

Fill in the Blank Carb Counting Practice

Use your knowledge of how to count carbs to fill in the missing values on the table.

from
Type 1 Diabetes Explained
t1dexplained.org

	Total Carbs (g)	Sugars (g)	Fiber (g)	Sugar Alcohol (g)	Net Carbs (g)
Banana	20	10	?	0	15
Hamburger	40	5	0	0	?
Chicken	?	3	10	0	10
Fries	25	0	5	?	20
Pickles	0	0	0	0	?
Salad	?	0	5	0	10
Cookie	30	25	?	4	24
Water	0	0	?	0	0
Soda	40	30	0	10	?

Answers can be found at t1dexplained.org/resources/carbs/practice