



Nutritional Information and Diabetes:

- Diabetes is a condition where blood glucose (sugar) levels are too high
- Carbohydrates of all types can raise your blood sugars
- Carbohydrates can be found in starches (bread, cereal, crackers, grains, rice, pasta), starchy vegetables (potatoes, corn, peas, beans), fruits and fruit juices, milk and yogurt, sugary foods (candy, regular soda pop, jelly), sweets (cakes, cookies, pies, ice cream)
- Non-starchy vegetables (lettuce, tomatoes, carrots, broccoli, green beans) contain a small amount of carbohydrates and usually can be eaten freely
- The only food groups that generally do not contain carbohydrates are protein (fish, chicken, beef, pork, eggs, cheese) and fats (peanut butter, nuts, cooking oils)
- Blood sugars can be controlled by controlling the amount of carbohydrates you eat at your meals and your snacks. You should not eliminate carbohydrates completely because they provide your body with energy
- Eat 3 meals a day, around the same time each day (you should not skip meals)
- Balance your plate with $\frac{1}{2}$ non-starchy vegetables, $\frac{1}{4}$ protein, $\frac{1}{4}$ carbohydrates
- Choose more foods with high sources of whole grains and fiber
- Choose more lean protein and unsaturated fats
- Choose more water, unsweetened beverages with sugar substitute, diet sodas instead of fruit juice, sport drinks, and other sugary drinks
- Remember, sugar free foods and no sugar added foods still contain carbohydrates

What to look for on Food Labels:

Sample label for
Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving		% Daily Value*	
Calories	250	Calories from Fat	110
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Check the serving size: **1 cup**

This number (**228g**) is not the amount of carbohydrate in the serving; it is the weight of the macaroni and cheese.

Count total carbohydrates (**1 cup = 31 grams of carbohydrate**). If you are having more or less than 1 cup, you will need to adjust this number.

You do not need to count sugar because it is already included in the total carbohydrate number.

For more information, please visit www.ochsner.org/diabetes