

CHARLIE THE CARB

A STORY ABOUT
SIMPLE CARB COUNTING



HI, MY NAME IS
CHARLIE THE CARB!



LET'S LOOK AT A FEW THINGS BEFORE WE TALK ABOUT CARB COUNTING.

WE ALL NEED THE CALORIES AND OTHER GOOD THINGS WE GET FROM FOOD TO STAY HEALTHY.

THE THREE MAIN SOURCES OF CALORIES IN FOODS ARE:



CARBOHYDRATES



PROTEIN



FAT



THE CARBS WE EAT COME MAINLY FROM THE SUGARS IN FRUIT, STARCHY FOODS, LIKE PASTA OR BREAD, AND DAIRY FOODS LIKE MILK AND YOGURT.

CARBS AFFECT BLOOD SUGAR LEVELS MORE THAN PROTEINS OR FATS.



PROTEIN AND FAT GIVE YOU CALORIES, AND EFFECT YOUR BLOOD SUGAR, BUT NOT AS MUCH AS CARBS DO.

BUT I HAVE MORE CALORIES THAN CARBS DO!

Frankie

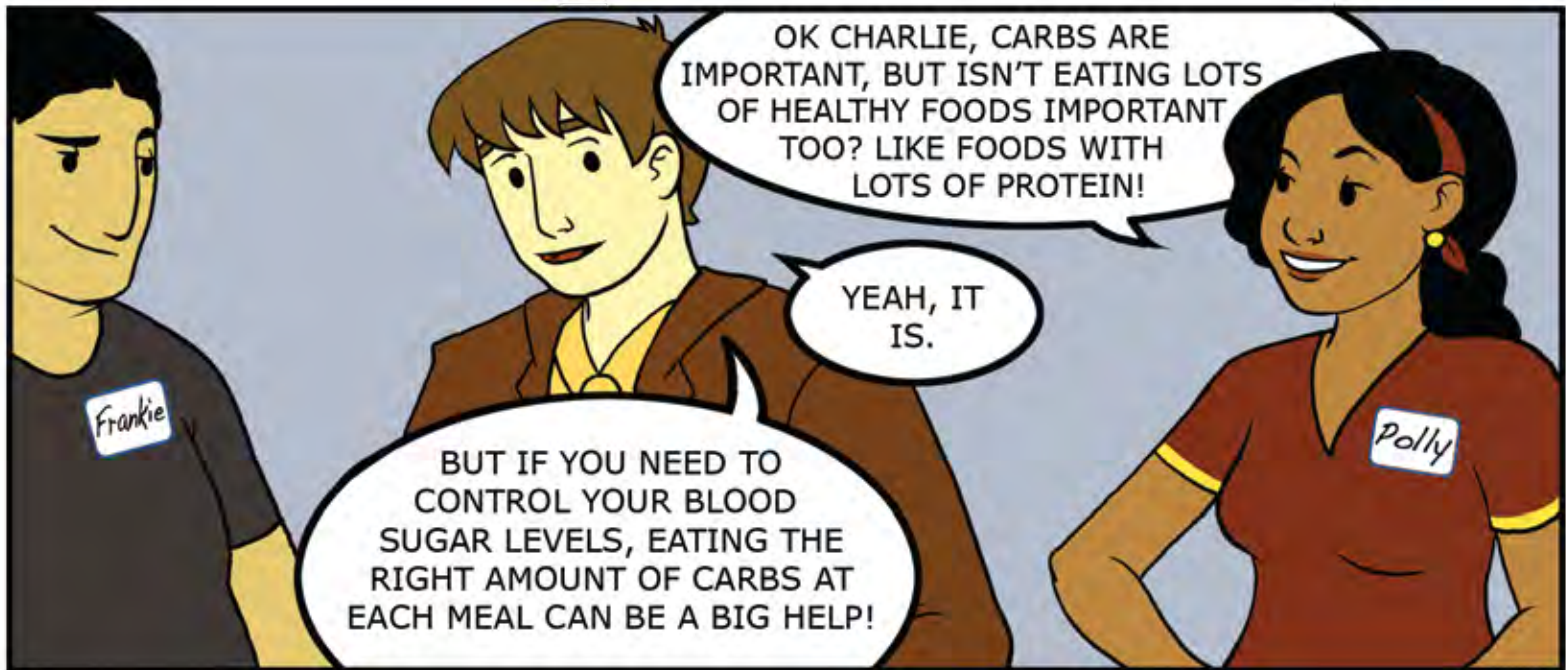
THAT'S TRUE. FATS HAVE MORE CALORIES THAN CARBS. A LOT MORE!

