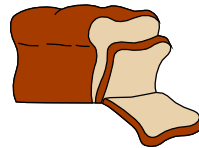


# Carbohydrates

Many of the foods we eat contain carbohydrate. When digested those foods provide glucose. Glucose travels through the bloodstream. It is a vital fuel for the brain, muscles, tissues, and organs. Insulin is a hormone that helps the body use glucose. It is important to eat the right amount of carbohydrate to meet your needs. This handout will help you identify carb-containing foods as well as learn how to read the Nutrition Facts food label.

## Foods That Have Carbohydrate



- Breads, tortillas, crackers, bagels, and rolls
- Cereals, grains, noodles, pasta, and rice
- Fruits, juices, and smoothies
- Legumes such as black beans, kidney beans, and pinto beans
- Lentils and split peas
- Milk and yogurt
- Starchy vegetables such as corn, peas, potatoes, winter squash, sweet potatoes, and yams

**Non-starchy vegetables** have smaller amounts of carbohydrate.

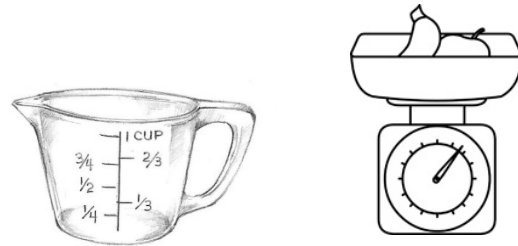
These include bok choy, broccoli, cabbage, cauliflower, carrots, cucumber, tomatoes, zucchini, and salad greens.

**Sweets** — are usually very high in carbohydrates. Examples include candies, cookies, pastries, cakes, sodas, sugar, honey, and syrups.

# Carb Counting

Carbohydrates are measured in units called grams. To increase accuracy of carb counting, use measuring cups and a food scale when possible.

- Read food labels
- Use carb counting lists
- Chain restaurants have websites with nutrition information
- Use online carb counting sites such as [calorieking.com](http://calorieking.com)
- Download carb counting apps



## How to Read Food Labels

The two most important things to look at when carb counting are the **serving size** and the **grams of total carbohydrate**.

Nutrition Facts	
2 servings per container	
<b>Serving Size</b>	<b>3 pieces (90g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>200</b>
% Daily Value	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 490mg	<b>20%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 5g	
Includes 2g Added Sugars	<b>3%</b>
<b>Protein</b> 7g	
Vitamin D 2 mcg	10%
Calcium 300 mg	30%
Iron 8 mg	45%
Potassium 235 mg	6%

There are 2 servings in this container.

Serving Size is 3 pieces.

The number in parenthesis is the **weight**. One serving weighs 90 grams on a food scale.

**One serving, which is 3 pieces of this product, provides 30 g of carbohydrate.**

Dietary fiber grams are included in the total carbohydrates. Fiber does not digest. You may subtract the grams of fiber from the total carbohydrate if desired.

The grams of sugar are already included in the grams of total carbohydrate.

The **total sugars** include natural sugars from milk and fruit, along with the added sugars.

The grams of **Added Sugar** is listed.