

Understanding Carbohydrates



Still not sure what are carbohydrates?

Carbohydrates - provide energy as your body's main fuel source.

The carbs and the amount of insulin you have in your body, determine your blood sugar levels and have a big impact on how you feel.

THERE ARE 3 TYPES OF CARBOHYDRATES

STARCHES

Starches—or complex carbohydrates—include starchy vegetables, dried beans, and grains.

SUGARS

Sugars include those naturally occurring (like in fruit) and added (like in a cookie).

Fiber

Fiber comes from plant foods vs. animal products like eggs, meat, or fish.

HOW MUCH CARBS SHOULD YOU BE EATING?

Each individual require different portion of carbs, it is best to consult with a nutrition specialist for an assessment. However as a general guide for person with Diabetes, carbohydrates should make up approximately 45-50% of total daily caloric intake. (all the food you eat on daily basis).

- The most important thing in choosing carbs is to look for vitamins, minerals, and fiber.
- Processed foods tend to be high in carbohydrates while very low in vitamins, minerals, But choosing less processed carb foods and paying attention to how much you are eating can make a big difference in your blood sugar and overall health.

COMMON SOURCES OF CARBS CONSUMED IN BELIZE

- Flour (bread, tortillas)
- Rice
- Corn (tortillas, boiled, porridge)
- Ground foods (potatoes, yams)
- Pastries & fruits
- Soft drinks & juices
- Beans

Portion Guide for 1 serving of Carb

1 slice bread	1 medium baked potato
1/2 cooked rice	1/2 cup oatmeal
1/2 flour tortilla	1cup chopped fruit
3 corn tortillas	1/3 cup cooked beans