BUT FATS DON'T RAISE BLOOD SUGAR AS MUCH OR AS QUICKLY AS CARBS DO.

YOU CAN'T BE HEALTHY WITHOUT PROTEIN!

THAT'S TRUE TOO, POLLY. PROTEIN HELPS US HAVE HEALTHY SKIN, STRONG MUSCLES, AND MANY OTHER THINGS. BUT COMPARED TO CARBS, PROTEIN HAS ONLY A SMALL EFFECT ON YOUR BLOOD SUGAR LEVEL.

Polly



OK CHARLIE, CARBS ARE IMPORTANT, BUT ISN'T EATING LOTS OF HEALTHY FOODS IMPORTANT TOO? LIKE FOODS WITH LOTS OF PROTEIN!

YEAH, IT IS.

BUT IF YOU NEED TO CONTROL YOUR BLOOD SUGAR LEVELS, EATING THE RIGHT AMOUNT OF CARBS AT EACH MEAL CAN BE A BIG HELP!



OKAY, OKAY!

WE GET IT! SO TELL US ABOUT CARB COUNTING ALREADY!



EAT MORE OF THE FOODS THAT YOU LIKE.

GREAT!

MAKE MEAL PLANNING EASIER.

THAT'S ALWAYS GOOD!

IF YOU TAKE INSULIN, COUNTING CARBS WILL HELP YOU GET THE RIGHT AMOUNT OF INSULIN YOU NEED!

Frankie



WELL, I'M IMPRESSED!
LET'S EAT!

NOT SO FAST, FRANKIE.
THERE ARE A FEW THINGS YOU
NEED TO KNOW FIRST.

BEFORE YOU CAN COUNT CARBS, YOU NEED TO KNOW HOW MANY CARBS ARE IN THE FOODS YOU EAT.... **BEFORE** YOU EAT THEM!



FOODS WITH A LOT OF CARBOHYDRATE MAKE BLOOD SUGAR GO HIGHER THAN FOODS WITH ONLY A FEW CARBS.

DO WE HAVE TO KNOW HOW MANY CARBS ARE IN **ALL** THE FOODS WE EAT?!



NO, POLLY, JUST THE FOODS WITH CARBOHYDRATE.



