

Participant Guide

More About Carbs

Understanding carbohydrates can help you prevent or delay type 2 diabetes.

Tips:

- ▶ Instead of choosing white rice, try barley or brown rice.
- ▶ Instead of choosing apple pie, try stewed apple with cinnamon.

Types of Carbs

There are three main types of carbs:

1. Starches
2. Sugars
3. Fiber

Starchy foods include:

- ▶ Starchy veggies
- ▶ Beans, peas, and lentils
- ▶ Grain foods

Starchy veggies include:

- ▶ Corn
- ▶ Green peas
- ▶ Parsnips
- ▶ Plantains
- ▶ Potatoes
- ▶ Winter squash
- ▶ Yams

Beans, peas, and lentils include:

- ▶ Black, pinto, and kidney beans
- ▶ Black-eyed peas
- ▶ Garbanzo beans (chick peas)
- ▶ Red, brown, and black lentils
- ▶ Split peas

Grain foods include:

- ▶ Whole grains
- ▶ Refined grains

1. Whole grain foods include:

- ▶ Barley
- ▶ Bread and other baked goods made with 100% whole wheat flour
- ▶ Brown and wild rice
- ▶ Oats and oatmeal
- ▶ 100% whole grain cereal
- ▶ Pasta made with 100% whole wheat flour
- ▶ Popcorn
- ▶ Tortillas made with 100% whole wheat flour or 100% cornmeal

Refined grain foods include

- ▶ Bread and other baked goods made with white flour
- ▶ Pasta made with white flour
- ▶ White rice

Sugars include:

- ▶ Fruit sugar (fructose)
- ▶ Milk sugar (lactose)
- ▶ White, brown, and powdered sugar
- ▶ Corn syrup
- ▶ Maple syrup
- ▶ Honey
- ▶ Molasses

High-fiber foods include:

- ▶ Beans, peas, and lentils
- ▶ Veggies and fruits—especially ones that have skin or seeds that you eat
- ▶ Nuts, such as peanuts, walnuts, and almonds
- ▶ Whole grain foods

Limit nuts

They are high in calories.

Limit sugars

Of the three types of carbs, sugars cause the biggest jump in your blood sugar.

Get enough fiber

Fiber passes through your body without being digested so it fills you up without adding calories. It can also lower your blood sugar and cholesterol.

Try to get 25 to 30 grams of fiber each day. Check the Nutrition Facts label to see how much fiber an item contains.

Many of us don't get enough fiber. If you need to boost your fiber intake, increase it slowly, over time. And drink plenty of water. This will help prevent an upset stomach.

It's best to get your fiber from food, instead of from a supplement. That's because food has many nutrients besides fiber, such as vitamins and minerals.

Desmond's Story

Desmond is at risk for type 2 diabetes. His doctor tells him that the more carbs he takes in, the higher his blood sugar will be. So she urges Desmond to take a healthy approach to carbs.

"Try to cut back on carbs," says Desmond's doctor. "And when you do have carbs, choose healthy ones."

Desmond decides to replace:

- ▶ Candy and cake with fruit, such as apples, oranges, and berries
- ▶ Potatoes and corn with non-starchy veggies, such as broccoli, peppers, and carrots
- ▶ White bread with 100% whole wheat bread
- ▶ White rice with brown rice

These days, Desmond is taking a healthy approach to carbs. He uses food labels to find healthy items that meet his carb goals. He is also staying active. As a result, Desmond's blood sugar is lower.

A Healthy Approach to Carbs

Try to take a healthy approach to carbs. Here's how.

Make your plate

Carbs should make up one quarter of what you eat.

Choose carbs wisely

When you do have carbs, choose those that are:

- ▶ Low in calories, fat, and sugar
- ▶ High in fiber and water
- ▶ High in vitamins, minerals, and protein

Make healthy swaps

Try these ideas.

Instead of ...	Try ...
Sweet drinks like regular soda, iced tea with sugar, fruit punch, and sports drinks	Water, sparkling water, or plain iced tea
Juice	Whole fruit
White potatoes	Sweet potatoes
Bread made with refined flour	Bread made with 100% whole wheat flour
White rice	Brown rice or barley
Cereal made with refined grains	Cereal made with whole grains, or oatmeal
Full-fat yogurt made with sugar	Plain nonfat yogurt with berries
Apple pie	Stewed apple with cinnamon
Chocolate bar	Hot chocolate made with nonfat milk, cocoa powder, and a touch of sugar

Carbs by the Numbers

Read food labels

Reading food labels like the one below is one way to find the amount of carbs in food. Here's how.

First, look at the serving size. This tells you how much is in one serving of this item.

Next, look at the total carbohydrate. This tells you how many grams of carbs are in one serving of this item.

This container holds three servings. So if you ate the whole container, you would eat three times the carbs.

Other ways to find the amount of carbs in food include:

- ▶ Apps for smart phones or computers
- ▶ Websites

Nutrition Facts	
Serving Size 1/4 Cup (113g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 460mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 0%

The serving size for the food is 1/4 cup. This container holds 8 servings

The total carbohydrate in 1 serving is 4 grams

So if you ate the whole container, you would eat 32 grams of carbs

* Percent Daily Values are based on a 2,000 calorie diet.

One serving of carbs

Each of these items has 15 grams of carbs. That's one serving.

- ▶ 1 small piece fresh fruit (4 oz)
- ▶ ½ cup canned or frozen fruit
- ▶ 1 slice bread (1 oz) or 1 (6 inch) tortilla
- ▶ ½ cup oatmeal
- ▶ ½ cup pasta or rice
- ▶ 4 to 6 crackers
- ▶ ½ English muffin or hamburger bun
- ▶ ½ cup black beans or starchy veggies
- ▶ ¼ large baked potato (3 oz)
- ▶ ½ cup plain nonfat yogurt
- ▶ 2 small cookies
- ▶ 2-inch square brownie or cake without frosting
- ▶ ½ cup ice cream or sherbet
- ▶ 1 Tbsp syrup, jam, jelly, sugar, or honey
- ▶ 2 Tbsp light syrup
- ▶ 6 chicken nuggets
- ▶ 1 cup soup
- ▶ ¼ serving medium fries

Source: cdc.gov

My Carbs

Write some of your favorite carbs. Decide if each item is healthy. If it's not, write a healthy swap you will try.

My Favorite Carbs	Healthy?	Healthy Swap I Will Try
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