



How Do I Count Carbs?

Carb counting is one of the most important and effective tools for managing diabetes. Eating the right amount of carbohydrates can help keep your blood sugar levels within their target range. Counting carbs can also help you maintain a healthy weight since carbohydrates impact your blood sugar levels and are the primary source of calories. Here's how to count carbs for diabetes:

- 1. Read food labels:** The Nutrition Facts label on packaged foods provides valuable information about carbohydrates. Look at the "Total Carbohydrates" and "Carbohydrates from Sugars" information to determine how many grams of carbohydrates are in your food.
- 2. Measure your food:** Use measuring cups and spoons to measure your food. That way, you'll know exactly how many carbohydrates you're consuming.
- 3. Know "hidden carbs":** There are some carbohydrates you can't always find on food labels. These include carbs from condiments, sauces, salad dressings, and processed meats. You'll need to estimate or measure these foods to better understand how many carbs you eat.
- 4. Consider your medications:** Some medications, such as insulin and certain diabetes pills, require adjusting your carbohydrate intake. Work with your doctor or a dietitian to determine how meals affect your insulin or diabetes pill doses.
- 5. Divide your carbs:** To keep your blood sugar levels in check, it's essential to spread out your carbohydrate intake throughout the day. Divide up your carbohydrates from breakfast, lunch, dinner, and snacks.
- 6. Keep a food diary:** Writing down the amount and type of food you eat can help track how many carbohydrates you eat. Keeping a food diary can also help you identify areas where you need to make changes.

Carb counting is an essential tool for managing blood sugar levels. Knowing how to count carbs and how they affect diabetes can help you stay healthy, control your blood sugar levels, and reach your treatment goals.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.