Carbohydrates

Carbohydrates are found in the foods you eat.
Carbohydrates turn into a sugar called glucose, which is an important fuel for your body.

Insulin acts like a key...and unlocks the cells so the glucose can get inside the cell to be used as fuel.

Balancing carbohydrate and insulin helps keep your blood sugars in a healthy range.

Carbohydrates in foods are measured in units called grams.

Which foods have carbohydrate?
- Milk and yogurt
- Fruit and juices
- Rice, grains, cereals and pasta
- Breads, tortillas, crackers, bagels and rolls
- Dried beans, split peas, and lentils
- Potatoes, corn, yams, peas, winter squash

Sweets also contain carbohydrate.
- Sugar, honey, syrups, pastries, cookies, sodas, candies...

How do you count how much carbohydrate is in food?
1. Read food labels.
2. Learn the exchange lists.
• The two most important pieces of information for the carbohydrate controlled diet is the serving size and the grams of total carbohydrate.

The serving size for this food is 1 cup.

This is the product weight.

There are 2 servings or 2 cups in this container.

The total carbohydrate tells how many grams of carbohydrate are in 1 serving.

Sugar is already included in the total carbohydrate amount. This value shows the amount of natural or added sugar.