

HOW MANY GRAMS OF CARBOHYDRATE DO THESE FOODS CONTAIN?

Most foods you buy today contain nutrition facts labels that list the grams of total carbohydrates in one serving of the food. When these labels are available, it is easy to determine how many carbohydrates you are eating—just make sure you look at the serving size on the label and make adjustments if you eat more or less than one serving. If the food does not contain a label, or when you are eating out, you will need to estimate how many grams of carbohydrate are in the food. It is easiest to remember:

- 15 grams of carbohydrate for one serving of grain, beans, fruit, or starchy vegetable
- 12 grams of carbohydrate for one serving of dairy

Determining the portion size of one serving of foods can be a little trickier, but the guide below will help you out:

GRAINS

1 slice of bread (1 oz)	1 6-inch tortilla
1/2 cup cooked oatmeal	1/3 cup cooked pasta or rice
1/4 bagel	1/2 English muffin or hamburger bun
4-6 crackers	
3/4 cup unsweetened cereal	1-1/2 cups puffed cereal
1/2 cup sugar frosted cereal	

FRUITS

1 small piece fresh fruit (4 oz)	1/2 cup canned or frozen fruit
1 tablespoon jam or jelly	1 cup melon cubes
1/3 cup grape, prune, cranberry cocktail, or fruit juice blends	1/2 cup apple, grapefruit, orange, or pineapple juice
	3/4 cup blueberries

STARCHY VEGETABLES

1/2 cup corn, green peas, or mashed potatoes
1/4 large baked potato

BEANS & LENTILS

1/2 cup beans (garbanzo, black, pinto, kidney, etc)
1/2 cup lentils
2/3 cup lima beans

DAIRY

1 cup milk
2/3 cup yogurt (fat-free plain or artificial sweetener)
1 cup soy milk

It will take practice and patience to quickly count the grams of carbohydrates in your meals. But before long, you will be a carbohydrate counting pro!

STAYING HEALTHY WITH DIABETES

If you have recently been diagnosed with diabetes or told that you have prediabetes, it is natural to feel scared, overwhelmed, and confused. At Harmons, we are here to help alleviate these fears and answer your questions about diet, physical activity, and medications. We've developed this guide to provide you with basic information about managing your diabetes. If you would like more information on controlling your blood glucose, our registered dietitian is available for individual nutrition and lifestyle counseling, and our pharmacist is always happy to discuss your medication questions.

WHAT IS DIABETES?

Diabetes is a metabolic condition that affects how your body uses glucose, the main source of energy for your cells. Carbohydrates that you eat in your diet are broken down into glucose before being absorbed into your bloodstream. If you have diabetes, your cells are not able to take in the glucose from your bloodstream. This means your cells are not getting the energy they need and your blood glucose levels remain high.

Insulin is a hormone produced by your pancreas that allows glucose to enter your cells. If you have diabetes, insulin is unable to do its job and your cells cannot take in the glucose they need for energy.

TYPES OF DIABETES

TYPE 1: Type 1 diabetes is usually diagnosed in children, and is often referred to as juvenile diabetes or insulin-dependent diabetes. In Type 1 diabetes, the pancreas does not produce insulin. Those with Type 1 diabetes need daily insulin injections or an insulin pump. Type 1 diabetes only accounts for 5% of diabetes in the United States.

TYPE 2: Type 2 diabetes is sometimes called adult-onset diabetes; however, Type 2 diabetes is becoming more and more common in children and teens as obesity increases in these groups. In Type 2 diabetes, either the body does not produce enough insulin, or the cells cannot use the insulin being produced (this is referred to as insulin resistance).

PREDIABETES: Prediabetes is a condition in which blood glucose levels are elevated above normal, but not high enough to be considered diabetes. Prediabetes can often become Type 2 diabetes if steps are not taken to improve blood glucose levels. Luckily, small changes in diet and physical activity, as well as weight reduction if you are overweight, can often reverse prediabetes and prevent the onset of Type 2 diabetes.

I'VE BEEN DIAGNOSED WITH PREDIABETES OR TYPE 2 DIABETES—WHAT'S NEXT?

