



SUAV CARBOHYDRATE

Muaj carbohydrate npaum cas rau ib zaug?

15 g carbohydrate = 1 carbohydrate serving

COV GRAM CARBOHYDRATE	MUAJ CARBOHYDRATE NPAUM CAS RAU IB ZAUG
0-5	0
6-10	½
11-20	1
21-25	1½
26-35	2
36-40	2½
41-50	3

Kuv yuav tsum noj pes tsawg qhov carbohydrate serving?

Coob tus uas muaj ntshav qab zib yuav tsum noj 3-4 serving rau cov carbohydrate rau ib pluas thiab 1-2 qho rau thaum noj txom ncauj, yog xam tias noj 3 pluag thiab 1-2 qho khoom txom ncauj rau ib hnuv. Ib tug twg tej zaum yuav tsum noj ntau dua los sis tsawg dua qhov ntawd nyob ntawm seb nws ev xaws xais npaum li cas, yog poj niam los sis txiv neej, hnuv nyooq thiab ntawm nws lub hom phiaj seb nws xav kom poob pes tsawg phaus. Nrog ib tus kws qhia noj zaub mov tham yog tias koj xav kom paub tsi ntsees ntxiv.

Ib qho carbohydrate serving no zoo li cas xwb?

MUAJ CARBOHYDRATE NPAUM CAS RAU IB ZAUG	ZAUB MOV NOJ	IB ZAUG NOJ NPAUM CAS
	Mov Daj Siav	⅓ c.
	Whole Wheat Pasta Uas Twb Siav Lawm	⅓ c.
	Txiv Hmab Txiv Ntoo (Hauv Kas Poom Nrog Kua Txiv)	½ c.
	Cov Zaub Starch (Pob Kws, Noob Taum Mog, Qos)	½ c.
	1% Mis Nyuj	1 c.
	Noob Taum (Dub, Garbanzo, Kidney)	¼ c.
	Txiv Tsawb	½ lub uas tsis loj tsis me

Yog tias xav paub ntxiv txog tias yuav noj mov li cas, ces mus saib lub American Diabetic Association lub vej xaij (diabetes.org) thiab nrhiav Suav Carbohydrate (Carbohydrate Counting).