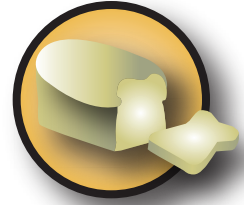


Getting Carb Conscious

CardioProtective Lifestyle Program



Carbohydrates are an important part of nutrition because they are the main food source for energy. People who have diabetes, or at risk for diabetes, usually need to be more careful with the amount of carbohydrates they eat. Excessive carbohydrates can increase blood sugar levels. See below for carb and non-carb examples.

Carbohydrate Foods

- Beans
- Bread
- Cereal
- Corn
- Grains
- Pasta
- Peas
- Potatoes
- Rice
- Fruit
- Fruit Juices
- Milk
- Yogurt
- Candy
- Desserts

Non-Carbohydrate Foods

- Avocado
- Margarine
- Mayonnaise
- Nuts
- Oils
- Olives
- Peanut Butter
- Cheese
- Beef
- Chicken
- Eggs
- Fish
- Pork
- Seafood
- Soy Foods

Did you know?

- 1 carbohydrate gram equals 4 calories.
- Most women need between 45-60 grams of carbohydrates per meal.
- Most men need between 60-75 grams of carbohydrates per meal.
- Snacks should be 15-30 grams of carbohydrates.
- For weight loss subtract 15 grams of carbohydrates (1 serving) per meal.

Finding Carbs on the Food Label

Using an example of a cereal label, 1 cup (the serving size) has a total carbohydrate content of 24g, including 5g of dietary fiber, 5g of sugar and 14g of other carbohydrates. If 2 cups were eaten, the amount doubles! Adding milk and fruit adds to the carbohydrate load. Remember sugars can be a natural part of healthy foods like milk and fruit, or added into desserts, sugary cereals, and even "health" bars. Fiber helps slow the absorption of sugar, so foods high in fiber are best. Reading labels help you make the best food choices! Talk to your Berkeley clinical educator about the right carbohydrate amount for you.

Nutrition Facts

Serving Size 1 Cup (30 g)
Servings Per Container: About 16

Amount Per Serving

Calories 110 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	0%
Monounsaturated Fat 0.5g	0%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Sugar 5g	
Other Carbohydrate 14g	
Protein 3g	