The Traffic Light Guide to Food

Carbohydrate Counter Mobile Phone Application

Content

Welcome

Welcome to The Traffic Light Guide to Food Carb Counter mobile phone application User Guide.

This handy tool has been created to help people manage their diabetes and control their blood sugar levels. When managing diabetes, it is important to understand what you are eating and how it affects your blood sugar levels. The Carb Counter application will enable better planning of glucose levels and help you achieve a more even spread of carbohydrates throughout the day.

The Carbohydrate Counting (or exchange) system calculates the carbohydrate amounts in the food you eat and contains over 2,000 foods across 17 categories including well known Australian brands, restaurant, take-away and fast foods.

Now you can manage the foods that you eat on the go, no matter where you are and where you're eating with the Carb Counter mobile phone application.

Navigating the Carb Counter

Navigating the Carb Counter is easy by using either the Back button or Home button. These two buttons will give you access to all sections and functionality of the application.

Home will take you directly to the home screen.

Back will take you to the previous screen.

How the Carb Counter works

You need to understand what you are eating and how it affects your blood sugar levels.

Exchange/carbohydrate counting systems can be helpful for Type 2 and gestational diabetes. Exchanges help you work out the carbohydrate amounts in the food you eat.

The Carb Counter or exchange system is based on a serve or exchange of food that contains 15g of carbohydrate.
1 exchange = 15g of carbohydrate

For example 1 serve or portion is equal to:
- 1 (average) slice of bread
- 2 plain, sweet biscuits
- 1 small banana
- 1½ Weetbix
- ¼ cup rolled oats
- 250ml (1 cup) milk

Alternatively, the Carb Counter also gives you the option to set a portion/serve at 10g of carbohydrate.
1 portion = 10g of carbohydrate

As there is no set rule about the number of portions/serves (exchange) of carbohydrates a person needs each day, you will need to speak with your dietician to determine what your specific daily carbohydrate needs and number of portions/serves are.

Choose the food measurement method your dietician has recommended to help manage your diabetes.

They key is to achieve a more even spread of carbohydrates throughout the day.

The number of carbohydrates a person needs each day depends on many factors such as age, if pregnant, level of activity/exercise, appetite and whether you need to lose or gain weight.

Working out Carbohydrates from food labels

1) Check the Nutritional Information Panel (NIP) and the serve size.

2) Is the serve size the same as the container size eg. a small tub of yoghurt?

3) Work out how much you plan to eat eg. 1-2 serves from a large tub of yoghurt. Then write down the amount of carbohydrate in the 'per serve' column eg. 150g = 23.4g of carbohydrate

4) Work out how many exchanges/portions this is eg. 23.4 ÷ 15g exchange or 10g portion = 1 ½ exchanges or 2 ½ portions.

Spread carbohydrate foods across the day eating 5-6 small meals rather than 3 large meals. Limit/reduce saturated fat.

Use scales and household measures ie. cup or spoon to you know what your usual serving is in grams.

Exchange Table

Carbohydrate amount in food	Exchange
7-10g	½
11-19g	1
20-25g	1 ½
26-34g	2
35-40g	2 ½
41- 49g	3

Standard household measures have been used as follows:

1 cup	cup	250ml
1 tblsp	table spoon	20g
1 tsp	tea spoon	5g

Level cups and spoon measures have been used unless otherwise noted (eg. when it states a 'heaped tablespoon')

Settings

Before you get started, you should go to Settings to set up your preferences with the Carb Counter. Of course, you can change these settings at any time.

Set food portion sizes
Depending on which food measurement method your dietician has recommended to manage your diabetes, you can select the food portion or exchange in the Setting section of The Traffic Light Guide to Food Carb Counter mobile phone application.

Rather than be limited to portions of 10g or exchanges of 15g, The Traffic Light Guide to Food Carb Counter mobile phone application lets you enter an exact amount (weight). For example, if you chose to have a serving of yoghurt of 200g as part of your meal, then you simply press the Edit button then ʻswipe your finger across the + button. The button becomes a bar that you can edit. Simply, press the bar. A keypad will pop up. Now just enter the exact amount. Then press the back button to lock in this exact amount. To switch between exchanges/portions and enter an exact amount, simply swipe the item.

Food list

The food list is a comprehensive list of over 2,000 carbohydrates in 17 categories and 76 sub-categories and includes well-known Australian brands found on the supermarket shelves as well as restaurant, take-away and fast foods.

Food item search
Searching for food items is easy...simply click on 'Food list'.
Listed in alphabetical order are the food categories. To search the food item you want, first click on the appropriate food category and then select the food item from the list of foods. You may have several layers of food menus to go through to locate the specific food item you want.

