

# 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.