

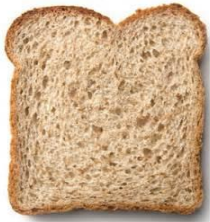
Carbohydrate Foods

Below are some important facts about carbohydrates (carbs).

- Carbs raise your blood sugar.
- It is still important to eat some carbs at every meal.
- Carb foods such as grains, fruit and milk are healthy.
- Eating the right amount of carbs will help keep your blood sugar from going too high.

A carb serving is an amount of food that has 15 grams of carbohydrate.

(One carb serving = 15 grams of carbohydrate)



Slice of Bread (One ounce)



Eight ounces of milk



One small apple



½ cup of corn



Two cookies (i.e. Oreos)



1/3 cup of rice or noodles

How Many Carb Servings Can I Eat?

Answer: The number of carbohydrate servings you need is based on your body size, age and weight-loss goals.

- Most women need about 3 to 4 carb servings (45-60 grams) at each meal.
- Most men need 4 to 5 carb servings (60-75 grams) at each meal.
- If you eat snacks, choose 1 to 2 carb servings (15-30 grams).

For more information call Scripps Diabetes Care: 1-877-944-8843 or 858-678-7050

or visit us online at www.scripps.org/diabetes

