcija salate ili kuhanog povrća (kao što je 1½ šolja kuhane mrkve) se računa kao porcija ugljikohidrata. Neke vrste hrane, kao što su pizza, kaserole i supa su kombinacija ugljikohidrata, proteina i masnoće.



Carbohydrate counting can help you choose what and how much to eat.

Brojanje ugljikohidrata vam može pomoći da odaberete šta i koliko da jedete.

How many servings of carbohydrate foods are best for me at each meal

and snack?

Koliko porcija ugljikohidrata je najbolje za mene za svaki obrok ili užinu?

The recommended number of servings is based on your weight, activity level, diabetes medications, and goals for your blood glucose levels. A member of your health care team, such as a dietitian, can work with you to make a personalized plan. For many people, having 3 or 4 servings of carbohydrate foods at each meal and 1 or 2 servings for snacks works well.

Preporučeni broj porcija zavisi od vaše težine, stupnja aktivnosti, lijekova za dijabetes i razine glukoze koju želite postići. Liječnik ili dijetetičar vam mogu pomoći da napravite svoj personalizirani plan. Za mnoge ljude dovoljne su 3 do 4 porcije ugljikohidrata za svaki obrok i 1 do 2 porcije za užinu.

What about other foods such as meats, vegetables, and fats?

Šta je s hranom kao što je meso, povrće i masnoće?

To have a balanced meal plan, you'll want to include protein foods, such as beef, chicken, and fish, as well as vegetables and a moderate amount of healthy fats, such as olive oil and nuts. Talk with your health care team about what to eat for your meals and snacks.

Da pojedete izbalansiran obrok, trebate uključiti i proteinsku hranu, kao što je juneće ili pileće meso i riba, te povrće i umjerenu količinu zdravih masnoća, kao što su maslinovo ulje i jezgrasti plodovi.

Razgovarajte sa svojim liječnikom o tome šta da jedete za obroke i užine.

Why should I pay attention to serving sizes for carbohydrate

foods?

Zašto trebam voditi računa o veličini porcija hrane koja sadrži ugljikohidrate?

The amount of carbohydrate you eat can make a big difference in your blood glucose. If you eat more carbohydrate than usual at a meal, your blood glucose level is likely to be higher than usual several hours afterward.

Količina ugljikohidrata koju pojedete puno znači za glukozu u krvi. Ako jedete više ugljikohidrata nego inače, razina glukoze će vam biti viša nego inače nekoliko sati nakon obroka.

The chart below shows the size of one serving for each food. One carbohydrate serving equals 15 grams of carbohydrate. You can check serving sizes with measuring cups and spoons or a food scale, or by using the Nutrition Facts section on the package.

Na tabeli ispod prikazana je veličina jedne porcije za svaku vrstu hrane. Jedna porcija ugljikohidrata jednaka je 15 grama ugljikohidrata. Veličinu porcije možete izmjeriti pomoću mjerice, kašike za doziranje ili vage, ili čitajući nutritivnu tablicu na pakovanju.

Serving sizes for some carbohydrate foods (approximately 15 grams of carbohydrate)	
apple: 1 small (4 ounces)	milk: 1 cup
bagel: 1/4 large (1 ounce)	orange juice: 1/2 cup
banana: 1 small (4 ounces)	pasta (cooked): 1/3 cup
biscuit: 1	peach: 1 medium (4 ounces)
bread: 1 slice	peas: 1/2 cup
cake (unfrosted): 2-inch square	pinto beans or kidney beans: 1/2 cup
cereal (ready-to-eat): 3/4 cup	popcorn: 3 cups popped
cereal (cooked): 1/2 cup	potato, mashed: 1/2 cup
cookies: 2 small (about 2/3 ounce)	potato chips: 3/4 ounce (about 15-20)
corn: 1/2 cup	pretzels: 3/4 ounce

crackers (saltines): 6	rice: 1/3 cup
fruit, canned: 1/2 cup	sugar: 1 tablespoon
hamburger bun: 1/2 bun	sweet potato: 1/2 cup
ice cream (light): 1/2 cup	taco shells: 2 (6-inch size)
jam or jelly: 1 tablespoon	tortilla: 1 (6-inch size)

