

Total Carbohydrate

Dietary fiber, sugars, and starches make up the Total Carbohydrate or Total Carb. Since Fiber cannot be absorbed by the body and affect your glucose or blood sugar levels, it should be subtracted from the Total Carb to determine the true amount of carbs your body will be absorbing. **Keep in mind, every gram of carbs equals 4 calories (1 gram of carbs = 4 calories).**

From the example below, the body will absorb 2 grams of carbs, which is 8 calories (2 grams X 4 calories).

Nutrition Facts			
Serving Size 1 oz. (28g/about 1/4 cup)			
Servings Per Container 32			
Amount Per Serving			
Calories 180 Calories from Fat 160			
% Daily Value*			
Total Fat	18g		28%
Saturated Fat	1.5g		9%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	4g		1%
Dietary Fiber	2g		8%
Sugars	1g		
Protein	4g		
Vitamin A 0% • Vitamin C 0%			
Calcium 2% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

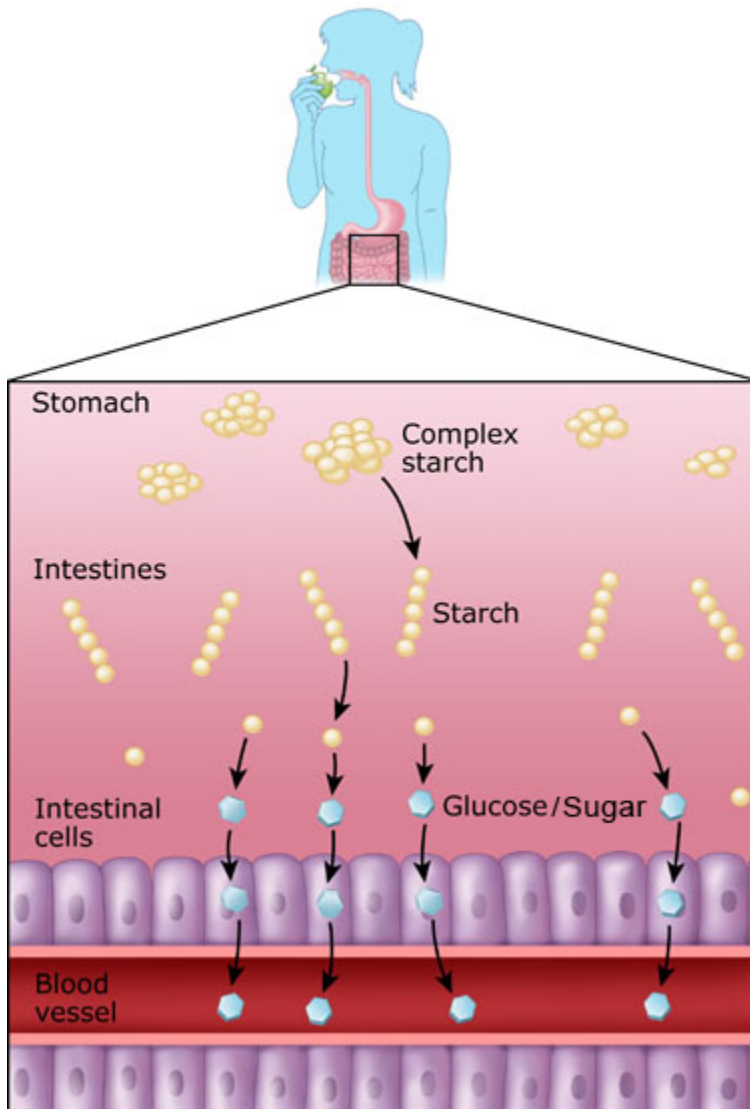
Total Carbs = the amount of carbs in each serving. In this case, there are 4g of carbs for every 1 oz., which is approx. 1/4 cup

Amount of carbs affecting glucose levels:
4g Total Carbs – 2g Fiber = 2g Total Carbs

What are Carbohydrates?

Carbohydrates are sugars – and includes both single sugar units called **glucose** and chains of sugar units chemically linked together called **starch**. Carbohydrates have to be broken down into single sugar units to be absorbed.

How Starch Enters the Bloodstream



<https://drc.ucsf.edu/living-with-diabetes/diet-and-nutrition/>

Carbohydrates are important because they are a source of energy, which fuels our bodies. Now it is important that we also understand the difference between healthy and unhealthy carbohydrates.

We have two types of Carbohydrates (carbs): Complex and Simple

Complex carbs (healthy carbs) require our bodies to work harder to digest them; therefore, our bodies can use this energy for a longer timeframe, which releases glucose gradually into our bloodstream. We also tend to feel fuller longer. Complex carbs are usually natural foods such as:

- Green vegetables
- Beans/lentils
- Whole fruits
- Starchy vegetables – potatoes, corn, celery
- Whole grains – pasta, oatmeal, bread

Simple carbs (unhealthy carbs) digest quickly, so our glucose levels spike once we absorb these foods. If we do not use this energy immediately, it is stored as fat. We become hungry much sooner than if we consumed a complex carb. Here is a list of simple carbs:

- Table sugar/honey/corn syrup/maple syrup/brown sugar
- Fruit drinks
- Soft drinks
- Candy
- Refined – bread, rice, pasta

Overall Message: complex carbs are better for us than simple carbs, and all carbs should be consumed in moderation.

For more information about carbohydrates and other nutrition facts, please visit the sources below:

- Fiberfacts.org explains the relationship among fibers, calories, and carbohydrates
<https://fiberfacts.org/fibers-count-calories-carbohydrates/>
- The University of California, San Francisco provides online diabetes education
<https://dtc.ucsf.edu/living-with-diabetes/diet-and-nutrition/>