



Module 25: More About Carbs

Participant Guide





Understanding more about carbohydrates (carbs) can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- The link between carbs and type 2 diabetes
- Different types of carbs
- A healthy approach to carbs

You will also make a new action plan!

Tips:

- ✓ Choose less processed forms of foods, which are more likely to give you vitamins, minerals, and fiber along with energy. For instance, instead of choosing apple pie, try a stewed apple with cinnamon. Or enjoy orange slices instead of drinking orange juice.

Carbs and Type 2 Diabetes

Did You Know?

- Carbs provide your body with energy. They come from a variety of foods.
- All carbs are NOT created equal. The difference is in the fiber and nutrient content.






An apple contains carbs, but it also contains vitamins, minerals, and fiber.



Jellybeans are another source of carbs, but contain no vitamins, minerals, or fiber. They contain a lot of added sugar.

Choose **less processed carbohydrate foods**. Processing can make carbs convert to sugar more quickly in the body. A baked sweet potato is different than mashed sweet potatoes with marshmallows or sweet potato chips.

Whole Food	Processed Food	More Processed Food	Highly Processed Food
Sweet Potato	Sweet Potato Puree	Sweet Potato Casserole	Sweet Potato Chips
			

Types of Carbs









There are three main types of carbs:

1. Starches
2. Sugars
3. Fiber

Starches

Starchy foods include:

- Starchy veggies
- Beans, peas, and lentils
- Grain foods

Starchy Veggies		
Starchy veggies include: <ul style="list-style-type: none">• Corn• Potatoes• Green peas• Winter Squash• Parsnips• Yams• Plantains• Pumpkin		
		
		
		

Types of Carbs

Beans, Peas, and Lentils

Beans, peas, and lentils include:

- Black, pinto, and kidney beans
- Red, brown, and black lentils
- Black-eyed peas
- Split peas
- Garbanzo beans (chickpeas)



Grain Foods

Grain foods include:

- Whole grains
- Refined grains

Types of Carbs

Choose whole grains.
Whole grains contain fiber,
vitamins, and minerals.




Whole-grain foods include:

- Barley
- 100% whole-grain cereal
- Bread and other baked goods made with 100% whole-wheat flour
- Pasta made with 100% whole-wheat flour
- Brown and wild rice
- Popcorn
- Tortillas made with 100% whole-wheat flour or 100% cornmeal
- Oats and oatmeal

Whole Grains



Types of Carbs

Refined grains contain just starch. Refined grain foods include: <ul style="list-style-type: none">• Bread and other baked goods made with white flour• White rice• Pasta made with white flour	Refined Grains	
		
		

Sugars

Sugar can occur naturally in foods such as fruit, milk, yogurt, honey and maple syrup. Simple sugars are defined by their chemical structure and are digested very quickly in your body. While some foods containing sugars also contain other nutrients, in the case of fruit, milk and yogurt. Other sugars, such as table sugar, maple syrup and honey contain few nutrients and add flavor, but also have additional calories.

Types of Carbs

Sugars include:

- Fruit sugar (fructose)
- Milk sugar (lactose)
- Maple syrup
- Honey
- White, brown, and powdered sugar (sucrose)
- Molasses
- Corn syrup



Types of Carbs

ADDED Sugar: Sugar is often added during food preparation. It is important to limit foods high in added sugars.

Foods high in added sugar include:

- Cake
- Candy
- Cookies
- Sugar-sweetened drinks such as soda, sweet tea, flavored coffees, and smoothies
- Ice cream



Types of Carbs

Fiber

- It's important to get enough fiber in your diet. It can lower your blood sugar and cholesterol.
- Fiber passes through your body without being digested. So, it fills you up without adding calories.
- Try to get 25 to 30 grams of fiber each day. Check the Nutrition Facts label to see how much fiber an item contains.
- Many of us don't get enough fiber. If you need to boost your fiber intake, increase it slowly over time. And drink plenty of water. This will help prevent an upset stomach as your body adjusts to more fiber, especially if you have not been eating foods high in fiber.

High-fiber foods include:

- Beans, peas, and lentils
- Veggies and fruits—especially ones that have skin or seeds that you eat
- Nuts, such as peanuts, walnuts, and almonds
- Whole-grain foods



A Healthy Approach to Carbs



The types of carbs we consume impact our blood sugar—so balance is key!

