



Take a NOURISH Step!



July: Grill, Picnic, Enjoy—Count Your Carbs with Ease

Did you Know?

Carbs come from more than bread and pasta—fruit, milk, and beans count too.

What are carbs?

Carbohydrates (carbs) are important for providing our bodies with energy and are found in a variety of foods including breads, pastas, fruits, vegetables, milk, and beans.

Why should I count carbs?

Carbs that we eat are broken down into sugars (glucose) in the body to be used by our cells for energy. After a meal, blood sugar levels increase, and insulin works to keep levels from going up too high. Because insulin does not work as well when we have diabetes, eating consistent amounts of carbs at meals (45-60 grams per meal) can help manage blood sugar levels.

Simple versus Complex Carbs

Focusing on **complex carbs** such as whole grains, brown rice, beans, potatoes, and fruit and **limiting simple carbs** like juice, soda, cakes, and candy can help keep blood sugar levels stable throughout the day.



Food Categories

- **At a meal, aim for 45-60 grams of carbs.**
- The following servings of foods contain **15 grams of carbs:**
 - 1 slice of bread/ 1 tortilla
 - 1 small apple, orange, or banana
 - $\frac{1}{2}$ cup granola or cooked cereal
 - $\frac{1}{3}$ cup pasta or rice
 - 10 oz. milk
 - $\frac{1}{2}$ cup cooked beans/corn/green peas
 - $\frac{1}{2}$ cup cooked/1 cup raw vegetables

Label Reading

- Start by looking at the serving size, the nutrition information is based on this amount. Above the serving size, you'll see the "servings per container," which tells you how many servings are in the whole package.
- The total carbohydrate amount on a Nutrition Facts label includes sugar, starch, and fiber. When counting carbohydrates, check the total grams listed. There is also a breakdown of each type of carbohydrate below that number.

Importance of Hydration

Water helps buffer carb absorption and lowers glucose spikes.

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Carb-Controlled Breakfast Egg & Ham Burrito

Ingredients

- 3 eggs
- 1 pinch black pepper
- 1 tbsp reduced-fat shredded cheddar
- 1/2 tsp margarine
- 1 oz deli ham (2 thick slices, reduced-sodium, chopped)
- 1/4 cup of diced veggies of choice (onion, bell pepper, etc.)
- 2 whole corn tortillas (heated)
- 2 tsp salsa (optional)

Recipe adapted from
<https://diabetesfoodhub.org/recipes/breakfast-egg-and-ham-burrito>



Directions

- Whisk the eggs, black pepper, and cheese in a bowl.
- Heat margarine in a pan over medium heat. Add the ham and cook for 2–3 minutes then remove from the pan.
- Cook diced vegetables in the pan for 5 minutes, then add ham back to pan.
- Reduce the heat to low and add the eggs to pan. Gently stir the eggs and continue cooking over low heat until the eggs are cooked and set.
- Divide the egg mixture into 2 servings. Spoon each portion of the egg mixture into a tortilla and top each with 1 teaspoon of salsa. Fold the tortilla to close.

*See nutrition facts label to the right for recipe nutrition information

Label-Reading Scavenger Hunt

Directions:

- Find and circle the total amount of carbohydrates (carbs) on the food label!

Nutrition Facts

6 Servings
Serving Size 1 burrito

Amount per serving

180

Calories

% Daily value*

Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fats 0g	
Cholesterol 135mg	45%
Sodium 330mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Protein 13g	
Potassium 192mg	4%

Keep taking NOURISH Steps and learn more about carb counting at:

<https://diabetes.org/food-nutrition/understanding-carbs/carb-counting-and-diabetes>
<https://diabetes.org/food-nutrition/reading-food-labels/making-sense-food-labels>



If you want more pep, take a NOURISH Step!
For more information visit: gwaar.org/nourishstep