Alternatively, you can quickly search food items by typing the name of the food item into the search bar located above the food categories.

With search suggestion you can very quickly find foods by just typing the first few letters of its name. If you want to search for a differnent food than the suggested, type one or two spaces until the suggestions disappears to search for all instances of your search word.

If you don't wish to have search suggestions appear as you use the search function, you can turn this feature off in Settings.

Favourites

You can create a list of either favourite individual carbohydrate food items or specific carbohydrate food categories that you regularly eat or prefer. Simply, click on the star icon in list views to add this food item or group to your favourites.

Breads		
Corn bread, homemade	☆	❯
Dark rye bread	☆	❯
Gluten free bread	★	❯	← Added to favourites
Light rye bread	☆	❯
Mixed grain bread	☆	❯
Pumpernickel	☆	❯
Raisin/fruit bread (13-25% dried fruit)	☆	❯
Rice bread	☆	❯
Sourdough bread	☆	❯

You can also add or remove an individual food from your favourites on the food detail page. Just select "Add to Favorites" or "Remove from Favourites" from the "Add to..." menu
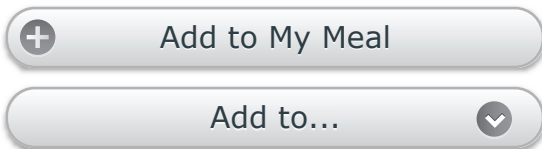
➕ **Add to My Meal**

Add to... ⌄

After adding to favourites, you can then also add it to the meal you are currently creating by clicking 'Add to My Meal' button.

To remove an item from your favourites click on the ★ icon on your favourite list.

Creating a meal

To create a meal from the home page click 'Meals', then 'Edit'.
You will now see a blank bar to label the new meal you are about to create.
Press the bar. A keypad will come up. Here you can label your new meal eg.
Monday lunch.

⊗	Lunch
⊗	Dinner
⊗	← Monday lunch

To create a meal you can either search through the list of carbohydrate food groups to find the item you want or type in the item or search term in the empty bar at the top of the food groups by clicking the search bar which will bring up a keypad.

Click the food group eg. Bread. Then search through the food group to find the item you want and then select this.

Let's say you want to create a meal – Monday lunch - that includes a ham and cheese sandwich, a muesli bar and an apple juice.

First we need to add the carbohydrate – bread.

Click on:

| Bread and Speciality Bread | ❯ |

then

| Breads | ★ ❯ |

then

| White, fibre increased | ★ ❯ |

You will see a list of the types of bread. Select the type of bread you want to eat. In this example, we'll choose White, fibre increased. Then select the number of serves ie. slices and add to meal. By clicking:

| ⊕ Add to Monday lunch |

Back	Edit	⌂

Monday lunch	Carbs (g)
White bread, fibre increased 36 g, 1 slice	15.0

Increasing/decreasing the number of portions of a food item
To increase or decrease the number of slices of bread or to delete this food item and choose another, click 'Edit'.

White bread, fibre increased
36g, 1 slice

1 ⌄	slice ⌄	✕

You can now increase or decrease the number of portions, in this case, the number of slices of bread by clicking the 'V' button. A drop down list showing '- to 9+' will appear. Simply select the number of slices you want, in this case 2. Or if you want to specify the total weight of bread rather than number of slices, simply swipe your finger across the food item and type in the exact weight eg. 50g. If you want to delete this item altogether just click 'X'.

Click the back button to take you back to your meal. You will now see you have two slices of white, fibre bread. The Carb Counter will show 30g of carbohydrate with that total portion/exchange.

Now we need to add the other carbohydrates of your meal. As meat is a protein, and this is a Carb Counter, you don't need to add the ham.
Just like before, search through the food categories to find your next item. In this case it's a muesli bar. Or to quickly find it, type 'muesli bar' in to the search bar and it will bring up this item. When selecting the serving size you can either enter the exact amount ie. grams by swiping across the food item and entering the amount, or you can select the number of serves for example 1/2 serve (1/2 a bar) or 1 and 1/2 serves (bars) etc.

Now click 'Add to Monday lunch' just like before.
Finally, we need to add the apple juice to the meal.
Click 'Add to Monday lunch' again, and search for apple juice.

Defined portions
Now so far we have worked with defined portions. But let's say that you want a large glass of apple juice. The Carb Counter offers fractions of a glass measure ie. quarter glass (62.5ml), half glass (125ml), 2/3 glass (167ml) and 1 glass (250ml) measures as well as soft drink can size ie. 1 can (375ml).