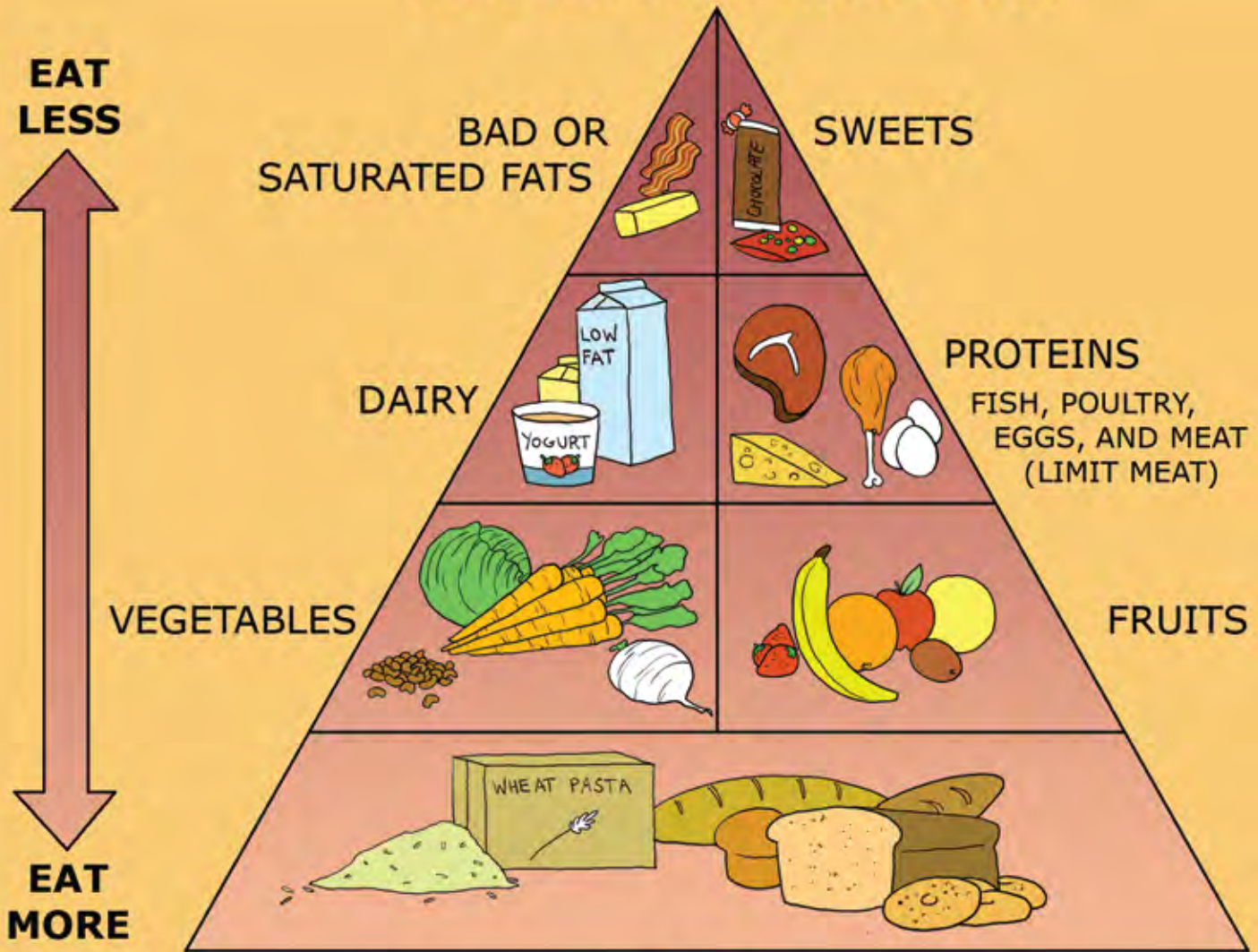
BUT THAT'S A LOT OF FOOD!



TRUE. CARBOHYDRATES ARE FOUND IN A LOT OF DIFFERENT FOODS. BUT THE COMMON FOODS MOST OF US EAT ARE BROKEN INTO "FOOD GROUPS". THIS MAKES IT EASIER FOR YOU TO SEE (AND COMPARE) HOW MANY CARBS ARE IN THE FOODS YOU EAT.



THE MAIN FOOD GROUPS ARE:



WHOLE GRAINS

(SUCH AS WHOLE OATS, CORN, BROWN RICE, WHOLE WHEAT BREAD OR PASTA, AND BARLEY) AND SMALL AMOUNTS OF GOOD FATS.

FOOD GROUPS WITH CARBS ARE THE GRAINS, FRUITS, MILK, VEGETABLES, AND SWEETS.



MANY (NOT ALL) VERY HIGH PROTEIN FOODS, LIKE MEAT AND CHICKEN, HAVE NO CARBS.



FATS, LIKE BUTTER OR BACON, HAVE NO CARBS.



THIS IS A LOT TO REMEMBER!

NOT REALLY. THERE ARE LOTS OF WAYS TO GET HELP.



HERE ARE 3.

