

Instructor's Notes

Carbohydrates

**A “survival skills” presentation
developed by the
Diabetes Association
of Greater Cleveland**

What are Carbs

**and why are they
so important?**

How much carbohydrate do I need each day?

- Needs will vary from person to person
- Generally speaking,
 - Women need 45-60 grams of carbohydrate per MEAL
 - Men need 60-75 grams of carbohydrate per MEAL
 - Snacks should be 15-30 grams of carbohydrate

What foods contain carbs?

Cereals, breads, grains, pasta, & rice



Starchy Vegetables



What about other vegetables?



Fruit and Fruit Juices

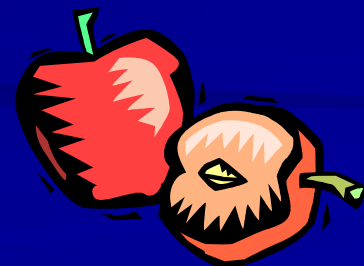
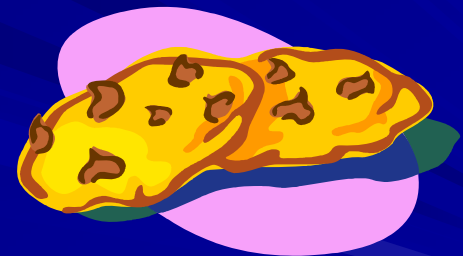
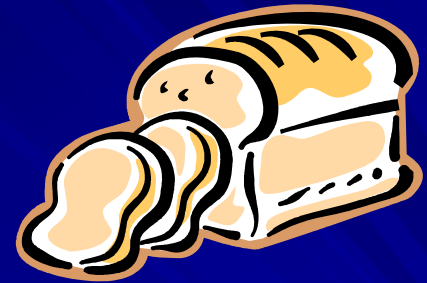


Yogurt and Milk



Are there different types of
carbs?

A carb is a carb is a carb...



Carbohydrate Counting vs Carb Servings

Carb Servings

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

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

What about sugar?

How much carbohydrate do I need each day?

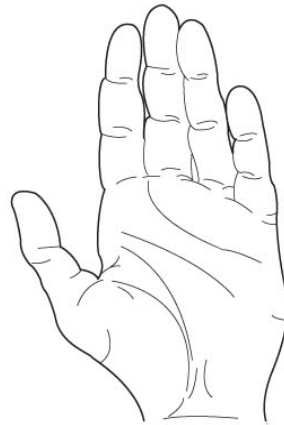
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Carb Counting Tips



Fist = 8 fluid oz or 1 cup

HAND GUIDES



Palm = 3 oz.



Thumb = 1 oz.



Handful = 1/2 cup



Thumb tip = 1 tsp.

Other helpful guidelines

- **Eat 3 meals each day**
- **Eat at about the same time each day**
- **Do not skip meals**
- **Watch the fat!**
- **Watch your portion size**
- **Remember to get up and move each day.**

What questions do you have?

If you have questions or need help
call 216-591-0800



**DIABETES ASSOCIATION
OF GREATER CLEVELAND**

Fighting the diabetes epidemic right here at home