STEP 1: Adhere to your doctor-prescribed medication plan and check your blood glucose levels regularly

If your doctor has diagnosed you with Type 2 diabetes, you may be prescribed oral medications or insulin. Make sure you keep up with your medication regimen! It is also important to regularly check your blood glucose levels before and after meals, especially as you begin new medications. Your doctor will want to see if you are responding well to the particular medication and dose.

Your Harmons' Pharmacist can help you with medication and blood glucose monitoring questions.

Your pharmacist is available to help with any of your medications concerns—just stop by the pharmacy next time you visit Harmons. They can also help you choose a blood glucose monitor or find lancets and the correct test strips for your monitor.

STEP 2: Engage in daily physical activity and maintain a healthy body weight.

People with diabetes have an increased risk of heart disease and stroke. It is important to keep blood glucose, blood pressure, cholesterol, and body weight in check to reduce your risk. Participating in at least 30 minutes of physical activity most days of the week can reduce risk factors for heart disease and help you maintain your blood glucose levels in an acceptable range. Being physically active can:

- Lower blood glucose levels. Physical activity burns calories and reduces the glucose circulating in your blood.
- Make your cells more sensitive to insulin. Exercise can help reverse insulin resistance and lower your blood glucose levels.
- Help you lose weight and keep it off. Losing weight is one of the most important steps you can take to control your diabetes and reduce your risk of heart disease. Weight loss increases your sensitivity to insulin, keeping your blood glucose levels in check.
- Lower blood pressure and cholesterol. Controlling high blood pressure and cholesterol is critical in preventing heart attack and stroke.

You don't have to join a gym or run a marathon to receive the benefits of physical activity. Simply walking for 30 minutes most days will improve your glucose levels and help keep your heart healthy. Other great activities include dancing, gardening, or riding a bike. Find an activity you enjoy and can stick with for the long-term!

STEP 3: Manage your diet.

People with diabetes often think they have to eat a special "diabetic diet." There is no set diet for diabetics; instead you have to learn how different foods affect your blood glucose and make smart choices to keep yourself healthy. Let's look at how different nutrients affect blood glucose:

Carbohydrates: Foods that contain carbohydrates, or "carbs," raise your blood glucose. When planning meals, you will need to pay attention to the carbohydrate content of foods. It is important to look at the total carbohydrate content of meals, not just the sugar content. Sugar is a type of carbohydrate, but ALL carbs will raise your blood glucose.

Protein and Fat: Protein and fat are necessary components of a healthy diet, but they do not increase your blood glucose. It is important to choose lean sources of protein and heart-healthy fats to help reduce your risk of heart disease. Including protein and healthy fat in every meal and snack will help slow the digestion of carbohydrates and cause less of a glucose spike in your blood.

HOW DO I DEVELOP A HEALTHY MEAL PLAN?

With diabetes, it is important that you establish a consistent eating pattern—this means eating meals and snacks regularly throughout the day at planned times. You will also need to eat about the same amount at every meal or snack, paying particular attention to carbohydrates. The amount of carbohydrates you need at each meal will depend on a variety of factors, including your age, weight, and physical activity level. As a good place to start, aim for about:

- 15 grams of carbohydrate for each snack
- 45-60 grams of carbohydrate for each meal

Your Harmons' Station Park dietitian can help you develop a personalized meal plan to help control your blood glucose. Please contact Jessica at 801-928-2634 to schedule individual nutrition counseling.

HOW DO I KNOW HOW MANY CARBOHYDRATES ARE IN THE FOODS I EAT?

A technique called Carbohydrate Counting is a great way to keep track of how many carbohydrates you are eating.

Before you can begin counting the carbohydrates in the foods you eat, you need to have an understanding of what foods contain carbohydrates.

- Starchy foods like bread, rice, and pasta
- Fruit and fruit juices
- Starchy vegetables, like potatoes and corn
- Dairy products, like milk and yogurt
- Legumes, like beans and lentils
- Sweets and snack foods, like cake, cookies, and soda