CARB COUNTING WORKSHEET

This worksheet helps make carb counting easy at school. For students that pack a lunch, parents can fill out the food, serving size, and carbs per serving to take the guess-work out of carb counting during a busy day. For students who eat school lunch, nurses can fill out the entire worksheet. This worksheet can be used to help teach carb counting OR to send home each day so parent can have a record of carbs eaten/insulin given at lunch each day.

Name: _____ Grade: _____ Homeroom:_____

Day: M Tu W Th F   **Meal:** B L S

Food	Serving size	Carbs/ serving	Servings I will eat	Total Carbs	Carbs/ serving	Servings I ate	Total Carbs
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
Total Carbs:							
Insulin Given:							

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		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
		X	=		X	=	
Total Carbs:							
Insulin Given:							

camp kudzu

We've Got Diabetes Covered!