

(1 Carb Choice is = to 15 grams of Carbohydrate)

Total Carbohydrate amount per day		175 grams	200 grams	225 grams Admitting diet	Gestational	250 grams	275 grams
Calorie Range		1200-1400	1401-1600	1601-1800	1800-2000	1801-2000	2001-2200
<b>B</b>	<i>Carbohydrate amount (grams):</i>	45	52.5	52.5	45	60	60
	<i>Total Carb Choices:</i>	3	3 ½	3 ½	3	4	4
<b>E</b>	Starch Foods	1	1 ½	2	1	2	2
<b>A</b>	Milk 1%	1	1	½	1	1	1
<b>K</b>	Fruits	1	1	1	1	1	1
<b>F</b>	Vegetables	-	-	-	-	-	-
<b>A</b>	Protein Foods	-	1	1	1	1	1
<b>S</b>	Fats & Oils	1	1	1	1	1	1
<b>T</b>							
<b>S</b>	<i>Carbohydrate amount (grams):</i>			15	15	15	15
	<i>Total Carb Choices:</i>			1	1	1	1
<b>A</b>	Starch Foods			1	1	1	1
<b>C</b>	Fruits	-	-	-	-	-	-
<b>K</b>	Protein Foods	-	-	-	1	-	1
<b>L</b>	<i>*Carbohydrate amount (grams):</i>	45	52.5	52.5	60	52.5	67.5
	<i>Total Carb Choices:</i>	3	3 ½	3 ½	4	3 ½	4 ½
<b>N</b>	Starch Foods	2	2	2	2	2	3
<b>C</b>	Milk 1%	½	½	½	1	½	½
<b>H</b>	Fruits	½	1	1	1	1	1
	Vegetables	1	1	1	1	1	1
	Protein Foods	2	2	2	2	2	2
	Fats & Oil	1	1	1	1	1	1
<b>S</b>	<i>Carbohydrate amount (grams):</i>	15	22.5	22.5	22.5	22.5	22.5
	<i>Total Carb Choices:</i>	1	1 ½	1 ½	1 ½	1 ½	1 ½
<b>A</b>	Starch Foods	-	½	½	½	½	½
<b>C</b>	Fruits	1	1	1	1	1	1
<b>K</b>							

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Calorie Range		1200-1400	1401-1600	1601-1800	1800-2000	1801-2000		2001-2200	
S	*Carbohydrate amount (grams):	45	52.5	60	60	60		67.5	
	Total Carb Choices:	3	3 ½	4	4	4		4 ½	
U	Starch Foods	2	2	2	2	2		3	
P	Milk 1%	½	½	1	1	1		½	
P	Fruits	½	1	1	1	1		1	
E	Vegetables	2	1	1	1	1		1	
R	Protein Foods	2	2	2	2	3		3	
	Fats & Oils	1	1	1	1	1		2	
S	Carbohydrate amount (grams):	15	15	15	30	30		30	
	Total Carb Choices:	1	1	1	2	2		2	
N	Starch Foods	1	1	1	1	2	1	2	1
A	Milk 1%	-	-	-	-	-	-	-	-
C	Fruits	-	-	-	1	-	1	-	1
K	Vegetables	-	-	-	-	-	-	-	-
	Protein Foods	-	-	1	1	1	1	1	1
	Fats & Oils	-	-	1	1	1	1	1	1

Total Carbohydrate amount per day	175 grams	200 grams	225 grams Admitting diet	Gestational	250 grams		275 grams	
<b>Total # Choices</b>								
Starch Foods	6	7	8.5	7.5	9.5	8.5	11.5	10.5
Milk 1%	2	2	2	3	2.5	2.5	2	2
Fruits	3	4	4	5	4	5	4	5
Vegetables	3	2	2	2	2	2	2	2
Protein Foods	4	5	6	7	7	7	8	8
Fats & Oils	3	3	4	4	4	4	5	5
<b>Ranges</b>								
Calories (Avg)	1331	1520	1750.5	1898.5	1946	1929	2121.5	2104.5
Carbohydrate, g	180	205	227.5	242.5	250	250	272.5	272.5
Protein, g	65	76	87.5	100.5	101.5	99.5	110.5	108.5
Fat, g	39	44	54.5	58.5	60	59	65.5	64.5
<b>% Energy from</b>								
Carbohydrate	54	54	52	51	51	52	51	52
Protein	20	20	20	21	21	21	21	21
Fat	26	26	28	28	28	27	28	28

**References:**

1. Canadian Journal of Diabetes, Canadian Diabetes Association, 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada
2. Canadian Diabetes Association Beyond the Basics, 2007
3. Assiniboine RHA, Carbohydrate Controlled Meal Pattern
4. Diabetes Canada Clinical Practice Guidelines 2018