- 1** ALMOST ALL OF THE FOODS YOU BUY HAVE FOOD LABELS.
- 2** FOOD LABELS TELL YOU THE SERVING SIZE AND HOW MANY CARBS ARE IN A SERVING OF THAT FOOD.
- 3** A NUMBER OF BOOKS, SUCH AS THE AMERICAN DIABETES ASSOCIATION EXCHANGE LISTS FOR MEAL PLANNING BOOK, HAVE EASY-TO-READ LISTS WITH THE NUMBER OF CARBS IN A SERVING OF FOOD FOR THE FOODS MOST OF US EAT.

HERE'S WHAT A FOOD LABEL LOOKS LIKE WITH SOME HELPFUL TIPS ON WHAT TO LOOK FOR.

Nutrition Facts	
Serving Size <u>1/3 cup dry (40g)</u>	
Servings Per Container About 11	
Amount Per Serving	
Calories 160	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 100mg	3%
Total Carb. 26g	9%
Fiber 5g	20%
Soluble Fiber 2g	
Insoluble Fiber 3g	
Sugars 1g	
Protein 6g	12%

CALORIES PER SERVING

TOTAL & SATURATED FATS


TOTAL NUMBER OF CARB

SUGAR

SERVING SIZE



THE NUMBER OF CARBS IN FOODS MAY BE DIFFERENT, BUT ONE SERVING OF ANY FOOD WITHIN A FOOD GROUP HAS THE SAME NUMBER OF CARBS.

ONE SMALL APPLE  = ONE SERVING = 15 GRAMS OF CARBS!



LET'S DO SOME EXAMPLES OF THIS TO BE SURE WE UNDERSTAND HOW TO START CARB COUNTING.

A. 1 SERVING OF APPLESAUCE = 'S 28 GRAMS (OR 28G ON A FOOD LABEL)

B. 2 SERVINGS OF APPLESAUCE = 'S _____ G OR GRAMS

C. 1/2 SERVINGS OF APPLESAUCE = 'S _____ G OR GRAMS

ANSWERS UPSIDE DOWN
B: 56 C: 14



Nutrition Facts

Serving Size 1/3 cup dry (40g)
 Servings Per Container About 11

Amount Per Serving

Calories 160 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.5g **2%**

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Potassium 100mg **3%**

Total Carb. 26g

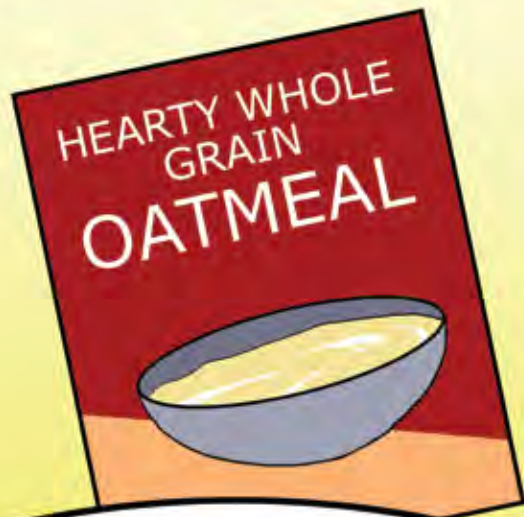
Fiber 5g

Soluble Fiber 2g

Insoluble Fiber 3g

Sugars 1g

Protein 6g **12%**



THE NUMBER OF GRAMS OF SUGAR ON A NUTRITION FACTS LABEL (OR FOOD LABEL) ARE PART OF THE TOTAL AMOUNT OF CARBOHYDRATE PER SERVING. YOU DON'T HAVE TO COUNT SUGAR GRAMS WHEN YOU ADD UP THE TOTAL AMOUNT OF CARBS YOU ARE EATING.



WHAT IF I BUY SUGAR-FREE COOKIES? I DON'T NEED TO WORRY ABOUT CARBS THEN, RIGHT?