Veličina porcija za neke vrste hrane koja sadrži ugljikohidrate (otprilike 15 grama ugljikohidrata)	
jabuka: 1 mala (4 unce)	mlijeko: 1 šolja
bagel: 1/4 velikog (1 unca)	đus od naranče: 1/2 šolje
banana: 1 mala (4 unce)	tjestenina (kuhana): 1/3 šolje
biskvit: 1	breskva: 1 srednja (4 unce)
hljeb: 1 kriška	grašak: 1/2 šolje
kolač (bez glazure): kvadratić od 5 cm	grah (pinto ili kidney): 1/2 šolje
gotove cerealije: 3/4 šolje	kokice: 3 šolje gotovih
cerealije (kuhane): 1/2 šolje	pire krompir: 1/2 šolje
keks: 2 mala (oko 2/3 unce)	čips od krompira: 3/4 unce (oko 15-20)
kukuruz: 1/2 šolje	pereci: 3/4 unce
krekeri (saltine): 6	riža: 1/3 šolje
konzervirano voće: 1/2 šolje	šećer: 1 supena kašika
kifla za hamburger: 1/2 kifle	slatki krompir: 1/2 šolje
sladoled (lagani): 1/2 šolje	tvrde taco kore: 2 (veličine 16 cm)
džem ili žele: 1 supena kašika	tortilja: 1 (veličine 16 cm)

How to use the Nutrition Facts on food labels

Kako koristiti nutritivnu tablicu na etiketi proizvoda

To determine your serving size, check the label for the number of carbohydrate grams (g), remembering that one carbohydrate serving is equal to 15 grams of carbohydrate.

Da odredite veličinu svoje porcije, pročitajte na etiketi grame ugljikohidrata (g); upamtite da je jedna porcija jednaka 15 grama ugljikohidrata.

- **If the total carbohydrate is 15 grams,** then check the top of the food label for

the serving size for one serving.

- **Ako su ukupni ugljikohidrati 15 grama**, onda provjerite na vrhu etikete veličinu jedne porcije.

Nutrition Facts
Serving Size: 6 crackers Total
Carbohydrate: 15g

Nutritivna tablica
Veličina porcije: 6 krekeri Ukupni ugljikohidrati 15g

One carbohydrate serving: 6 crackers
Jedna porcija ugljikohidrata: 6 krekeri

- **If the total is more than 15**, then divide the total by 15. For example, a food with 30 grams of carbohydrate contains 2 carbohydrate servings, because 30 divided by 15 equals 2.
- **Ako je ukupni iznos veći od 15**, podijelite ga s 15. Na primjer, hrana koja ima 30 grama ugljikohidrata sadrži 2 porcije, jer je 30 podijeljeno s 15 jednako 2.

Nutrition Facts
Serving Size: 4 cookies
Total Carbohydrate: 30g

Nutritivna tablica
Veličina porcije: 4 keksa
Ukupni ugljikohidrati: 30 g

One carbohydrate serving: 2 cookies
Jedna porcija ugljikohidrata: 2 keksa

- **If the total is less than 15**, then multiply the serving size so that your serving will have 15 grams of carbohydrate.
- **Ako je ukupni iznos manji od 15**, onda pomnožite porcije tako da vam porcija sadrži 15 grama ugljikohidrata.

Nutrition Facts
Serving Size: 1 piece
Total Carbohydrate: 5g

Nutritivna tablica
Veličina porcije: 1 komad
Ukupni ugljikohidrati: 5 g

One carbohydrate serving: 3 pieces
Jedna porcija ugljikohidrata: 3 komada

How do I get started with carbohydrate counting? Kako da počnem brojati ugljikohidrate:

Ask your health care provider how you can learn more about carbohydrate counting. A dietitian can help you make a plan.

Pitajte svog liječnika kako možete naučiti više o brojanju ugljikohidrata. Dijetetičar vam može pomoći da napravite svoj plan.



American Diabetes Association 1-800-DIABETES (342-2383)

www.diabetes.org

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