

Healthy Ways to Eat Carbs with Diabetes

In class you learned many ways to eat healthy with diabetes. Eating the right amount of carbs will help you stay healthy.

Use this handout to:

1. Read food labels
2. Count carbs at each meal
3. Build a healthy plate



“Having diabetes was really scary for me at first. I didn’t know how I was ever going to give up potato chips. But, the tips from the class really helped me eat healthier. I learned that I could still eat the foods I love. I just had to eat less of them. Now, I feel more in control and confident. I feel like me again.”

- Mary G.

Read the food label

These are the most important things to check.

Here's where you can find saturated fat (bad fat) on the food label.

Try to keep saturated fat to 5% of the daily value or less.

Here's where you can find trans fat (very bad fat) on the food label.

Try to keep trans fat to 0 grams.

Here's where to find sodium (salt) on the food label.

Try to keep sodium to 5% of the daily value or less.

Here's where you can find carbs (carbohydrates) on the food label.

A "one carb" serving =
15 grams of Total Carbohydrate

- Sugar is already a part of this amount.

Here's where you can find fiber on the food label.

Try to aim for fiber that is 10% of the daily value or more.

Nutrition Facts

Serving Size 172 g

Amount Per Serving

Calories 200 **Calories from Fat** 8

% Daily Value*

Total Fat 1g

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 112 mg 4%

Total Carbohydrate 36g 12%

Dietary Fiber 11g 45%

Sugars 6g

Protein 13g

Vitamin A 1%

Vitamin C 1%

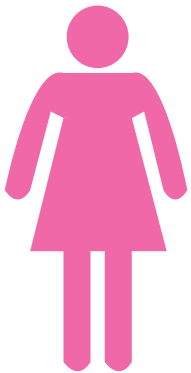
Calcium 4%

Iron 24%

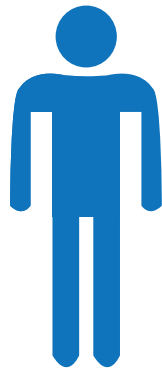
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Count carbs at each meal

- Counting carbs at each meal can help control your blood sugar, calories and weight.
- 1 serving of carbohydrate is measured at 15 grams. This is a “1 carb serving”.
- Men and women need different amounts of carbs.



*Women should eat 2 to 3 servings of carbs per meal. That's 30 to 45 grams of carbs.



*Men should eat 3 to 4 servings of carbs per meal. That's 45 to 60 grams of carbs.

*If you're trying to lose weight use the lower number.

Examples of a “1 carb serving” (15 grams):

Grains:
1 corn tortilla (6 inches)
1 slice of bread
1/3 cup of rice
1/2 cup of oatmeal
1/3 cup pasta
1/2 cup pinto beans
Starchy Vegetables:
1/2 cup of peas
1/2 baked potato
1/2 cup vegetable soup
1/2 ear of corn
1 cup of cooked mixed veggies (corn, peas, lima beans, carrots, and green beans)
Fruit:
1 small apple
1/2 banana
1 cup diced watermelon
1/2 cup of grapes (small)
1/2 cup applesauce
1/2 cup mango
Dairy:
1 cup milk
6 oz low-fat yogurt
1/2 cup vanilla ice cream

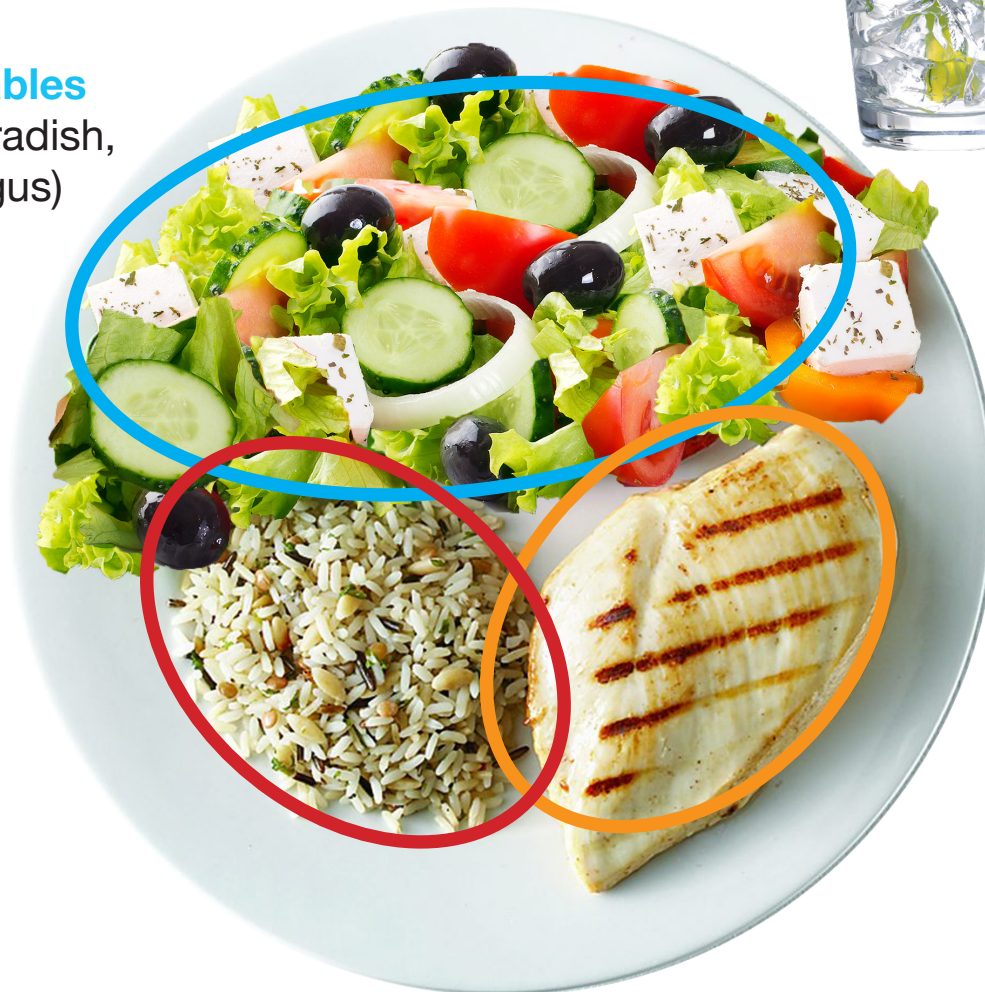
Build a healthy plate

Remember to use the orange plate you got in class or a plate that's the same size.

Try to make your plate look like this:

1/2 plate = non-carb **vegetables**
(broccoli, carrots, peppers, radish, tomato, zucchini, or asparagus)

1/4 plate = **carbs/grains**
(rice, bread, pasta, potato, corn, or beans)



+1 (8 oz.)
glass of water,
diet soda, sugar
free juice or tea

1/4 plate = **protein**
(chicken, beef, pork,
fish or eggs)