NO, FRANKIE. SUGAR-FREE DESSERTS AND OTHER FOOD OFTEN HAVE JUST AS MANY TOTAL CARBS AS REGULAR DESSERTS. YOU ALWAYS NEED TO LOOK AT THE FOOD LABEL TO FIND OUT.



WHAT IF ONE SERVING ISN'T ENOUGH FOOD?

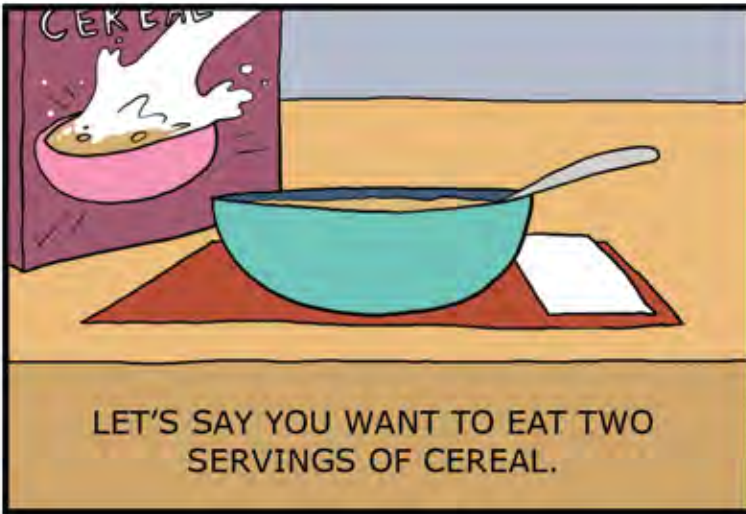
IS ANYONE SURPRISED THAT FRANKIE FATS ASKED THAT QUESTION?



ACTUALLY, IT'S A GOOD QUESTION, POLLY.

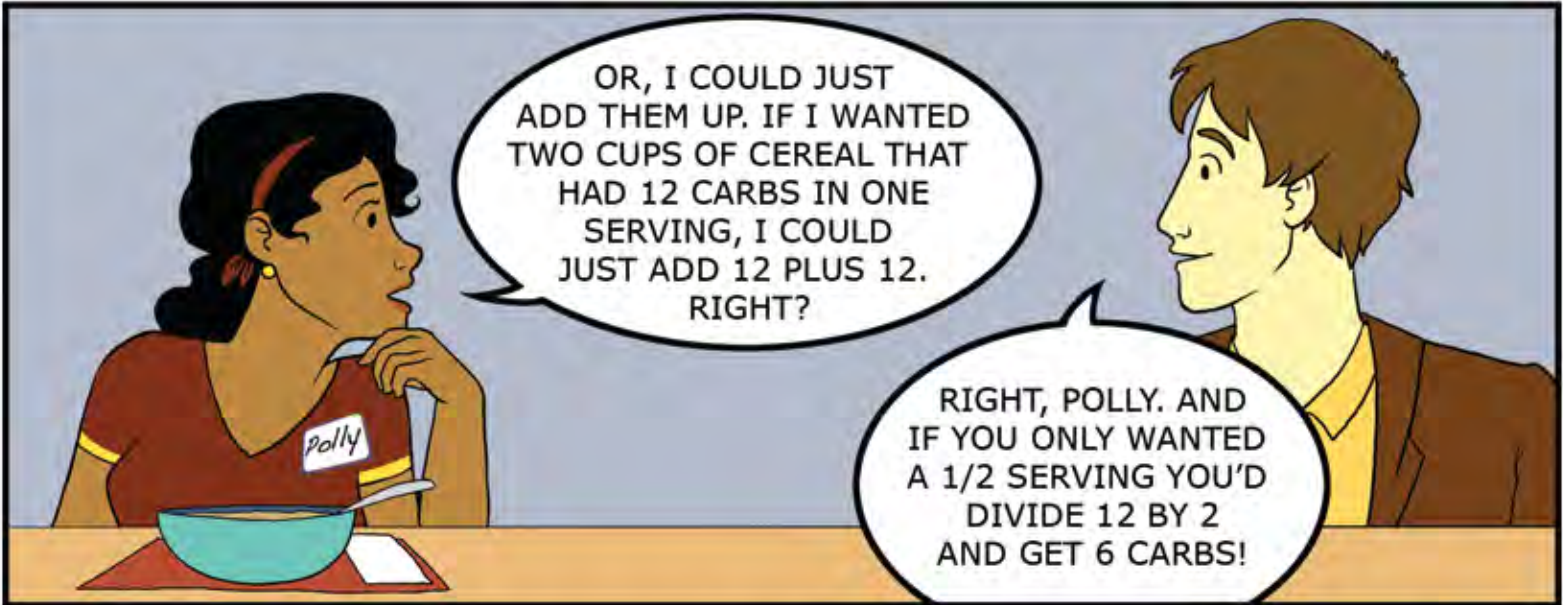
WE ALL EAT MANY SERVINGS OF FOOD EVERY DAY.

