

# CARBOHYDRATES



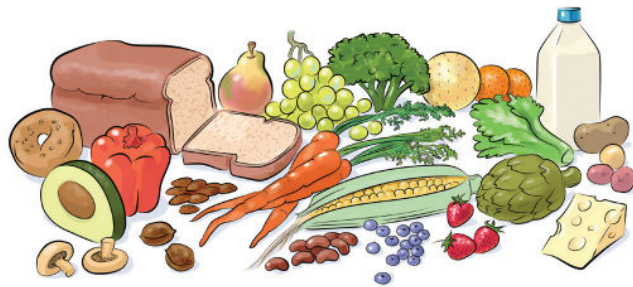
## ABOUT CARBOHYDRATES

- Carbohydrate is a long word for sugar (glucose).
- Carbohydrates are our body's main source of energy.
- When carbohydrates are eaten, they are broken down in the body into glucose. This glucose is then absorbed into the blood stream.
- Carbohydrates are the main nutrient in foods that affect blood glucose.

### Should people with diabetes just skip carbohydrates?

No. Our body needs carbs. If we don't eat enough, our blood glucose gets too low and we may not have any energy. If we eat too many at once, our blood glucose can go too high. By managing the intake of carbohydrates - not eating too few or too many - we can better control levels of blood glucose.

No matter where they come from, ALL carbs turn into glucose. All carbs need insulin to become energy.



### What are the main food groups that have carbohydrates?

- **Fruits and Vegetables** - Fruit and fruit juices including plantains, persimmons, tomato juice, prune juice, and carrot juice. Starchy vegetables (ex. corn, peas, all potato varieties).
- **Dairy** - Milk, soy milk, almond milk, and yogurt (including Whole fat, non-fat and reduce fat)
- **Grains** - Breads, cereals, crackers, pasta, and grains (rice, popcorn, oatmeal, wheat, rye)
- **Other Starches** - Beans (pinto beans, black beans), lentils, and chickpeas
- Though not a basic food group - carbohydrates also come from **Sugary Foods and Drinks**: soda, fruit drinks, sports drinks, candy, cakes, cookies, jelly, honey and sugar.