

WHAT ARE CARBS, ANYWAY?



Personal solutions for everyday life.

Carbs (short for carbohydrates) are one of three key nutrients, or building blocks, that make up all of the foods you eat. The other two building blocks are protein and fat.

Your body needs all three to be healthy. The important thing is getting them in the right balance.

THE CARB-SUGAR CONNECTION

If you have type 1 or type 2 diabetes, it isn't just about the sugar you eat, like in candy or snacks.

Whenever you eat something that contains carbs, your body turns most of them into sugar. And that's what makes your blood sugar level go up.

WHAT FOODS CONTAIN CARBS?

Here are some examples of foods that have carbs—including some you might not realize.



Fruits

Milk and yogurt



Starchy vegetables, like potatoes and corn



Nonstarchy vegetables, like broccoli and onions

Breads, cereals, and grains



Sweets, desserts, and regular soda



Crackers and snacks



Dried beans, peas, and lentils



MAKING HEALTHIER CHOICES

Carbs are not necessarily bad, though. Many healthy foods contain carbs. It's just that you need to be more aware of how many carbs are in the foods you eat.

A high-carb meal (such as a plate of pasta and a breadstick) will raise blood sugar more than a low-carb meal (such as a grilled chicken breast, salad, and broccoli).

Eating the right amount of carbs at each meal may help keep your blood sugar closer to your target range.

YOUR NEXT MOVE

At dinner tonight, try to pick out all of the foods on your plate that contain carbs. Then learn more about carbs and how they affect your blood sugar level by talking with your healthcare provider or checking out www.LillyDiabetes.com.

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