

# Carbohydrates and Diabetes

Carbohydrates are an essential macronutrient for energy. While too many can raise blood sugar, the right types and amounts of carbohydrates can be beneficial for those with diabetes.

## Carbohydrates in a Diabetes-Friendly Diet

- **Energy Source:** Carbohydrates are broken down into glucose, the primary source of energy for our cells.
- **Essential Nutrients:** Carbohydrate-rich foods, such as whole grains, fruits, and vegetables, provide essential vitamins, minerals, and fiber.
- **Blood Sugar Regulation:** Consuming complex carbohydrates, which are digested slowly, can help stabilize blood sugar levels.

## Types of Carbohydrates

### 1. Simple Carbohydrates

- **Sugars:** Found in fruits, milk, and processed foods.
- **Impact on Blood Sugar:** Can cause rapid spikes in blood sugar levels, especially when consumed in excess.

### 2. Complex Carbohydrates

- **Starch:** Found in grains, legumes, and starchy vegetables.
- **Fiber:** Found in plant-based foods and contributes to digestive health and blood sugar control.



## Carb Counting and Portion Control

- **Carb Counting:** Tracking carbohydrate intake can help people with diabetes manage their blood sugar levels.
- **Portion Control:** Eating appropriate portion sizes of carbohydrate-rich foods is crucial.
- **Glycemic Index:** Consider the glycemic index of foods, which measures how quickly they raise blood sugar levels.

## Healthy Carbohydrate Choices

- **Whole Grains:** Whole grain bread, brown rice, quinoa, and oats are excellent sources of fiber and complex carbohydrates.
- **Fruits and Vegetables:** These foods are low in calories and high in fiber, vitamins, and minerals.
- **Legumes:** Beans, lentils, and chickpeas are excellent sources of protein and fiber



## Tips for Managing Carbohydrate Intake

- **Read Food Labels:** Check the nutrition facts label to monitor carbohydrate content.
- **Consult with a Healthcare Professional:** A registered dietitian can provide personalized advice on carbohydrate intake and meal planning.
- **Monitor Blood Sugar Levels:** Regularly check your blood sugar levels to assess the impact of different foods on your glucose levels.
- **Balance Your Plate:** Combine carbohydrates with protein and healthy fats to create balanced meals.

By understanding the role of carbohydrates in diabetes management and making informed food choices, individuals with diabetes can achieve better blood sugar control and overall health.

## Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

**We're committed to your health. Contact us today for more information.**



### Advanced Diabetes Supply

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