

**BONUS
DOWNLOAD**



CARB COUNTING *COMPANION*

Becoming More Aware
Of Carbs in Snacks

WITH WENDY NICHOLSON

Carb Counting Companion



Tips and strategies...

When I used to be a yo-yo dieter, I was a calorie counter.

But after I learned about the Ketogenic (Keto) and low carbohydrate (Carb) diets, I realized I was looking at the wrong numbers. When I reduced my carbs, it lessened my food cravings and made intermittent fasting very easy.

I had the best results on my weight loss journey when I alternated between Keto and low carb foods. When I was learning about this, I went online and searched for the carb content in various foods.

I made a list of foods I was used to eating and their carb content. If you are trying low carb, and wanting to see the carb content of foods, you can find them on the nutrition labels.

Don't worry if this takes time...switching from counting calories to counting carbs.

You will only need this in the first couple of weeks or months until you get the hang of it.

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

Nutrition Facts		Valeur nutritive	
Per 1 cup (250 mL) / par 1 tasse (250 mL)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 80			
Fat / Lipides 0 g		0 %	
Saturated / saturés 0 g		0 %	
+ Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 115 mg		5 %	
Carbohydrate / Glucides 12 g		4 %	
Fibre / Fibres 0 g		0 %	
Sugars / Sucres 11 g			
Protein / Protéines 9 g			
Vitamin A / Vitamine A		15 %	
Vitamin C / Vitamine C		0 %	
Calcium / Calcium		30 %	
Iron / Fer		0 %	
Vitamin D / Vitamine D		45 %	

- See **EXAMPLE** on page 3
- Print off the following page(s), fill it in as you find more foods you are tempted to snack on, and put it in a convenient place as a reminder.

To print in colour, select page 4

To print in grayscale, select page 5

EXAMPLE

1. Write down the name of the snack or food item
2. Google "carb counter"
3. Find the food and quantity
4. On the chart, enter the quantity and carb totals
5. Keep in a handy location to remind you

Carb Counting Companion



Food	Quantity	Carbs
Brownie	2" square	36 gr
Orange Juice	1 cup	27 gr
Cake donut	1 medium	22 gr
Croissant	1 medium	26 gr
Bread (White)	1 slice	15 gr
Macaroni	1 cup (cooked)	37 gr
White sugar	1 tsp	4 gr
Honey	1 tsp	5 gr
Ginger Ale	1 can	31 gr
Milk Shake	1 small	51 gr
Rice Cake	1 piece	7 gr

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Food	Quantity	Carbs

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