

**“Carbohydrate Counting and Diabetes Lab” Student Data Sheet**

**Snack Item #1**

**Nutrition Label Analysis:**

Snack #1 name =

Total carbohydrate (grams) =

Total sugars (grams) =

Added sugars (grams)=

**Carbohydrate counting:**

Remembering what you read about carbohydrate counting and diabetes patients, how many servings of carbohydrate is in one serving of your snack item. Use the total grams of carbohydrate to answer this question. Remember 1 serving of carbohydrate = 15 grams carb.

**Calculations, converting grams to calories:**

\*Remember 1 gram of carbohydrate “sugar” = 4 calories\*

**Example:**

You have 20 grams of total sugar.

20 grams sugar \* 4 calories per gram = 60 calories from total sugar

1. How many calories come from total sugar for snack #1?
  
2. How many calories come from added sugar for snack #1?

**Using the scale to observe sugar content of foods:**

1. Observe the number of sugar cubes coming from total sugars in one serving of this snack item. How many sugar cubes came from total sugars?
  
2. Observe the number of sugar cubes coming from added sugars in one serving of this snack item. How many sugar cubes came from added sugars?
  
3. Are you surprised by the amount of sugar cubes in front of you?

**“Carbohydrate Counting and Diabetes Lab” Student Answer Booklet**

**Snack Item #2**

**Nutrition Label Analysis:**

Snack #1 name =

Total carbohydrate (grams) =

Total sugars (grams) =

Added sugars (grams)=

**Carbohydrate counting:**

Remembering what you read about carbohydrate counting and diabetes patients, how many servings of carbohydrate is in one serving of your snack item. Use the total grams of carbohydrate to answer this question. Remember 1 serving of carbohydrate = 15 grams carb.

**Calculations, converting grams to calories:**

\*Remember 1 gram of carbohydrate “sugar” = 4 calories\*

Example:

You have 20 grams of total sugar.

20 grams sugar \* 4 calories per gram = 60 calories from total sugar

1. How many calories come from total sugar for snack #1?
2. How many calories come from added sugar for snack #1?

**Using the scale to observe sugar content of foods:**

1. Observe the number of sugar cubes coming from total sugars in one serving of this snack item. How many sugar cubes came from total sugars?
2. Observe the number of sugar cubes coming from added sugars in one serving of this snack item. How many sugar cubes came from added sugars?
3. Are you surprised by the amount of sugar cubes in front of you?

## “Carbohydrate Counting and Diabetes Lab” Student Answer Booklet

### Snack Item #3

#### Nutrition Label Analysis:

Snack #1 name =

Total carbohydrate (grams) =

Total sugars (grams) =

Added sugars (grams)=

#### Carbohydrate counting:

Remembering what you read about carbohydrate counting and diabetes patients, how many servings of carbohydrate is in one serving of your snack item. Use the total grams of carbohydrate to answer this question. Remember 1 serving of carbohydrate = 15 grams carb.

#### Calculations, converting grams to calories:

\*Remember 1 gram of carbohydrate “sugar” = 4 calories\*

#### Example:

You have 20 grams of total sugar.

20 grams sugar \* 4 calories per gram = 60 calories from total sugar

3. How many calories come from total sugar for snack #1?
4. How many calories come from added sugar for snack #1?

#### Using the scale to observe sugar content of foods:

4. Observe the number of sugar cubes coming from total sugars in one serving of this snack item. How many sugar cubes came from total sugars?
5. Observe the number of sugar cubes coming from added sugars in one serving of this snack item. How many sugar cubes came from added sugars?
6. Are you surprised by the amount of sugar cubes in front of you?

**“Carbohydrate Counting and Diabetes Lab” Student Answer Booklet**

**Snack Item #4**

**Nutrition Label Analysis:**

Snack #1 name =

Total carbohydrate (grams) =

Total sugars (grams) =

Added sugars (grams)=

**Carbohydrate counting:**

Remembering what you read about carbohydrate counting and diabetes patients, how many servings of carbohydrate is in one serving of your snack item. Use the total grams of carbohydrate to answer this question. Remember 1 serving of carbohydrate = 15 grams carb.

**Calculations, converting grams to calories:**

\*Remember 1 gram of carbohydrate “sugar” = 4 calories\*

**Example:**

You have 20 grams of total sugar.

20 grams sugar \* 4 calories per gram = 60 calories from total sugar

5. How many calories come from total sugar for snack #1?
  
6. How many calories come from added sugar for snack #1?

**Using the scale to observe sugar content of foods:**

7. Observe the number of sugar cubes coming from total sugars in one serving of this snack item. How many sugar cubes came from total sugars?
  
8. Observe the number of sugar cubes coming from added sugars in one serving of this snack item. How many sugar cubes came from added sugars?
  
9. Are you surprised by the amount of sugar cubes in front of you?

**“Carbohydrate Counting and Diabetes Lab” Student Answer Booklet**

**Snack Item #5**

**Nutrition Label Analysis:**

Snack #1 name =

Total carbohydrate (grams) =

Total sugars (grams) =

Added sugars (grams)=

**Carbohydrate counting:**

Remembering what you read about carbohydrate counting and diabetes patients, how many servings of carbohydrate is in one serving of your snack item. Use the total grams of carbohydrate to answer this question. Remember 1 serving of carbohydrate = 15 grams carb.

**Calculations, converting grams to calories:**

\*Remember 1 gram of carbohydrate “sugar” = 4 calories\*

**Example:**

You have 20 grams of total sugar.

20 grams sugar \* 4 calories per gram = 60 calories from total sugar

7. How many calories come from total sugar for snack #1?
  
8. How many calories come from added sugar for snack #1?

**Using the scale to observe sugar content of foods:**

10. Observe the number of sugar cubes coming from total sugars in one serving of this snack item. How many sugar cubes came from total sugars?
  
11. Observe the number of sugar cubes coming from added sugars in one serving of this snack item. How many sugar cubes came from added sugars?
  
12. Are you surprised by the amount of sugar cubes in front of you?