



# Carbs & Cals

Bestselling Book & Award-winning App for Diabetes & Weight Loss



✓ Type 1 Diabetes

✓ Type 2 Diabetes

# CARB AWARENESS

Our food is made up of a number of different nutrients. The three major nutrients that provide us with energy and perform other functions in the body are:



Many foods contain a combination of these nutrients in different proportions, but there are some foods that contain mostly one. A healthy diet will provide all the major nutrients, vitamins and minerals you require in the correct amounts.

If you have diabetes, it's useful to understand a little about each of these nutrients and how they may affect blood glucose levels.

## Protein

Foods high in protein include meat, fish, eggs and pulses. Our body requires protein for many functions including cell growth and repair, and for the functioning of a proper immune system. Protein is not thought to have a direct effect on blood glucose levels.

### Roast Turkey (with skin)

0g Carbs

150g

230 Cals

51g Prot

3g Fat

1g SatFat

0g Fibre

### Salmon Steak (grilled)

0g Carbs

130g

273 Cals

34g Prot

15g Fat

3g SatFat

0g Fibre

### Poached Eggs

0g Carbs

50g

79 Cals

8g Prot

5g Fat


2g SatFat

0g Fibre

## Fat

Foods very high in fat that contain few other nutrients include oils, butter and fat spreads. We need some fat in our diet as an energy source, for the absorption of fat-soluble vitamins and for insulation. Fat does not have a direct effect on blood glucose levels.


### Butter



0g Carbs  
112 Cals  
0g Prot  
12g Fat  
8g SatFat  
0g Fibre

15g, 1 tbsp

### Olive Oil



0g Carbs  
108 Cals  
0g Prot  
12g Fat  
2g SatFat  
0g Fibre

12g, 1 tbsp


## Carbohydrate

Carbohydrate is the main nutrient that affects the rise in blood glucose after eating. Carbohydrates can be classified into two main categories: starchy carbohydrates and sugars. Fibre is also a type of carbohydrate but it has no calories and passes through us largely undigested so it does not cause blood glucose levels to rise.

## Starchy Carbohydrates

These include foods like bread, pasta, rice, potatoes, yam and cereals.

### Wholemeal Bread



14g Carbs  
72 Cals  
3g Prot  
1g Fat  
0g SatFat  
2g Fibre

33g, medium slice


### Pasta Twists



50g Carbs  
245 Cals  
8g Prot  
1g Fat  
0g SatFat  
2g Fibre

145g


### New Potatoes (boiled)



29g Carbs  
133 Cals  
4g Prot  
0g Fat  
0g SatFat  
4g Fibre

195g

### Malted Wheats



32g Carbs  
142 Cals  
4g Prot  
1g Fat  
0g SatFat  
4g Fibre

42g

### Brown Rice (wholegrain)



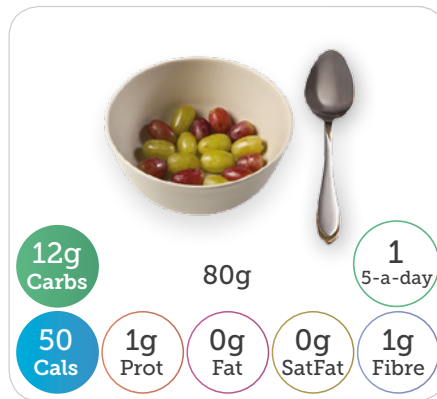
45g Carbs  
205 Cals  
6g Prot  
1g Fat  
0g SatFat  
2g Fibre

155g

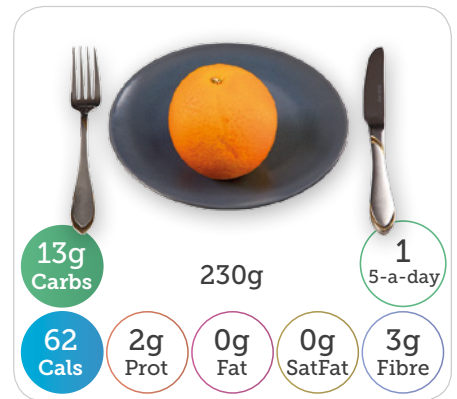
## Sugars

These are either naturally occurring (as in fruit and dairy foods), or added sugars (such as table sugar, or those found in sweets and confectionery).

### Grapes (seedless)



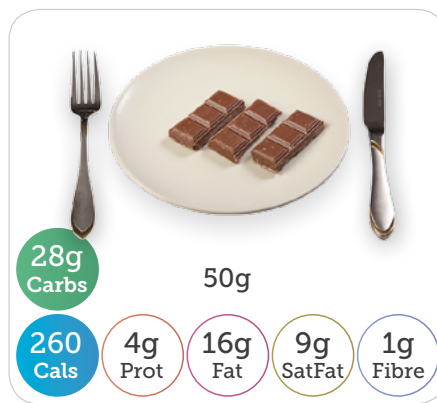
### Orange



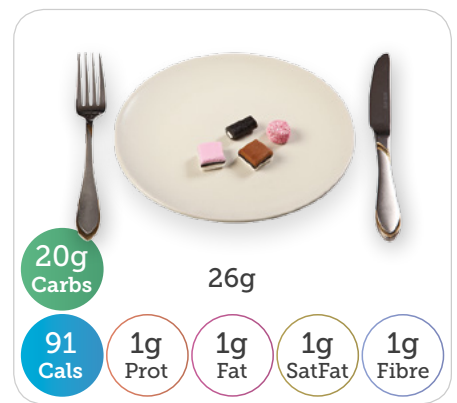
### Milk (semi-skimmed)



### Chocolate (milk)



### Liquorice Allsorts



## How much carbohydrate should I eat each day?

Carbohydrate requirements vary between individuals and depend on age, gender, weight and physical activity. The precise amount for controlling blood glucose levels in diabetes is unknown, however the Guideline Daily Amount recommended for the general population is 230g for women and 300g for men.

As carbohydrate is the main nutrient that affects the rise in blood glucose after eating, the more carbohydrate that is eaten, the greater the rise in blood glucose levels.

## Need more guidance?

The Carbs & Cals book and App can help you to become more aware of which foods contain carbohydrate and how much carbohydrate you eat.

