

NATIONAL DIABETES MONTH: Getting Comfortable with Carbohydrates



When you have diabetes, simple things such as the foods you eat, how much you eat, and when you eat, all become major factors in determining how your blood glucose (or sugar) levels will be affected. And so, eating the same amount of carbohydrates at each meal is often recommended to help keep blood sugar levels more stable as well as dosage of diabetes medications such as insulin. This can be accomplished by counting your carbohydrates!

CARBOHYDRATES - KNOW THE THREE!

SUGAR	STARCH	FIBER
Natural: Dairy (Milk), Fruits Added: Processed Foods, Desserts, Regular Sodas, Candy	Breads, Cereals, Pastas Starchy Vegetables (Potatoes, Corn)	Fruits and Vegetables: w/ Edible Skin & Seeds Products Made from Whole Grains Nuts & Seeds

COUNTING YOUR CARBS – THE BASICS

If available, the Nutrition Facts label is a great and accurate resource in counting your carbs. Unfortunately, it may not always be readily available to you. And so, knowing some basics about carb choices can be helpful in making the right choices for you! The most important unit of measure to remember is... CARBOHYDRATE CHOICE = [ABOUT] 15 GRAMS OF CARBOHYDRATES

Examples of 1 Carbohydrate Choices (or about 15 grams of carbohydrates)		
1/3 Cup of Cooked Rice	1 (1oz.) Slice of Bread	1 Small Piece of Fruit
1/2 Cup (4 fl. oz.) of Fruit Juice	1 cup (8 fl. oz.) of Milk	2/3 Cup (6 oz.) Plain Yogurt
1/2 Cup of Mashed Potatoes	3 Cups of Popped Popcorn	About 8 Potato Chips

YOUR GUIDE: THE “NUTRITION FACTS” LABEL

1. Servings per Container: The number of servings that are in the container or package. If a package contains 3 servings and you eat the entire package, then you have eaten 3 servings.
2. Serving Size: The amount considered to be 1 serving in the package. The information on the label is calculated based on this number.
3. Total Carbohydrates: The number of carbohydrates in grams, in 1 serving. Sugars, starches, and fiber are all included.

SUMMARY:

To determine the number of carbohydrate choices in one serving, divide the total number of carbohydrates in grams by 15.

- For example if a serving has 46 grams of carbs, it is equivalent to 3 carbohydrate choices.

A meal should have 3-5 carbohydrate choices, while a snack should have 1-2 choices.

Nutrition Facts	
Datos de Nutrición	
About 23 servings per container Sobre 23 raciones por envase	
Serving size	1/2 cup (40g)
Tamaño de ración	1/2 taza (40g)
Amount Per Serving / Cantidad por Ración	
Calories / Calorías	150
%Daily Value* / % Valor Diario*	
Total Fat / Grasa Total	3g 5%
Saturated Fat / Grasa Saturada	0.5g 2%
Trans Fat / Grasa Trans	0g
Cholesterol/Colesterol	0mg 0%
Sodium/Sodio	0mg 0%
Total Carbohydrate/Carbohidrato Total	27g 9%
Dietary Fiber/Fibra Dietética	4g 15%
Total Sugars/Azúcar Total	1g
Includes 0g of added sugar / Incluye 0g de azúcar añadido	0%
Protein/Proteína	5g
Vitamin D / Vitamina D	0mcg 0%
Calcium / Calcio	20mg 0%
Iron / Hierro	1.9mg 11%
Potassium / Potasio	147mg 3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
*El % del valor diario le dice cuánto contribuye un nutriente en una porción de alimento a una dieta diaria. 2000 calorías al día se utilizan para consejos nutricionales generales.	