



Carbohydrates and Diabetes



Carbohydrates are important for energy production, brain health, and muscle function. They contain essential vitamins and minerals.

Carbohydrates are not "bad" foods!

If you have diabetes, adequate carbohydrate intake is important.

There are 3 main categories of carbohydrates, which are outlined below.

Your carbohydrate needs are unique. Consult with your health care provider or dietitian if you have specific questions about carbohydrate intake.

Starches

Complex carbs fall into this category and contain essential vitamins and minerals. Complex carbs are generally released into the bloodstream slowly which prevents a "spike." Foods high in starch include beans, potatoes, lentils, and whole grains.

Simple Sugars

Simple sugars cause your blood sugar to rise more quickly than complex carbs. Sugars occur naturally in foods like fruit and dairy, and they are also be added to foods to enhance taste. Examples of simple sugars are table sugar, brown sugar, maple syrup, honey, and high fructose corn syrup.

Fiber

Adequate fiber intake is associated with many benefits, including healthy digestion, balanced blood sugar, and a reduced risk of heart disease. This carb is found in plant foods like fruits, vegetables, nuts, seeds, and whole grains.

