

# HOW TO: Shop Carb Smart

## WHAT IS A CARBOHYDRATE?

A carbohydrate is a macronutrient that contains starch or sugar, which can affect your blood sugar. Protein and fat are other macronutrients, which have less of an effect on blood sugar. Carbohydrates are a great source of energy for the body. Fiber is a type of carbohydrate that the body cannot digest; therefore, does not negatively affect blood sugar.

## FOODS TO FOCUS ON:

### VEGGIES:



#### Non-starchy vegetables:

- Very low in carbs, high in fiber, and high in vitamins and minerals
- Make half of your plate non-starchy veggies
- Look for carrots, lettuce, broccoli and green beans
- 1 cup raw is 1 carb choice

#### Starchy vegetables:

- Contain many vitamins, minerals and fiber
- Look for sweet potatoes, corn, peas and squash
- ½ cup is 1 carb choice



### FRUIT:



- Contains natural sugar, but also fiber, vitamins and minerals
- The skin of the fruit packs a lot of its fiber, vitamins and minerals
- Look for citrus, berries and apples
- Pairs well with a food that contains fat, like low-fat yogurt or nut butter, to have a slower rise in blood sugar
- ½ cup is 1 carb choice

### LEAN MEAT:



- Low in saturated fat and carbs
- Good source of protein and minerals
- Limit breaded and fried varieties
- Look for skinless poultry breasts, fish, lean cuts of beef and pork

### LOW-FAT DAIRY:



- Contains natural sugar, but great source of vitamin D, calcium and protein
- 1 cup of milk is 1 carb choice

### WHOLE GRAINS:



- Look for brown rice, quinoa, whole grain bread, pasta and tortillas
- Look for 100% whole grain stamp on product package
- ½ cup rice or one 6-inch tortilla is 1 carb choice

### BEANS & NUTS:



- Packed with protein and fiber, these also contain vitamins and minerals
- Look for garbanzo, black, and kidney beans, nuts/nut butters and seeds
- ½ cup of rinsed and drained beans is 1 carb choice

### BEVERAGES:

- Soft drinks and sweetened beverages contain added sugar, which can affect blood sugar
- Aim for fruit instead of fruit juice
- Look for zero calorie flavored water, unsweetened tea or coffee



## BE LABEL SAVVY:

1. Check the serving size. If you eat double the serving, double the nutrients too
2. Most people need 3-4 carb choices per meal (45-60 grams) and 1-2 carb choices per snack (15-30 grams)
3. Sugar-free and "no added sugar" do not mean carbohydrate-free; some artificial sweeteners contain carbohydrates
4. The American Heart Association recommends limiting daily added sugar to 25g for women and 36g for men.
5. Other nutrients are important for overall health, too!

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

15 grams of carbohydrates = 1 carb choice

## TRY THESE FUN SWAPS!

- Use lettuce leaves instead of tortillas for wraps and tacos
- Slice zucchini or eggplant for lasagna or use veggie noodles in place of pasta
- Try sliced apples or cucumbers with cheese instead of crackers
- Try using cauliflower or broccoli rice in place of white rice
- Switch it up by trying a cauliflower-based crust for pizza
- Add extra flavor to burgers by using roasted portabella mushrooms in place of buns