



## Specific considerations for carbohydrates

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- What are carbs?
  - Cookies, candy, anything with added sugar
  - Bread, pasta, potatoes, chips
  - Rice, oats, and other grains
  - Fruit, juice, soda, alcohol
  - Honey, syrup, agave

*The best thing you can do for your diabetes is to reduce or eliminate carbs*

- If you do eat carbs...
  - Avoid white refined products (white rice/bread/pasta)
    - NOTE: Instant oats are refined and have a high glycemic index
      - → choose steel cut oats, rolled oats, or groats!
  - **Don't eat carbs alone.** Eat with healthy fat/protein to prevent spike in blood sugar and crashing later
    - Add a handful of nuts/seeds, tbsp. of nut butter, half avocado, or hard-boiled egg with your fruit, toast, or other carb source
  - Pay attention to added sodium and sugar (found in nutrition label)
    - Every 4g of sugar = 1tbsp of sugar
    - Sugar substitute: use in coffee, tea, oatmeal, and yogurt
      - natural sweeteners like stevia (make sure they don't have dextrose or other additives in them- read ingredients!)
      - spices: cinnamon, nutmeg, cardamom, licorice

Some perspective on carbs:

- The amount we consume should be relative to our levels of activity
- Type and quality matters! Not just simple or complex
- Best choices (also lower glycemic index = stay nourished longer!)
  - High fiber, less refined, less processed, and nutrient dense
  - Whole or cracked grains! \*not whole wheat packaging claims
  - Pasta al dente (in moderation) is better than overly cooked pasta
  - Legumes/beans/berries

## Try to choose fruits closer to the top

*Table 1: Fruits (By Glycemic Load)*

<b>Fruit</b>	<b>Glycemic Load</b>	<b>Serving Size (grams)</b>
Lime	1	120g
Strawberry	1	120g
Apricot	3	120g
Grapefruit	3	120g
Lemon	3	120g
Cantaloupe	4	120g
Guava	4	120g
Nectarines	4	120g
Oranges	4	120g
Pear	4	120g
Watermelon	4	120g
Blueberries	5	120g
Peach	5	120g
Plum	5	120g
Apple	6	120g
Pineapple	6	120g
Kiwi	7	120g
Mango	8	120g
Cherries	9	120g
Prunes	10	60g
Banana	11	120g
Grapes	11	120g
Figs	16	60g
Dates	18	60g
Raisins	28	60g