

DIABETES, SWEETS, AND CARBOHYDRATES: THE REAL TRUTH!

Carbohydrates (Carbs)

The real truth is...**all** types of carbohydrates (carbs) will raise your blood sugar. Carbohydrates are found in breads, cereals, grains, fruits, milk, yogurt, vegetables, and sweets.

All of these foods affect your blood sugar, **not just sweets!**

Eating the same amount of carbs at each meal can help you control your blood sugar.
It is not healthy to avoid carbohydrates; just control the amount that you eat.



How Many Calories and Carbohydrates?



In General:

Smaller, older, inactive women:

1200-1400 calories

2-4 carbohydrate choices per meal

Older, inactive women or women desiring to lose weight:

1500-1700 calories

3-5 carbohydrate choices per meal

Smaller, older inactive men or larger, active women desiring to lose weight:

1800 calories

4-6 carbohydrate choices per meal

Most older men, active women or larger men desiring to lose weight:

2000 calories

5-7 carbohydrate choices per meal

Active or younger men:

over 2000-2500 calories

at least 5-8 carbohydrate choices per meal

A registered dietitian can help you find out how many calories you need.

Carbohydrate Choices

BREADS/STARCHES

1 choice =

Bagel, 1/2 of a 2 oz bagel
 Baked beans, 1/3 cup
 Bread, 1 slice
 Cereal (cooked), 1/2 cup
 Cereal (dry), 3/4 cup
 Crackers, 6 Saltines
 Dried beans (cooked), 1/2 cup
 Pasta (cooked) 1/3 cup
 Peas or corn, 1/2 cup
 Popcorn, 3 cups
 Potato, 1 small
 Pretzels, 3/4 ounce
 Rice (cooked), 1/3 cup
 Tortilla (corn or flour), 1 small

MILK

1 choice =

Milk (white or buttermilk), 1 cup
 Milk (chocolate), 1/2 cup
 Nonfat dry milk, 1/3 cup dry
 Yogurt (sugar-free or plain) 1 cup
 Yogurt (regular) 1/3-1/2 cup

FRUIT

1 choice =

Berries, 3/4-1 cup
 Dried fruit, 1/4 cup
 Fresh fruit, 1 small piece
 Fruit juice, 1/3 to 1/2 cup
 Grapes, 12 to 15
 Melon, 1 cup cubed
 Canned fruit, juice pack, 1/2 cup

SWEETS

Small portions can safely be eaten by most people with diabetes as long as they are replaced for other carb foods. These foods are often high in fat and low in nutrition. Limit if you have high triglycerides.

1 choice =

Cake, frosted, 1 in. square
 Cake, frosted, 2 in square
 Cookies, 2 sandwich type
 Donut, 1 small cake
 Ice cream, 1/2 cup
 Jam, jelly, or syrup, 1 Tbsp.
 Pie, pumpkin or custard, 1/8 pie
 Pudding (regular), 1/4 cup
 Pudding (sugar free), 1/2 cup



Examples of Meals With 3 Carbohydrate Choices

Meal 1

3/4 cup dry cereal (1 carb)
 1 cup 1% milk (1 carb)
 1 small banana (1 carb)

Meal 2

1/4 of a 10" thin crust, cheese pizza (2 carbs + 2 oz. protein + 2 fats)
 1 small bread stick (1 carb)
 Salad with carrots, cucumbers & calorie-free dressing (free)

Meal 3

1-1/2 cups Chicken Stir Fry (2 oz. protein + 2 vegetables-free + 1 fat)
 2/3 cup rice (2 carbs)
 1/2 cup ice cream (1 carb + 1 fat)

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