

# HOW TO MANAGE DIABETES

## Tips on Eating Less Carbs

When eating a meal, focus on finishing your veggies and fruits first. Followed by protein, then lastly carbs. Substitute carb-heavy foods with carb-free alternatives (ex. carb-free pasta or rice). Avoid excess drinking of sugary drinks, like fruit juice and soda. Incorporate high fiber foods to stay full longer. Fruits and veggies are a great source of fiber!. Listen to your body's hunger and fullness cues to avoid over eating!

## Carbohydrate Exchanges

Carb exchange is a method of counting carbohydrates in a diet and a great tool for those with diabetes. They are standardized so if a person is attempting to eat a certain amount of carbs in a meal or day, then they can easily “exchange” meals with the same number of carbs.

This method of exchanging carbs counts 15g of carbs as one exchange.

## Now time to decide what to eat!

- 1) Locate serving size, total carbs, and dietary fiber
- 2) If the food contains more than 5g of fiber, subtract the total carbs by half the amount of fiber.
- 3) Divide remaining total carbs by 15. This will be your carb exchange.



## How to Exchange Carbs

When exchanging carbs, first assess the total carb exchange for the day. For example, 12 carb exchanges is standard with three exchanges at each meal and three snacks each worth a carb exchange.

