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## Diabetes Nutrition

### Carbohydrate Counting in 4 Steps!

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Learning to count carbohydrates (carbs) and figuring out which ones work best for you is the fundamental skill in Diabetes Nutrition. It may seem intimidating as you begin this process. However, you can master these skills and learn to plan healthy meals and snacks for yourself that will not spike your blood sugar or cause lows. You will learn which foods contain carbohydrates, how they affect your blood sugar, how much to eat, and which ones are best for you. Let's get started... carbohydrate counting in 4 steps!

#### Step 1 - Nutrients in Food - Where are the Carbs?

*Step 1 is all about identifying the foods that contain carbs. When you realize that not all foods contain carbs, you can simplify your meal planning by only having to count a few food groups. By studying Step 1, you will learn which foods contain carbs and which foods don't.*

#### Step 2 - Carbohydrate Counting - How Much?

*Next, you will learn how many grams of carbs make up 1 serving, and how to count the grams of carbs whether or not you have a label. Furthermore, you will learn to count the grams of carbs in an entire meal and entire day, so you can meal plan effectively. This section uses examples and practice problems to make sure you understand carbohydrate counting and can effectively do it on your own.*

#### Step 3 - Carbohydrate Quality - Which Carbs are Best?

*Although you can use any foods when meal planning and carb counting, some carbs will benefit your body and blood sugars, and some won't. In Step 3, you will learn which carbohydrate foods are best for your health. You will learn to identify the foods with the most fiber. Furthermore, you will understand why you need fiber in your meals and how it benefits your health. There are "rules of thumb" for obtaining high-fiber foods and specific recommended brands to keep shopping easy! Lastly, there is a glycemic index chart and guide to teach you how to use the index with high fiber foods.*

#### Step 4 - Monitoring the Effect of Carbohydrates on your Blood Sugar

*The last step is to learn to monitor your blood sugars effectively and make changes to your meal plan based on your findings. Although you may not want to prick your finger and monitor your blood sugars, it is a crucial step in counting carbohydrates and meal planning. This is your chance for freedom with food! By carefully monitoring your results, you can determine how different foods affect you, which ones provide consistent blood sugar readings, which ones cause a high reading, and which ones cause a low reading. No more guessing. Step 4 will teach you when to test, give you desired blood sugar ranges, and help you monitor effectively and take control of your results!*