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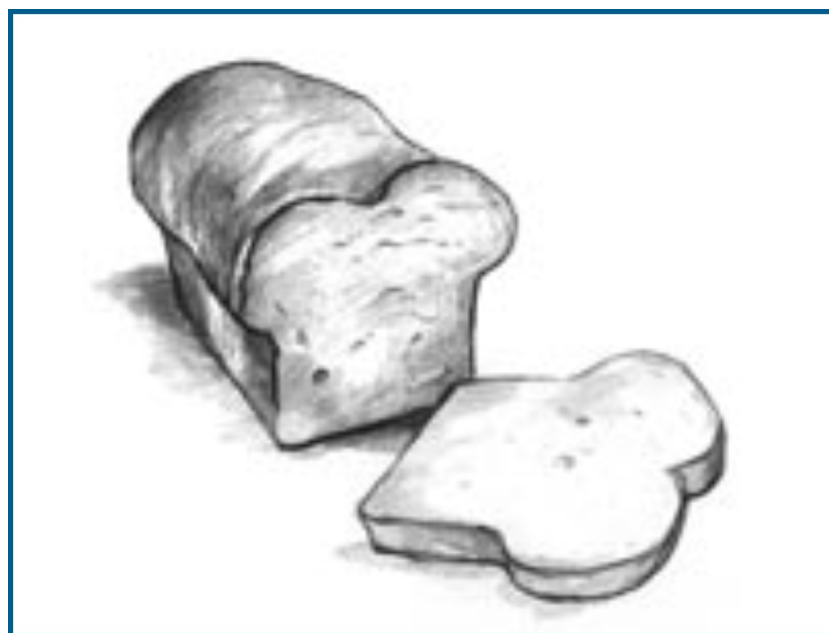
Gram

National Diabetes Information Clearinghouse (NDIC)

Source

National Diabetes Information Clearinghouse (U.S.). (2009). *The diabetes dictionary*. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

A unit of weight in the metric system. An ounce equals 28 grams. In some meal plans for people with **diabetes**, the suggested amounts of food are given in grams.



One slice of bread has 15 grams of carbohydrate.