IF YOU WANT TO EAT MORE THAN ONE SERVING OF A FOOD, FIND THE NUMBER OF CARBS IN ONE SERVING ON THE LABEL AND THEN DECIDE HOW MANY SERVINGS YOU WANT TO EAT



Total Carb. 26g	9%
Fiber 5g	20%
Soluble Fiber 2g	
Insoluble Fiber 3g	
Sugars 1g	
Protein 6g	12%

IF YOU WANT TO EAT TWO SERVINGS, THEN MULTIPLY THE TOTAL NUMBER OF CARBS BY TWO. (26 X 2)



TALK TO YOUR DIABETES EDUCATOR OR DIETICIAN IF YOU WANT MORE INFORMATION ON HOW TO FIND THE TOTAL CARBS YOU EAT AT EACH MEAL.

COUNTING CARBS

WILL SHOW YOU:

HOW MANY CARBS YOU EAT AT EACH MEAL, AND

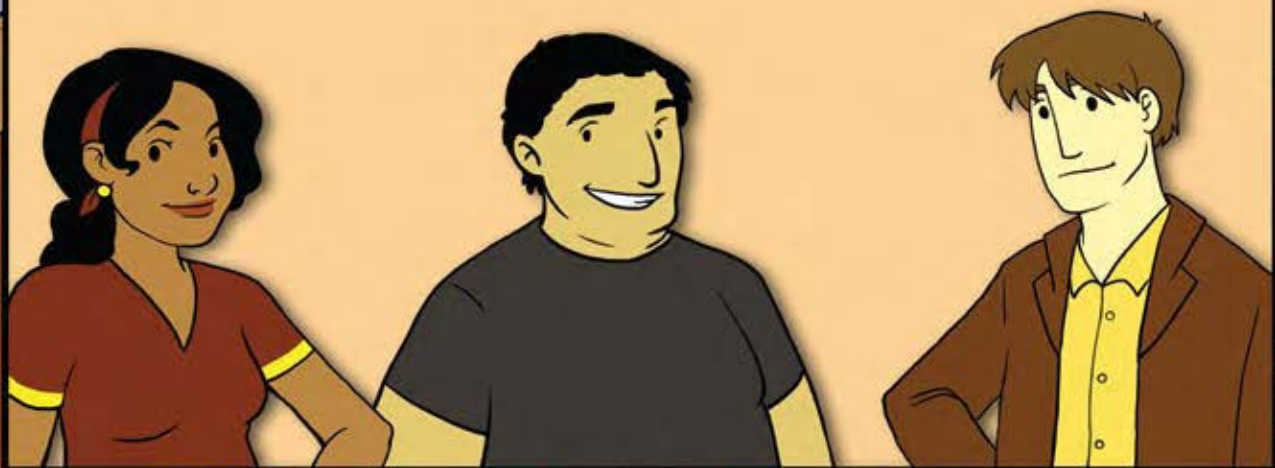
HOW MUCH YOUR BLOOD SUGAR MAY
GO UP AFTER YOU EAT A MEAL OR SNACK

**ONCE YOU KNOW THIS, YOU CAN
DECIDE IF YOU WANT TO:**

EAT MORE FOOD TO MEET YOUR
MEAL PLAN GOALS FOR THE DAY

EAT LESS FOOD TO MEET YOUR MEAL
PLAN GOALS, OR

TAKE MORE OR LESS INSULIN TO KEEP YOUR BLOOD SUGAR
LEVELS UNDER CONTROL (IF YOU TAKE INSULIN).





