

# Diabetes: Just the Basics

## Carbohydrate Counting

Carbohydrates can raise your blood sugar more than protein or fat. Your blood sugar can go too high when you eat more carbohydrates than your body can use. Carbohydrates are contained in foods such as bread, pasta, bagels, cereal, milk, fruit and fruit juices, and sweets. Keeping track of how much carbohydrate you eat is important in controlling your blood sugar.

Carbohydrate counting is a way to plan meals and snacks throughout the day to manage your diabetes. By keeping track of your carbohydrates and spreading them throughout the day, you can help control your blood sugar.

### How many carbohydrates you should eat

It's important to watch the size of your carbohydrate portions to assist with healthy eating.

- A registered dietitian will be able to help you come up with a plan that includes your favorite foods
- Until you see a dietitian, you should try to eat about the same number of carbohydrates (carbs) at each meal
  - Breakfast: 2-3 carbohydrate choices (30-45 grams of carb)
  - Lunch: 3-4 carbohydrate choices (45-60 grams of carb)
  - Dinner: 3-4 carbohydrate choices (45-60 grams of carb)
  - Snack: 1-2 carbohydrate choices (15-30 grams of carb)

### Carbohydrate choices

One carbohydrate choice is equal to 15 grams

- Starches
  - 1 slice bread or small roll
  - $\frac{3}{4}$  cup cereal
  - $\frac{1}{2}$  small grocery store frozen 2 oz bagel
  - $\frac{1}{3}$  cup cooked rice or pasta
  - $\frac{1}{2}$  cup corn, peas, beans
- Fruit
  - 1 small fruit or 1 cup berries
  - 12-15 grapes or cherries
  - $\frac{1}{3}$  -  $\frac{1}{2}$  cup fruit juice
- Milk/Yogurt
  - 1 cup fat-free or low-fat milk
  - $\frac{3}{4}$  cup light yogurt
- Sweets
  - 2 small cookies
  - $\frac{1}{2}$  cup ice cream/frozen yogurt

### Steps To Better Health

- Eat carbohydrates with higher fiber like whole grain breads and pastas and/or brown rice
- Reduce the amount of food you eat to help you lose weight