

Quick Carb Counting Guide for Nurses

Estimating Carbohydrate Intake in Hospital Settings

Number of Carbohydrate Servings (grams)				
Consistent Carb Diet	Breakfast	Lunch	Dinner	Hs Snack
1200 kcal	3 (45)	2 (30)	3 (45)	1 (15)
1500 kcal	3 (45)	3 (45)	4 (60)	1 (15)
1600 kcal	3 (45)	4 (60)	4 (60)	1 (15)
1800 kcal	4 (60)	4 (60)	4 (60)	1 (15)
2000 kcal	4 (60)	4 (60)	5 (75)	2 (30)
2200 kcal	4 (60)	5 (75)	5 (75)	2 (30)
2400 kcal	5 (75)	5 (75)	6 (90)	2 (30)
3000 kcal	6 (90)	7 (105)	7 (105)	2 (30)

Fast Tips

- 15g of carbs = 1 carb choice
- Use 15-15 rule for treating hypoglycemia:
Give 15g carb → Recheck glucose in 15 min
- Document intake and timing accurately for insulin timing
- When in doubt, ask your dietician or pharmacist for clarification

References

[American Diabetes Association. Carb Counting and Diabetes](#) | [Centers for Disease Control and Prevention \(CDC\). Carbohydrate Lists for Starchy Foods](#) | [How to Understand and Use the Nutrition Facts Label. FDA](#) | [CalorieKing. Calorie, Fat & Carbohydrate Counter](#) | [FastFoodNutrition.org. Fast Food Nutrition Facts](#).