

## Tip sheet

### Carb Count Calculation Cheat Sheet (Glucommander)

<b>Calculations should be based on <u>each individual food item</u> consumed.</b> <b>Calculations should <u>not</u> be made on percent of meal tray consumed.</b>				
# of CHO in G	1/4 of Item Eaten	1/2 of Item Eaten	3/4 of Item Eaten	All of Item Eaten
6g	1g	3g	4g	6g
7g	1g	3g	5g	7g
8g	2g	4g	6g	8g
9g	2g	4g	6g	9g
10g	2g	5g	7g	10g
11g	2g	5g	8g	11g
12g	3g	6g	9g	12g
13g	3g	6g	9g	13g
14g	3g	7g	10g	14g
15g	3g	7g	11g	15g
16g	4g	8g	12g	16g
17g	4g	8g	12g	17g
18g	4g	9g	13g	18g
19g	4g	9g	14g	19g
20g	5g	10g	15g	20g
21g	5g	10g	15g	21g
22g	5g	11g	16g	22g
23g	5g	11g	17g	23g
24g	6g	12g	18g	24g
25g	6g	12g	18g	25g
26g	6g	13g	19g	26g
27g	6g	13g	20g	27g
28g	7g	14g	21g	28g
29g	7g	14g	21g	29g
30g	7g	15g	22g	30g
31g	7g	15g	23g	31g
32g	8g	16g	24g	32g
33g	8g	16g	24g	33g
34g	8g	17g	25g	34g
35g	8g	17g	26g	35g
36g	9g	18g	27g	36g
37g	9g	18g	27g	37g

# Dimensions Acute



# of CHO in G	1/4 of Item Eaten	1/2 of Item Eaten	3/4 of Item Eaten	All of Item Eaten
38g	9g	19g	28g	38g
39g	9g	19g	29g	39g
40g	10g	20g	30g	40g
41g	10g	20g	30g	41g
42g	10g	21g	31g	42g
43g	10g	21g	32g	43g
45g	11g	22g	33g	45g
46g	11g	23g	34g	46g
47g	11g	23g	35g	47g
48g	12g	24g	36g	48g
49g	12g	24g	36g	49g
50g	12g	25g	37g	50g
51g	12g	25g	38g	51g
52g	13g	26g	39g	52g
53g	13g	26g	39g	53g
54g	13g	27g	40g	54g
55g	13g	27g	41g	55g
56g	14g	28g	42g	56g
57g	14g	28g	42g	57g
58g	14g	29g	43g	58g
59g	14g	29g	44g	59g
60g	15g	30g	45g	60g
61g	15g	30g	45g	61g
62g	15g	31g	46g	62g
63g	15g	31g	47g	63g
64g	16g	32g	48g	64g
65g	16g	32g	48g	65g
66g	16g	33g	49g	66g
67g	16g	33g	50g	67g
68g	17g	34g	51g	68g
69g	17g	34g	51g	69g
70g	17g	35g	52g	70g
71g	17g	35g	53g	71g
72g	18g	36g	54g	72g
73g	18g	36g	54g	73g
74g	18g	37g	55g	74g
75g	18g	37g	56g	75g
76g	19g	38g	57g	76g
77g	19g	38g	57g	77g
78g	19g	39g	58g	78g

# Dimensions Acute



# of CHO in G	1/4 of Item Eaten	1/2 of Item Eaten	3/4 of Item Eaten	All of Item Eaten
79g	19g	39g	59g	79g
80g	20g	40g	60g	80g
81g	20g	40g	60g	81g
82g	20g	41g	61g	82g
83g	20g	41g	62g	83g
84g	21g	42g	63g	84g
85g	21g	42g	63g	85g
86g	21g	43g	64g	86g
87g	21g	43g	65g	87g
88g	22g	44g	66g	88g
89g	22g	44g	66g	89g
90g	22g	45g	67g	90g