

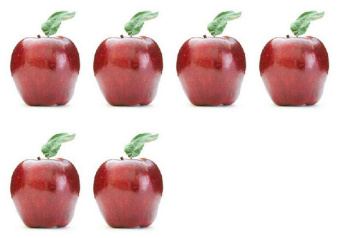


Why Count Carbs?

Carbohydrate counting, or carb counting, is important for good diabetes control. It helps you understand which foods will affect your blood glucose levels so you can either give the right amount of insulin for the food you eat, or keep carbohydrate levels consistent at meals. Whether you take a medication, insulin or use diet and exercise to control your blood glucose keeping your carb amount consistent throughout the day can help manage your blood glucose levels. You might see them labeled carbohydrates, CHO, or carbs-they are all the same. Basically a carbohydrate is a carbohydrate, whether it comes from an apple or a brownie, however nutrient wise they differ in what they offer in terms of fiber and nutrition.

Review

When you eat food with carbs, your body breaks down the carbs, and your blood sugar levels go up. Different amounts of carbs have different effects on blood sugar levels. A high carb meal (such as a plate of pasta and a breadstick) will raise blood glucose more than a low carb meal (such as a grilled chicken breast, salad, and broccoli).



More carbs More blood glucose
Less carbs Less blood glucose

Glucose

As glucose goes into our blood stream it is carried to body cells. The body uses insulin to move glucose from your blood into your cells where it is used for energy. If you have type 2 diabetes, your body may have trouble using the insulin you make, or your pancreas may not make enough insulin. If you have type 1 diabetes, your pancreas doesn't make insulin. Eating the right amount of carbs at each meal and taking diabetes medications, including insulin, if needed, may help keep your blood sugar closer to target levels. Choose most of your carbs from vegetables, fruits, whole grains, and low-fat or nonfat dairy products. Remember carbohydrates are not bad and are necessary for energy.

When you have diabetes, besides counting carbs, you can also benefit from eating lower fat, high-fiber foods and just enough calories to maintain a healthy weight. Your meal plan you received in class can help you eat the right amount of calories. If you are having trouble with your meal plan give us a call. Eating vegetables and fruits of all colors also provides important vitamins, mineral, phytochemicals and antioxidants. They also contain fiber.

Carbohydrate Counting Tools

Measuring Cups and Spoons

Measuring cups and spoons are helpful tools for practice. Measuring helps give you a good visual idea of how different serving sizes look like on a plate, bowl or glass which helps you to better estimate when you are not at home.

Food Labels

Books, Apps and Online Resources

For example:

- Calorie King® Calorie Fat and Carbohydrate Counter by Allan Borushek. Can be found online at www.CalorieKing.com
- Carb Counting book from class

Test Your Carb Knowledge

(Circle the carbs)

Cranberry Juice	Steak	Honey	Corn
Cheddar Cheese	Tuna	Potato	Bread
Pear	Rice	Yogurt	Diet Soda
Sugar Free Candy	Pinto Beans	Popcorn	Swiss Cheese
Crackers	Cereal	Peanuts	Banana
Tomato	Butter	Strawberries	Sweet Tea
	Kale	Lettuce	Carrots

Do You Have Diabetes? Age 65 or above?

Participate in a study on diabetes self-management with mobile apps!

Purpose: To understand how mobile apps can be used to improve diabetes self-management.

Location: This study can be completed either via email through ATXdiabetes@gmail.com or phone at 510-735-4300.

Time: This study can be completed at your convenience. Call or email to set up time.

Compensation: You will receive a \$20 Target gift card for participating.

Research activities: This study uses individual interviews and a survey questionnaire on diabetes self-management with mobile apps.

Answers: Corn, Potato, Rice, Crackers, Sugar-free candy, Honey, Bread, Skim milk, Cereal, Popcorn, Cranberry juice, Pinto beans, Orange, French fries, Yogurt, Pear, Banana, Strawberries, Sweet Tea

Carbohydrate Counting Food List

Breads: 15 g Carb

1 slice bread (white, whole wheat, rye)
6 small bread sticks (4" long)
1/3 large bagel
1/2 hot dog or hamburger bun
1 small croissant
1 matzo ball
1 small muffin
15" pancake or waffle
1/2 pita (6")
1 small plain roll
1 tortilla (6")
1 cup stuffing

Milk/Yogurt: 15 g Carb

1 cup fat free, low fat, or whole milk
1/2 cup evaporated skim milk
2/3 cup plain yogurt or artificially sweetened flavored yogurt

Combination foods: 30 g Carb

1 cup (Casseroles, Lasagna, macaroni & Cheese, spaghetti, stew, chili)
Pizza 1 $\frac{1}{4}$ of a 12 inch pizza
1 tostada with beans
2 soft tacos

Cereals: 15 g Carb

1/2 cup bran cereal
3/4 cup cold cereal unsweetened
1/2 cup cold cereal sugar coated
1 1/2 cups puffed cereal
1/2 cup cooked oatmeal, grits

Vegetables: 5 g Carb

1 serving = 1 cup raw or $\frac{1}{2}$ cup cooked, 3 servings = 1 carb serving

Wax or green beans, bean sprouts, beets, broccoli, brussel sprouts, cabbage carrots, cauliflower, celery, cucumber, eggplant, greens, mushrooms, lettuce, nopales, okra, onions, pea pods, peppers, radishes, rutabaga, spinach, tomatoes, zucchini, yellow summer squash

Starchy Vegetables/ Beans: 15 g Carb

1/2 cup Beans (black, pinto garbanzo, kidney, navy, lima, white, lentils, black eyed peas, refried)
1/3 cup baked beans
1/3 cup Hummus
1/2 cup corn, hominy, peas
1 small potato
1 cup winter squash (butternut)
1/2 cup sweet potato or Yam

Cracker/Snack foods: 15 g Carb

8 animal crackers
3 graham cracker squares
3 Gingersnap cookies
3 cups popcorn
4-6 round crackers
6 saltine crackers
2 rice cakes
Snack chips (15 to 20)

Fruits: 15 g Carb

1 small apple, orange, tangerine, pear, peach
1/2 large banana
1/2 cup applesauce (unsweetened)
4 whole or 8 dried halves apricots
1 cup cubed cantaloupe
12 cherries
2 tablespoons dried fruit
1/2 grapefruit
17 small grapes
2 figs or plums
1 large kiwi
3/4 cup fresh pineapple
1/2 mango, papaya
2 fresh plums
3/4 cup blueberries
1 $\frac{1}{4}$ cup strawberries
3 medium dried plums
2 tbsp. raisins

Sweets: 15 g Carb (Limit to 10% of diet)

2" square piece of cake (no icing)
5 small cookies
2" brownie
1 plain donut
1 small granola bar
1/2 cup ice cream
1/2 cup regular gelatin
5 vanilla wafers
1/2 cup sugar free pudding
2 Tbsp. light maple syrup

Sweets: 30 g Carb

2" square piece of cake with icing
1/2 cup regular pudding
1 cup chocolate milk
Small soft serve cone
1/2 cup sherbet
Glazed doughnut
Pumpkin or custard pie 1/8 pie

Sweets: 45 g Carb

Sweet roll or Danish
Regular yogurt with fruit added
Pie, fruit, crust on top and bottom