



WHAT IS A CARBOHYDRATE?

- Carbohydrates from food break down during digestion to form sugar, which affects blood sugar levels.
- Carbohydrates are needed in moderation.

WHAT FOODS ARE CARBOHYDRATES?

- Starches (bread, crackers, cereal, rice, tortillas, and pasta)
- Fruit and Fruit Juices
- Milk and Yogurt
- Starchy Vegetables (peas, corns, potatoes and squash)
- Sugar and Sweets (soda pop, candy, cookies, cake, fruit “drinks”, sweets, etc.)

WHAT IS A SERVING OF CARBOHYDRATE?

- One serving of carbohydrate = 15 grams of Total Carbohydrate.
- Read the actual food label to check how much Total Carbohydrate the food contains.

ONE SERVING OF CARBOHYDRATE IS

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|--|---------------------------------------|-----------------------------|
| • 1 slice bread | • ½ cup beans and pasta | • ¼ cup dried fruit |
| • ½ small bagel | • ½ cup corn, peas, potatoes | • ½ cup fruit juice |
| • ½ English muffin, buns | • ½ banana, grapefruit | • 1 cup milk |
| • ¾ c dry cereal, unsweetened | • ½ cup canned fruit-lite | • ¾ cup plain, light yogurt |
| • ½ cup cooked cereal, plain | • 17 small grapes or cherries | • ½ cup ice cream |
| • 1/3 cup rice | • 1-cup berries or melon | • ½ cup frozen yogurt |
| • 1 small tortilla, waffle, or pancake | • 1 small fresh fruit (apple, orange) | • ¼ cup sherbet |
| | | • 2 small cookies |

CAN I HAVE SWEETS?

- Concentrated sweets (candy, cookies, soda) contain a lot of carbohydrate, and are also generally high in fat and calories. For this reason, concentrated sweets should be limited.
- Carefully monitor portion sizes when consuming concentrated sweets.
- When reading a food label, look at the Total Carbohydrate. (Don't worry about sugar. It is already accounted for in the Total Carbohydrate.)

HOW DOES WEIGHT AFFECT BLOOD SUGAR?

- For overweight persons, weight loss helps increase the body's ability to use insulin. When the body is better able to use insulin, it is better able to control blood sugar.
- Weight control can also decrease the risk for cardiovascular disease, a complication of diabetes.
- Regular exercise will also help to control diabetes. Please consult your physician before starting an exercise program.

WHICH FOODS HAVE A LIMITED AFFECT ON BLOOD SUGAR?

- Protein (lean meat, poultry, fish, tuna, cheese, egg, peanut butter, tofu)
- Fats (nuts, oils, salad dressing, margarine, butter, mayonnaise)
- Protein and Fat also slow down the absorption of glucose in the blood. It is important to have mixed meals that include carbs, protein, and fat along with fruits and vegetables.
- Vegetables- raw, cooked, and juices (serving size- ½ cup cooked, 1 cup raw)
- Be careful of breaded meat and vegetables - these have carbohydrates so please count them!

HELPFUL TIPS

- Eat meals and snacks at regular times every day.
- Do not skip meals.

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- Spread carbohydrate intake evenly throughout the day.
- Include protein choices at every meal (milk, meat, cheese, peanut butter).
- All foods can fit into a meal plan for diabetes.
- Higher fiber foods help with blood sugar control and increase satiety.

Talk to your Registered Dietitian for a personalized meal plan!

Grams of Carbohydrates and Servings per Meal

Calories	Breakfast Grams/servings	Lunch Grams/servings	Dinner Grams/servings	AM Snacks Grams/servings	PM Snacks Grams/servings	After dinner Grams/servings
1200	45 gm / 3	45 gm / 3	45 gm / 3			15 gm / 1
1400	45 gm / 3	45 gm / 3	45 gm / 3			30 gm / 2
1500	60 gm / 4	45 gm / 3	45 gm / 3			30 gm / 2
1600	60 gm / 4	45 gm / 3	60 gm / 4			30 gm / 2
1800	60 gm / 4	60 gm / 4	75 gm / 5			30 gm / 2
2000	60 gm / 4	60 gm / 4	60 gm / 4		30 gm / 2	30 gm / 2
2200	60 gm / 4	60 gm / 4	60 gm / 4	30 gm / 2	30 gm / 2	30 gm / 2
2400	75 gm / 5	75 gm / 5	75 gm / 5	15 gm / 1	30 gm / 2	30 gm / 2

GRAMS PER CARB CHOICE - Every 15 grams is equal to 1 carb choice

Grams	Carb Choice
6-10	½
11-20	1
21-25	1.5
26-35	2
36-40	2.5
41-50	3
51-55	3.5
55-65	4
66-70	4.5
71-80	5

FOR MORE INFORMATION

- Sportwell Center at 244-0261
- Health Education at 333-2714
- The American Diabetes Association at (217) 875-9011
- National Diabetes Education Program Web site
- American Dietetic Association Web site
- American Association of Diabetes Educators Web site

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat 120**

% Daily Value*

Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700.**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>