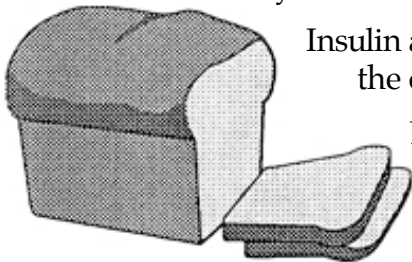


# Carbohydrates

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.

## Food Label

- The two most important pieces of information for the carbohydrate controlled diet is the serving size and the grams of total carbohydrate.

**Nutrition Facts**

Serving Size 1 cup (228g)

Servings Per Container 2

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**Amount Per Serving**

**Calories** 90      **Calories from Fat** 30

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**% Daily Value\***

<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	

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**Protein** 3g

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Vitamin A 80%      •      Vitamin C 60%

Calcium 4%      •      Iron 4%

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\* 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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.