

Carbohydrates

Carbohydrates are an important part of a balanced diet. When carbohydrates break down, they turn into sugar in our blood. This sugar provides us with energy. Understanding the different types of carbs can help you make smart food choices. Read on to learn how to manage diabetes by keeping your blood sugar balanced!

Simple "Carbs"

Simple carbohydrate break down quickly. Sugar rushes to the blood causing a spike in blood sugar. These quick spikes can be dangerous. Many simple carbs provide calories but not a lot of vitamins and minerals.



White bread



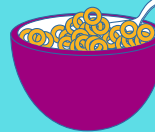
Soda



White rice



Cereal



Candy



Cookies



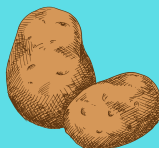
Brown rice



Chickpeas



Potatoes



Complex "Carbs"

Complex carbohydrates are digested slowly. Sugar doesn't move as fast to your blood and doesn't make blood sugar spike. Complex carbs have vitamins, minerals, and **fiber** that are good for your health.

Wheat bread



Black beans



Oatmeal



What is fiber?



Fiber is a type of carbohydrate that our bodies can't digest. It improves bowel movements and helps control your blood sugar.

**The POWER
of
PORTIONS**

A serving of carbohydrate should be 1/4 of your plate or the size of your fist. Choose complex carbs over simple carbs to avoid sugar spikes but get the energy you need.



Carbohydrates

1

Limit simple carbs. They can lead to blood sugar spikes and have little nutrition.

2

Eat more complex carbs. They provide steady energy and plenty of nutrients.

3

Focus on whole grain foods. These foods provide the highest amount of vitamins, minerals, and fiber.

Smart Swaps

Instead of this...

Try that!


White rice	White bread	Cereal
		
↓	↓	↓
Brown rice	Wheat bread	Oatmeal
		

Fruit is a healthy source of carbohydrates. Fruit offers a wide range of vitamins and minerals. The more color, the better!



Fruit is your FRIEND



- Choose fresh, frozen, or canned fruit. Make sure canned fruit is in 100% fruit juice.
- Dried fruit can raise your blood sugar. Keep these portions small. A serving of raisins should be 1 heaping tbsp or about this size 
- Have a piece of fruit to satisfy your sweet tooth!

