



# Nutrition Education



## How Much Per Day?

People with diabetes should aim to get about half their calories from carbohydrates. If you eat about 1800 calories per day that would be 900 calories from carbs. At 4 calories per gram, that's 225 grams of carbs per day.

Here's a sample meal with grams of carbs:

- 6 oz. baked chicken breast (0g)
- 1 cup brown rice (45g)
- 1 cup steamed broccoli (12g)
- 2 TBS margarine (0g)
- Total carbs: 57 grams

Sources:

<https://www.diabetes.org/nutrition/understanding-carbs>

<https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbohydrates.html>

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## FITTING CARBOHYDRATES IN A DIABETIC DIET

Carbohydrates in food come in the form of starch, fiber, and sugar. The most important thing to remember when it comes to eating carbohydrates is to choose nutrient-dense carbohydrates. Let's look at the differences in carbohydrates and which ones you should eat more of and less of.

**MOSTLY THESE:** Whole unprocessed non-starchy vegetables: These are a great source of fiber and low on the other carbohydrates. Vegetables such as tomatoes, broccoli, dark green leafy lettuce, green beans.



**A LITTLE OF THESE:** Minimally processed starchy vegetables and whole grains: These are still nutrient-dense but slightly higher in starch and sugar. Foods such as whole wheat bread, brown rice, apples, blueberries, beans, sweet potatoes, and oatmeal.



**LIMIT THESE:** Refined, highly processed carbohydrates such as white bread, white rice, sodas, cookies, cakes and other foods that have added sugars. Check out the nutrition facts label for the total grams of added sugars.