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Carbohydrate counting

National Diabetes Information Clearinghouse (NDIC)

Definitions

Carbohydrate

Defined by National Diabetes Information Clearinghouse (NDIC)

Gram

Defined by 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 method of meal planning for people with diabetes based on counting the number of **grams** of **carbohydrate** in food.