

COUNTING CARBS

There are 3 types of nutrients in food: carbohydrates, proteins, and fats. **Carbohydrates, or Carbs for short, have the biggest impact on your blood sugar levels.**

They are also the most important source of energy for your body. Your body changes carbs into blood sugar which creates energy for your cells. To help keep your

blood sugar level under control, it is a good idea to count the carbs in your meals. Your doctor, pharmacist and diabetes educator/dietitian can help you match your carb count to your daily dose of insulin. Tracking your meals and your blood sugar levels can help you and your care team figure out the right amount for you.

KNOW YOUR CARBS

Carbs are found in many foods including bread, pasta, rice, cereal, fruits, vegetables and milk products. There are two kinds of carbs, complex and simple. Your body changes simple carbs into sugar much faster, so try to choose more complex carbs. When planning meals, you should still count the total grams of all carbs you eat, whether they are simple or complex. Choose foods with less added sugar and more whole grains. White bread and whole wheat bread may have the same amount of carbs, but whole wheat is a healthier choice. A good starting place for people with diabetes is to have roughly 45 to 60 grams of carbs per meal and 15 to 30 grams for snacks. Look at the list of foods below and compare the grams of carbs found in each. Ask your doctor, pharmacist or diabetes educator/dietitian for more information about carbs in your diet.

Complex carbs (choose more):

	CARBS
1 slice of whole wheat bread	15 grams
1 cup of cooked brown rice	45 grams
1 cup of cooked beans	30 grams
1 cup of whole wheat pasta	37 grams
1 cup of raw broccoli	10 grams
1 cup sweet potato	27 grams
1 small apple	15 grams

Simple carbs (choose less):

	CARBS
1 slice of white bread	15 grams
1 cup of cooked white rice	45 grams
1 cup of Cheerios	24 grams
1 can of regular (not diet) soda	40 grams
1 chocolate chip cookie	9 grams
1 tablespoon of sugar	15 grams
8 ounces of fruit juice	30 grams

