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Carbohydrates and Diabetes



What is a carbohydrate?

Carbohydrates, fat and protein are nutrients found in food and beverages that provide your body with calories. Carbohydrates affect blood glucose the most, making them an important factor in the management of diabetes. All carbohydrates are broken down in the body to simple sugars (glucose, fructose and galactose).

Sugars and fiber are classes of carbohydrates.

Why do we need carbohydrates?

Carbohydrates are the number one energy source for the body. They fuel your brain, body and everyday activities.1



First Four to Look for on Labels

- Check the Serving Size
- Look at Calories
- Look for grams (g) of Total Carbohydrate¹
- 4 Check Fiber. Fiber is not digested in the body, so it does not affect blood glucose. When identifying the number of carbohydrates in a serving, fiber can be subtracted from Total Carbohydrates²

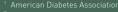


Carbohydrates in one 3/3 cup serving: 37g - 4g = 33g or about 2 exchanges

Carbohydrates in food

Carbohydrates are found in dairy products, grains, fruits and vegetables. They are also present in greater amounts in starchy vegetables like beans, corn, peas, potatoes and squash.

Sweets have carbohydrates, too. These should be eaten occasionally and in small amounts within your carbohydrate and calorie goals. Here are servings of common foods that contain 15g carbohydrate, which equals one exchange.





1 slice bread



²/₃ cup yogurt



1 small piece fruit



1/3 cup pasta or rice



2" brownie square



1 Tbsp. jam, maple syrup or sugar



1/2 cup starchy vegetable

