



NUTRITION DESIGNED FOR YOU.

CARBOHYDRATES AND DIABETES

What is a carbohydrate?

A carbohydrate (or carb) is a nutrient that breaks down to glucose when eaten and is the primary energy source for both the body and brain.

Why is it important?

The body produces insulin, which helps the body use energy from eating carbohydrates. With Type 1 Diabetes, the body does not produce insulin. With Type 2 Diabetes, the body does not produce enough insulin, or becomes resistant to insulin. In both cases, this causes blood sugars to rise (hyperglycemia) and can cause damage to the nerves and other organs.

Carbohydrates do not need to be avoided but must be controlled for those with diabetes. Planning carbohydrate servings at meals helps with a balanced diet and managing blood sugar levels.

What foods contain carbohydrates?

The following food groups contain carbohydrates: fruit, dairy, grains, and some vegetables. These vegetables are called starchy vegetables and include corn, peas, and potatoes.



For more information and diet related questions, visit the American Diabetic Association website (diabetes.org).

UPDATED 2021