

# All About Carbohydrates

A carbohydrate is a nutrient found in many foods and is a main food group. Out of all the food groups, eating carbohydrates, affects our blood sugar the most. Knowing how many carbs you eat is one of the best ways to know how well you are managing your diabetes and your health.

There are three types: sugars, starches, and fibers. Fill  $\frac{1}{4}$  of your plate with one of these, with the other sections full of non-starchy vegetables and lean protein sources.

## Fibers

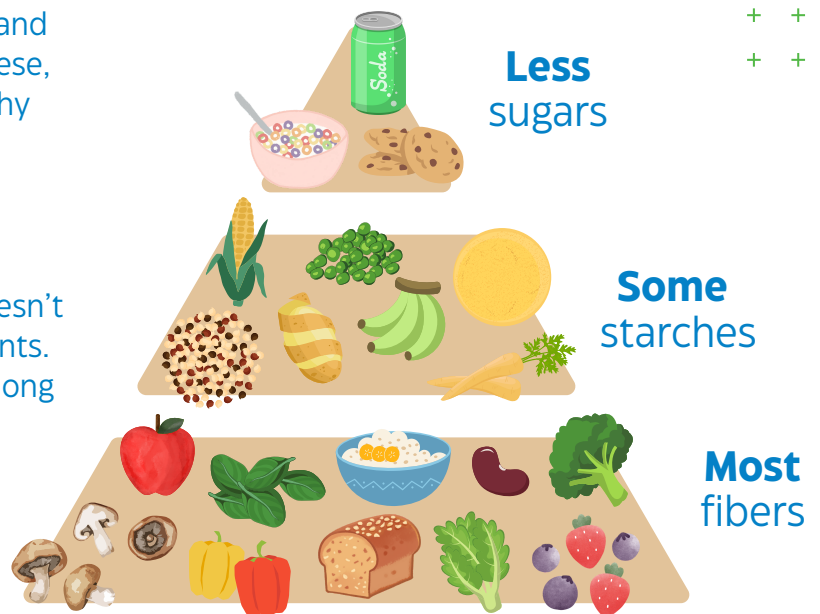


Fiber is a complex carbohydrate and doesn't breakdown in our body like other nutrients. Because of this, your digestion moves along and you can stay full for longer. It also lowers your cholesterol, your blood pressure, and your blood sugar. These benefits really help with weight management and overall gut health.

## Starches



Starchy carbohydrates include some vegetables, beans, lentils, and grains. The great thing about starches is that choosing whole grain options will raise your blood sugar more slowly than choosing refined options. Look for the word, "whole" on the in the ingredients.



## Sugars

Sugar carbohydrates can be tricky because it includes both natural sugar in fruits and artificial sugar in sweets. Keep in mind that it is ok to enjoy sugar carbohydrates every once in a while, but it is best to limit them when possible since they will cause the biggest jump in your blood sugar.