

CARBOHYDRATES

Car-bo-hy-drate is a main nutrient food group that once digested is broken down into sugar and stored as fat for energy in the body. **When blood sugars rise, your body releases insulin.** Overuse of insulin causes **insulin resistance**.

STARCH

DIGEST QUICKLY AND CAUSE BLOOD SUGARS TO RISE RAPIDLY



FIBRE

DOES NOT GREATLY AFFECT BLOOD SUGARS AND ARE ENCOURAGED



SUGAR

EVEN HEALTHY FOOD DIGESTS INTO SUGAR SUCH AS HONEY, MAPLE SYRUP AND FRESH FRUIT



National
Indigenous
Diabetes
Association

Association
nationale
autochtone
du diabète

CALORIES
NOT the same as carbohydrates
Improve feeling of “fullness”

CARBOHYDRATE
The total amount of carbohydrate based on the serving size

SUGARS
Amount of added sugar



SERVING SIZE
A standard reference value

FIBER
A type of carbohydrate that the body does not absorb or digest

TOTAL SUGAR % DAILY VALUE
Helps identify total added sugar content
5% or less = a little sugar
15% or more = a lot of sugar

INGREDIENTS
Listed in order of greatest to least amounts. Sugar-based ingredients appear in brackets after the name



For a quick look at sugar content, look at the bold “Carbohydrate” number



1 tsp sugar = 5g carbohydrate
1 tbsp sugar = 15g carbohydrate



1 slice bread = 15g carbohydrate



1 can Pepsi = 42g carbohydrate
= 8 tsp sugar
= 2.5 slices bread

Use 15g (slice of bread) to put carbohydrates into perspective

**TOTAL CARBOHYDRATE / 15
= SLICES OF BREAD**

TIPS FOR LABEL READING

Nutrition labels are a great tool but can be overwhelming to understand.
Use your cell phone to calculate how much sugar you are eating or drinking at one time.