Carbohydrate Counting: Focus on Consistency

Carbohydrates are the foods that are broken down into glucose (sugar) in our body. They are the main foods that will affect our blood glucose.

**Effect on Blood Sugar Level**

Carbohydrates

Protein

Fat

Carbohydrate has the most significant effect on blood glucose, followed by protein and fat.

*What are Carbohydrates?*

Bread/Starch, Fruit, Milk and Sugar are carbohydrate containing foods.

Learning to identify which food and drink contain carbohydrate, and managing your portions of these foods will help you meet your blood glucose goals. Do not limit these foods, but do not have these in excess either. Think of it like the rain, we don’t want a drought or a flood but a nice even sprinkling is better absorbed!
Focus on Consistency:

Eating consistent amounts of carbohydrates across the day can help you achieve better blood glucose control.

Eating too many carbohydrate containing foods will make your blood glucose go up.

Eating too few carbohydrates will make your blood glucose go down and if you are taking medication, may result in dangerously low blood glucose (See also Hypoglycemia/Hyperglycemia sheet).

Eating consistent amounts of carbohydrate at meals and snacks from one day to the next helps keep your blood glucose in a healthy range. It also helps you and your health care team identify whether your current diabetes plan is working for you and if you need medication added or adjusted for better blood glucose control.

My Carbohydrate Prescription:

Date ____________________

At the hospital and at home, I will follow a consistent carbohydrate diet. While in the hospital, on your menu 1C=15 grams of total carbohydrate.