Carbs

Serves as body's main & quickest source of energy, breaking down into glucose to fuel the brain, organs & muscles

How many carbs do I need?

Focus on moderation and nutrient-dense, complex carbs. People with diabetes can have a piece of chocolate cake, just not the whole cake, as nobody should!

Complex carbs: Starches

- Peas, corn, potatoes
- Lima beans, black eyed peas, split peas, pinto beans
- Oats, barley, rice, pasta, bread

** choose whole grain options when possible

** best for meals and snacks

** pair with protein to reduce glucose spikes

Complex carbs: Fiber

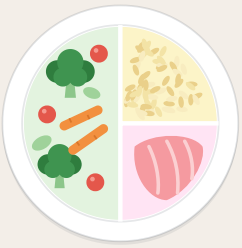
- Soluble fiber absorbs water and helps slow down food in your digestive tract, keeping you full
- Insoluble fiber acts as a broom and helps push food through your digestive tract, keeping you regular!
- Oats, beans, lentils, avocado, raspberries, fruit with the peel, peas, and broccoli are the highest sources!
- 5 servings of fruits and vegetables daily alongside whole grains = a win!

Simple carbs: Sugars

- 2 main types:
  - Those occurring naturally in fruit (fruit has some complex carbs too)
  - Added sugars during processing (heavy syrups, cookies, ice cream, jello-o, hard candy, Pop-tarts)
- Molasses, honey, raw sugar, maple syrup
- Can be listed on nutrition label as fructose, dextrose, maltose
- Simple sugars alone are good for treating low blood sugar
- Pair these with protein to reduce glucose spikes

My plate

A helpful tool for anyone to learn about portion sizes. Build your meal or snack on a 9" plate, with ½ for vegetables, ¼ for carbs and ¼ for protein.



½ Vegetables

¼ Carbs

¼ Protein