THE BOOKLETS HAVE LISTS SHOWING THE NUMBER OF CARBS IN A SERVING OF FOOD FOR THE COMMON FOODS MOST OF US EAT.





HERE ARE SOME EASY WAYS TO FIND THE PORTION SIZE OF THE FOODS YOU EAT:

COUNT: COUNT HOW MANY THINGS YOU ARE EATING, SUCH AS 10 SMALL GRAPES (AND THEN SEE HOW MANY SERVINGS THAT THIS PORTION OF FOOD IS)

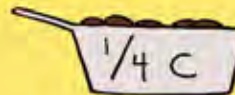
MEASURE: MEASURE THE VOLUME (AMOUNT) OF WHAT YOU EAT OR DRINK, SUCH AS 1/2 CUP OR 4 OUNCES OF JUICE, OR TWO TEASPOONS OF OLIVE OIL.

COMPARE: IF YOU CAN'T MEASURE YOUR FOOD WHEN YOU EAT, MANY PEOPLE COMPARE THE FOOD PORTION TO SOMETHING THEY KNOW. THIS IS NOT THE BEST WAY TO COUNT CARBS, ESPECIALLY IF YOU TAKE INSULIN, BUT IT CAN HELP AT TIMES.

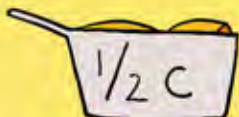
WAYS TO COMPARE FOODS TO GIVE YOU AN IDEA OF A PORTION SIZE INCLUDE:



3 OUNCES OF MEAT = A DECK OF CARDS



1/4 CUP OF RAISINS = 1 LARGE EGG



1/2 CUP OF FRUIT = HALF A BASEBALL



CLOSED SMALL FIST = 1 CUP

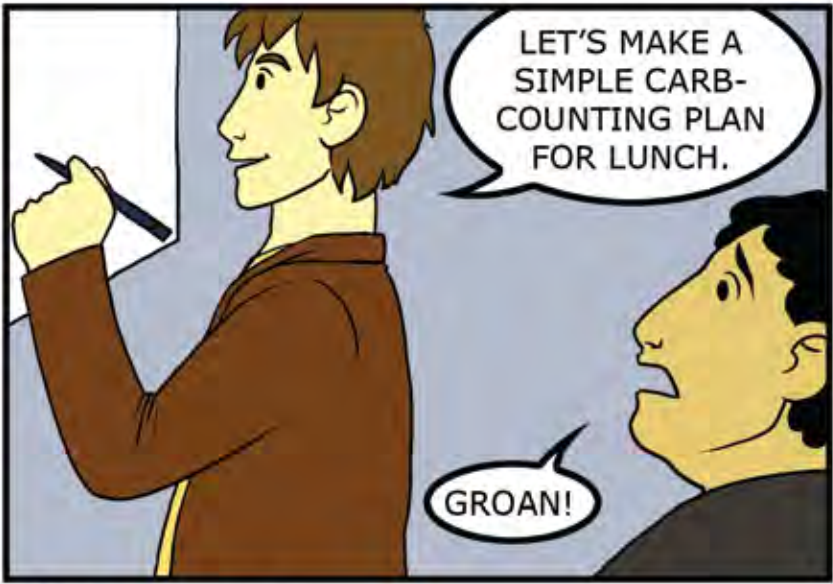


TALK TO YOUR DIABETES EDUCATOR OR DIETITIAN FOR MORE IDEAS ON FINDING PORTION SIZES.



