

Type 2 Diabetes Nutrition Therapy

Why Is Carbohydrate Counting Important?

- Counting carbohydrate servings may help you control your blood glucose level so you feel better.
- The balance between the carbohydrates you eat & insulin determines what your blood glucose level will be after eating.
- Carbohydrate counting can also help you plan your meals.

Which Foods Have Carbohydrates?

- Breads, crackers, and cereals
- Pasta, rice, and grains
- Starchy vegetables, such as potatoes, corn, and peas
- Beans and legumes
- Milk, soy milk, and yogurt
- Fruits and fruit juices
- Sweets, such as cakes, cookies, ice cream, jam, jelly and pure sugar

Carbohydrate Servings

- In diabetes meal planning, 1 serving of a food with carbohydrate has about 15 grams of carbohydrate:
- Check serving sizes with measuring cups and spoons or a food scale.
- Read the Nutrition Facts on food labels to find out how many grams of carbohydrate are in foods you eat.
- The food lists in this handout show portions that have about 15 grams of carbohydrate.

Meal Planning Tips

An Eating Plan tells you how many carbohydrate servings to eat at your meals & snacks. For many adults, eating 3 to 5 servings of carbohydrate foods at each meal and 1 or 2 carbohydrate servings for each snack works well.

- In a healthy daily Eating Plan, most carbohydrates come from:
 - At least 6 servings of fruits and non-starchy vegetables
 - At least 6 servings of grains, beans, and starchy vegetables, with at least 3 servings from whole grains
 - About 2 servings of dairy products
- Check your blood glucose level regularly. It can tell you if you need to adjust when you eat carbohydrates.
- Eating foods that have fiber, such as whole grains, and having very few salty foods is good for your health.
- Eat 4 to 6 ounces of meat or other protein foods (like veggie burgers) each day. Choose low-fat sources of protein, such as lean beef, lean pork, chicken, fish, low-fat cheese, or vegetarian foods.
- Eat some healthy fats, such as olive oil, avocado and nuts or natural nut butters without hydrogenated oils.
- Limit saturated fats. These fats are found in butter, cream, & high-fat meats, such as bacon & sausage.
- Eat very little or no trans fats. These unhealthy fats are found in all foods that list "partially hydrogenated oil" as an ingredient.

Label Reading Tips

The Nutrition Facts panel on a label lists the grams of total carbohydrate in 1 standard serving. The label's standard serving may be larger or smaller than 1 carbohydrate serving.

To figure out how many carbohydrate servings are in the food:

- First, look at the label's standard serving size.
- Check the grams of total carbohydrate. This is the amount of carbohydrate in 1 standard serving.
- Divide the grams of total carbohydrate by 15. This number equals the number of carbohydrate servings in 1 standard serving. Remember: 1 carbohydrate serving is 15 grams of carbohydrate.