



## CARBOHYDRATE COUNTING AND DIABETES/PREDIABETES



When you eat carbohydrates, they are broken down into sugar. Typically, your pancreas produces insulin, which helps the sugar get into the cell. In diabetes or prediabetes, the insulin

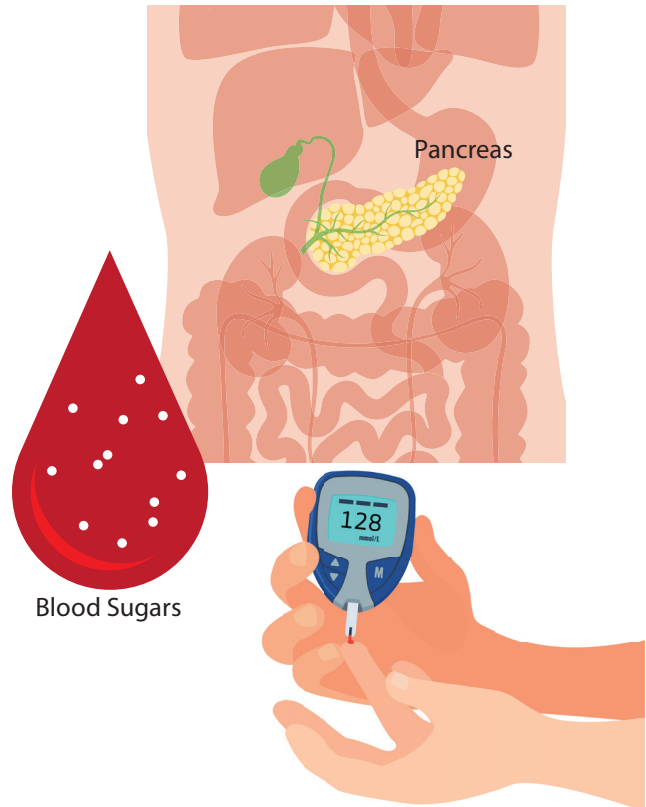
doesn't work properly or we don't produce enough to take the sugar into the cells so it stays in your blood. The build up of sugar in the cell is what causes prediabetes or diabetes.

High blood sugar can harm other body parts like your eyes, blood vessels, nerves and kidneys.

Other than medication, you can help control your blood sugar by having a consistent intake of carbohydrates throughout the day. The solution is not to completely cut out carbohydrates, but to pay attention to portion sizes.

### Even distribution throughout the day

Everyone's carbohydrate needs are different. Typically, we want 50% of our calories needs to come from carbohydrates as they are our primary source of energy. If you take 50% of your calorie needs and divide that by 4 you will get the grams you need per day which you evenly distribute throughout meal and snacks.



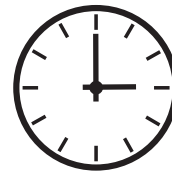
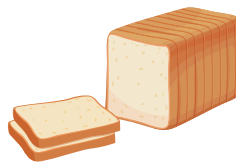
8 AM

45g



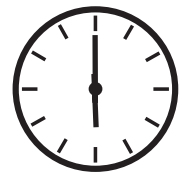
12PM

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3PM

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6PM

45g