CAN WE HAVE ANOTHER EXAMPLE OF HOW TO COUNT CARBS?

SURE, POLLY.



LET'S MAKE A SIMPLE CARB-COUNTING PLAN FOR LUNCH.

GROAN!



GOOD IDEA! I THINK I CAN DO IT.



OK, THEN YOU CAN START!

HERE'S A FOOD LABEL FOR CHICKEN WITH PASTA SOUP FOR LUNCH. WHAT IS ONE SERVING?



1/2 CUP

Nutrition Facts	
Serving Size 1/2 cup (240mL)	
Servings Per Container about 2	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 15mg	5%
Sodium 140mg	20%
Potassium 700mg	6%
Total Carbohydrate 20g	4%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 7g	



RIGHT, BUT IS THAT HOW MUCH YOU WILL EAT FOR LUNCH?



NO. I WOULD HAVE A WHOLE CUP.

AND HOW MANY CARBS WILL BE IN ONE WHOLE CUP OF SOUP?

Nutrition Facts	
Serving Size 1/2 cup (240mL)	
Servings Per Container about 2	
Amount Per Serving	
Calories 100	Calories
% Daily Value*	
Total Fat 2.5g	
Saturated Fat 1g	
Trans Fat 0g	
Polyunsaturated	
Monounsaturated	
Cholesterol 15mg	
Sodium 140mg	
Potassium 700mg	
Total Carbohydrate 20g	
Dietary Fiber 2g	
Sugars 1g	
Protein 7g	



I KNOW! IF THERE ARE 20 CARB GRAMS IN ONE SERVING, 20 + 20 = 40 GRAMS!



I'D LIKE A SMALL BANANA, TOO.

THIS BOOK YOU GAVE US SAYS THAT A SMALL BANANA IS ABOUT 4 OUNCES AND HAS 15 GRAMS OF CARBOHYDRATE.




Carb Guide

THAT'S RIGHT, POLLY. NOW WHAT IS THE TOTAL NUMBER OF CARBS YOU ARE HAVING FOR LUNCH?

WELL, THERE ARE 40 CARBS IN THE SOUP PORTION I WANT, AND 15 CARB GRAMS IN THE BANANA, SO $40 + 15 = 55$.

THAT'S RIGHT—FOR THIS MEAL. IF YOU EAT EVERYTHING YOU PLANNED TO EAT, YOU WILL EAT 55 GRAMS OF CARBOHYDRATE.

IT'S JUST AS EASY TO USE SIMPLE CARB COUNTING FOR ALL YOUR MEALS.



EATING THREE MEALS A DAY, AND SNACKS WHEN YOU NEED THEM, WILL HELP YOU GET THE RIGHT BALANCE OF CARBOHYDRATES ALL DAY TO GIVE YOU ENERGY AND KEEP YOUR BLOOD SUGAR UNDER CONTROL.

ALL YOU NEED ARE SOME SIMPLE TOOLS TO GET YOU STARTED, SUCH AS THE CARBOHYDRATE COUNTING AND FOOD EXCHANGE LISTS BOOKS YOU CAN GET AT YOUR DOCTOR'S OFFICE OR BY CALLING THE AMERICAN DIABETES ASSOCIATION AT 1-800-232-6733


SIMPLE CARB COUNTING IS EASY TO LEARN. AND, REMEMBER THE BENEFITS:



EAT MORE OF THE KINDS OF FOODS YOU LIKE
MAKE MEAL PLANNING EASIER, AND



IF YOU TAKE INSULIN, COUNTING CARBS
IS A GOOD WAY TO BE SURE THAT YOU GET
THE RIGHT AMOUNT OF INSULIN.



MILLIONS OF PEOPLE USE CARB COUNTING EVERY DAY TO HELP CONTROL THEIR DIABETES. YOU CAN TOO!

TALK TO YOUR DOCTOR, NURSE, OR DIABETES EDUCATOR FOR MORE INFORMATION!