

# All About Carbohydrate Counting

## 有關醣類計算法

**Toolkit No. 10**  
健康手冊 (十)

### What is carbohydrate counting? 什麼是醣類計算法?

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.

計算醣類可以幫助規劃飲食，讓血糖維持在目標範圍內。醣類、蛋白質及脂肪是從食物獲得能量的三大來源。攝取醣類後，胰島素便會接著決定應升高多少血糖濃度，這兩者需保持均衡狀態。只要醣類與胰島素之間能維持適當均衡，血糖濃度通常就可維持在目標範圍內。計算醣類份量

可幫助達到血糖目標，預防糖尿病的併發症。您可以學著使用醣類計算法來選擇所吃的食物和份量。比起其他飲食計劃方法，醣類計算法可能容易些。如果您注射胰島素，那麼也可以使用醣類計算法來決定要注射多少胰島素。

### Which foods have carbohydrate? 哪些食物含有醣類?

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.

下表所列的食物大多數都是醣類。比起肉類、肉類替代製品、蔬菜或脂肪等其他食物，下面這些食物對血糖的影響更大。

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

醣類食物	
貝果、餅乾、麵包、蘇打餅、炸玉米餅及玉米片	乾豆（菜豆或斑豆）及豆子（豇豆或豌豆）
速食或熟麥片	水果（罐頭、乾果或鮮果）及果汁
麵條與米飯	牛奶、豆奶及優格
澱粉類蔬菜，例如玉米、豆子、馬鈴薯及地瓜	蛋糕、餅乾、冰淇淋、果醬、果凍及糖等甜食
煎餅或鬆餅	爆米花、薯片及椒鹽脆餅 (Pretzel)

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.

大份沙拉或熟蔬菜（例如 1½ 杯煮熟的紅蘿蔔）也算醣類。其他像是比薩餅、砂鍋及湯等，則是綜合醣類、蛋白質及脂肪。



Carbohydrate counting can help you choose what and how much to eat.  
醣類計算法可幫助您選擇所吃的食物和份量。

### How many servings of carbohydrate foods are best for me at each meal and snack?

### 每餐和點心要吃多少醣類才算適當？

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.

建議的份量數會視體重、活動量、糖尿病藥物以及血糖濃度的目標而定。因此，會由醫護人員（例如營養師）配合您個人量身制訂計劃。對許多人來說，每餐 3 或 4 份醣類食物，點心吃 1 或 2 份就夠了。

### What about other foods such as meats, vegetables, and fats? 那麼肉類、蔬菜和脂肪等其他食物呢？

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.

要有均衡的飲食計劃，就需要蛋白質食物（如牛肉、雞肉及魚類）、蔬菜以及適量的健康脂肪（如橄欖油和堅果類）。請與醫護人員討論，決定三餐和點心要吃些什麼。

### Why should I pay attention to serving sizes for carbohydrate foods? 為什麼應注意醣類食物的份量？

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.

所攝取的醣類份量會對血糖有很大的影響。如果吃了比平常更多的醣類，血糖濃度就可能比平常飯後數小時的濃度要高。

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.

下表顯示每種食物的份量。每一醣類份量等於 15 克的醣類。您可以用量杯、湯匙、食物磅秤或包裝上的營養標示來確認份量。

Serving sizes for some carbohydrate foods (approximately 15 grams of carbohydrate)	
<b>apple:</b> 1 small (4 ounces)	<b>milk:</b> 1 cup
<b>bagel:</b> 1/4 large (1 ounce)	<b>orange juice:</b> 1/2 cup
<b>banana:</b> 1 small (4 ounces)	<b>pasta (cooked):</b> 1/3 cup
<b>biscuit:</b> 1	<b>peach:</b> 1 medium (4 ounces)
<b>bread:</b> 1 slice	<b>peas:</b> 1/2 cup
<b>cake (unfrosted):</b> 2-inch square	<b>pinto beans or kidney beans:</b> 1/2 cup
<b>cereal (ready-to-eat):</b> 3/4 cup	<b>popcorn:</b> 3 cups popped
<b>cereal (cooked):</b> 1/2 cup	<b>potato, mashed:</b> 1/2 cup
<b>cookies:</b> 2 small (about 2/3 ounce)	<b>potato chips:</b> 3/4 ounce (about 15-20)
<b>corn:</b> 1/2 cup	<b>pretzels:</b> 3/4 ounce
<b>crackers (saltines):</b> 6	<b>rice:</b> 1/3 cup
<b>fruit, canned:</b> 1/2 cup	<b>sugar:</b> 1 tablespoon
<b>hamburger bun:</b> 1/2 bun	<b>sweet potato:</b> 1/2 cup
<b>ice cream (light):</b> 1/2 cup	<b>taco shells:</b> 2 (6-inch size)
<b>jam or jelly:</b> 1 tablespoon	<b>tortilla:</b> 1 (6-inch size)

