

Using Your Balanced Block Chart

When reading a Nutrition Facts label, always check the serving size first. Then:

1. Look for the Total Carbohydrate amount.
2. Under that will be the Dietary Fiber amount if any.
3. Subtract the Dietary Fiber amount from the Total Carbohydrate amount to calculate your "Net Carbs."
4. Find the Net Carb amount on your *Balanced Block Chart* (under Carb grams in the right column).
5. Look in the first column under Protein grams of your *Balanced Block Chart*. Check to see what should be the balanced ratio amount on the same line as your Net Carbs amount. See if the item you are looking at has the proper balanced ratio of Carbs to Protein.
6. If it does, that's great! If not, then you will need to add a Protein of choice (if the protein amount is low) in the gram amount that is lacking to meet the balanced ratio. This works the same way if the Carb gram amount is too low.
7. Check the Fat amount the same way.
Note: You should choose a food item that does not contain trans fats and is also low in saturated fats.
8. If an item is high in good Fats and low in Protein, the Fats will buffer the Carbs.
Note: If the Protein in a snack bar is low, then Fat needs to be triple the block amount of Carbs to buffer the glycemic response. Example: KIND Bars (18g Net Carbs/2 Blocks, 12g Fat/6 Blocks, 3g Protein/½ Block)

Example:

Brown Rice Pasta – serving size 2 oz.

(Most people eat a 4 oz. serving)

- Total Carbohydrate 43 g
- Dietary Fiber $- 2$ g
- Net Carbs = 41 g (4.5 blocks)
- Protein - 4 g (.5 block) need to add 4 blocks of a protein of your choice (e.g. 4 oz. meat or poultry / 6 oz. fish) per each serving of 2 oz. pasta.
- Fat - 2 g (1 block) add 3.5 blocks of a healthy fat of your choice (e.g. olive oil (2 tsp) / olives (10) / nuts (10) / avocado (1 medium, etc.)

NOTE: If you add 1 slice of GF bread to your meal, you will need to add 2 ounces of meat