Serve	+ −	375 ml

Click the + − on the apple juice item and a keypad will come up.
Now just key in the volume of apple juice you want to drink. In this example we'll choose 375ml.

The back button will take you back to the meal you are creating.
Now we can see that our meal has:

Back	Edit	🏠

Monday lunch	Carbs (g)
White bread, fibre increased 36 g, 2 slices	30.0
Muesli bar plain or with dried fruit 31g, 1 bar	15.7
Apple juice 375 ml	45.9
Total 6 Exchanges	**91.6**

Your meal is complete.

The Meal button on the home screen now shows the name of the current active meal, for example it says 'Monday lunch and 'Add to Monday lunch etc.

Editing an existing meal

The Edit button enables you to add or delete items already selected eg. dark rye bread 1 slice. You can add a second slice or delete the item altogether from your meal.

To edit an existing meal you can do this one of two ways depending on where you are in the app.

From the home page, click 'Meals' select the meal you wish to edit, then press Edit, or to edit the current meal, click 'My Meal/name of current meal' and then press 'Edit'.

You can increase or decrease the number of portions of an item in a meal by clicking the 'V' buttons on either the number of serves and/or serving size.

To change the exact amount eg. grams or ml for a food item, click on the ml or gram amount. A keypad will come up. Now just key in the exact amount in grams or ml. You can convert to exact input, if the food item is showing the plus button, by swiping your finger across the food item name.
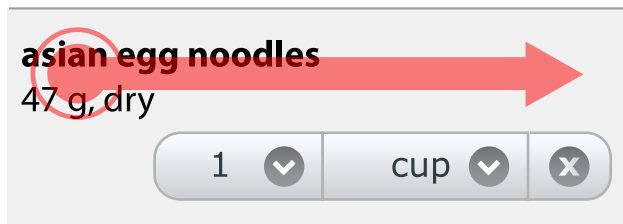
Deleting a meal

To delete a meal, simply click 'Meals', then 'Edit'.
Next to each meal you will see a delete button.
Press it to delete the meal. You will be prompted to confirm that you want to delete this meal. Click 'OK".

Manage Meals

This is a really handy tool where you can create and store a personal list of meals you regularly eat to calculate and control the amount of carbohydrate you eat in each meal. It's quick and easy to do even when you're on the go.

You could create a range of breakfasts that you would typically eat throughout the week as well as different lunch and dinner options.

Alternatively if you're eating out or getting take-away, you can quickly create your meal by selecting the food items in that meal and choosing the portion/exchange or exact weight amounts.

You can label each meal so that your meal list makes sense to you and makes it quick and easy to find.

Once you have created your meals, a list of all the meals you have created will show when you click 'Meals'.

Renaming meals

To change the name of your meal:

Click 'Manage meal' or 'Meals'

Click the 'Edit' button in the top right hand corner

Press the meal you wish to rename

A keypad will come up. Now simply rename the meal and either press the done button or keypad icon in the bottom right of the keypad to save the new name.

Sorting meals

You can arrange the order in which all your meals you have created appear.
To do this from the home screen simply:

Click 'Manage meal' or 'Meals'
you will now see a list of the meals you have created - Click 'Sort'
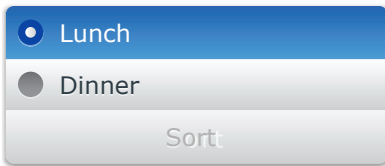
On Apple Devices: Press and drag the meals to arrange in the order you
wish. On Android and Blackberry devices, tab on any of the meals to move it
up by one position.
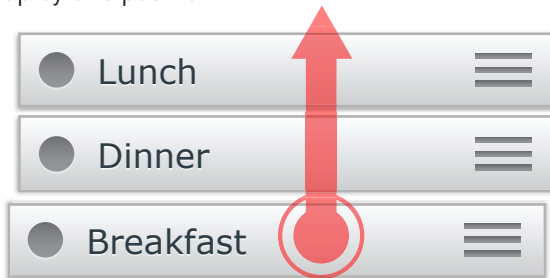
Adding a food item to a different meal then the currently active

When you are searching food items, you have the option of adding a food
item to not only the current active meal but to a different meal.
You can do this by clicking 'Add to ...' button.
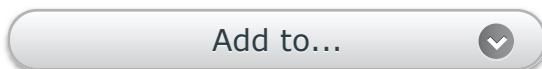
You will see all your meals listed, just select the meal you wish to add this
item to. This will also make this the active meal.