醣類食物的份量 (大約 15 克醣類)	
<b>蘋果:</b> 一顆小的 (4 盎司)	<b>牛奶:</b> 1 杯
<b>貝果:</b> 1/4 大 (1 盎司)	<b>柳橙汁:</b> 1/2 杯
<b>香蕉:</b> 一根小的 (4 盎司)	<b>麵條 (煮熟):</b> 1/3 杯
<b>小麵包:</b> 1 個	<b>桃子:</b> 一顆中的 (4 盎司)
<b>麵包:</b> 1 片	<b>豆子:</b> 1/2 杯
<b>蛋糕 (未加糖霜):</b> 2 吋切片	<b>斑豆或菜豆:</b> 1/2 杯
<b>麥片 (速食):</b> 3/4 杯	<b>爆米花:</b> 3 杯爆好的爆米花
<b>麥片 (煮熟):</b> 1/2 杯	<b>馬鈴薯泥:</b> 1/2 杯
<b>餅乾:</b> 2 小片 (約 2/3 盎司)	<b>薯片:</b> 3/4 盎司 (約 15-20 片)
<b>玉米:</b> 1/2 杯	<b>椒鹽脆餅 (Pretzel):</b> 3/4 盎司
<b>蘇打餅乾 (鹽脆薄餅乾):</b> 6 片	<b>米飯:</b> 1/3 杯
<b>罐頭水果:</b> 1/2 杯	<b>糖:</b> 1 茶匙
<b>漢堡麵包:</b> 1/2 麵包	<b>地瓜:</b> 1/2 杯
<b>冰淇淋 (低脂):</b> 1/2 杯	<b>炸玉米餅:</b> 2 片 (6 吋大小)
<b>果醬或果凍:</b> 1 茶匙	<b>玉米片:</b> 1 片 (6 吋大小)

## How to use the Nutrition Facts on food labels

### 如何善用食物包裝上的營養標示

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.

要確定份量，可以查看標示上的醣類公克 (g) 數，只要記住每一醣類份量等於 15 克醣類。

- If the total carbohydrate is 15 grams,

then check the top of the food label for the serving size for one serving.

- 如果總醣類為 15 克，則查看包裝標示上的最上方，確定每一份量的份量大小。

Nutrition Facts
Serving Size: 6 crackers
Total Carbohydrate: 15g
<b>One carbohydrate serving: 6 crackers</b>

營養標示
每份量大小： 6 片蘇打餅
總醣類： 15 克
每一醣類份量： 6 片蘇打餅

- **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.
- 如果總醣類超過 15，則將總量除以 15。比方說，如果食物的醣類為 30 克，就表示醣類份量為 2，因為 30 除以 15 是 2。

Nutrition Facts
Serving Size: 4 cookies
Total Carbohydrate: 30g
<b>One carbohydrate serving: 2 cookies</b>

營養標示
每份量大小： 4 片餅乾
總醣類： 30 克
每一醣類份量： 2 片餅乾

- **If the total is less than 15**, then multiply the serving size so that your serving will have 15 grams of carbohydrate.
- 如果總醣類少於 15，則將份量乘起來，讓每一份量有 15 克醣類。

Nutrition Facts
Serving Size: 1 piece
Total Carbohydrate: 5g
<b>One carbohydrate serving: 3 pieces</b>

營養標示
每份量大小： 1 片
總醣類： 5 克
每一醣類份量： 3 片

## How do I get started with carbohydrate counting? 我要如何開始計算醣類?

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

請向醫師詢問如何計算醣類。而營養師則可幫助您制訂飲食計劃。



American Diabetes Association 1-800-DIABETES  
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