Choose Carbohydrate Foods With Lots of Nutrients

Nutrient-dense foods, also referred to as superfoods, are foods packed with vitamins, minerals, and fiber; have low or no added sugar; and aren't too far removed from the source of the food. Nutrient-dense foods help ensure that you are getting the nutrients and energy your body needs.

What are some nutrient-dense carbohydrate foods you can think of?

Oats

Beans

Beets

A Healthy Approach to Carbs

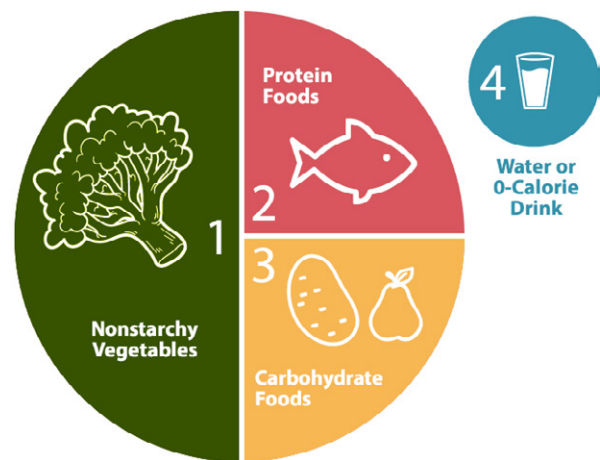
Make Your Plate

- Use the plate method and fill half your plate with non-starchy veggies, a quarter with carb foods, and the remaining quarter with meat or plant-based protein foods.
- Take small steps! Aim for one carb food per meal. For example, if your meal includes potatoes, skip the bread or have smaller portions of each.
- Focus on balance between carbohydrates, proteins, and fats in the foods you choose.

Choose Carbs Wisely

When you do have carbs, choose foods that are:

- Low in calories, fat, and sugar
- A good source of fiber
- Rich in vitamins and minerals
- Less processed or not processed at all



Try These Ideas:

Instead of...	Try...
12-ounce can of soda	Water with a slice of fruit or club soda
Small bag of chips	Small bag of baby carrots
Juice	Whole fruit
White potatoes	Sweet potatoes

A Healthy Approach to Carbs

Instead of...	Try...
Bread made with refined flour	Bread made with 100% whole-wheat flour
White rice	Brown rice or barley
Cereal made with refined grains	Cereal made with whole grains or oatmeal
Full-fat yogurt made with sugar	Plain nonfat yogurt with berries
Apple pie	Stewed apple with cinnamon
Chocolate bar	Hot chocolate made with nonfat milk, cocoa powder, and a touch of sugar
Add Your Own	Add Your Own
Add Your Own	Add Your Own
Add Your Own	Add Your Own
Add Your Own	Add Your Own
Add Your Own	Add Your Own

A Healthy Approach to Carbs

Examples of Healthy Carbs

Breakfast



Bowl of whole-grain oatmeal with blueberries and almonds



Whole-grain toast with peanut butter, bananas, and fresh strawberries

Lunch



Three Sisters Stew



Whole-grain tortillas with pumpkin, garlic, and black beans

A Healthy Approach to Carbs

Dinner



Goulash with whole-wheat elbow pasta, lean ground beef, no-sodium diced tomatoes, and spinach



Baked salmon with wild rice and seasonal fruit and vegetables



[Add Your Own]



[Add Your Own]

Dakota's Story

Dakota's Story—Part 1

Dakota learns from his doctor that he is at an increased risk for type 2 diabetes. He tells his doctor, “I know I need to cut back on sweet treats and soda, and I’ve also heard that carbs are bad for people with diabetes. Should I try to eliminate carbs completely?” Dakota’s doctor reassures him that he does not have to eliminate all carbs from his meals, but he should make sure the foods he’s eating are giving him vitamins, minerals, and fiber as well as energy. Dakota’s doctor encourages him to log his food for a couple of weeks using an app or a small notebook, paying special attention to the ones that contain carbs.

Dakota makes a list to share with his doctor of the foods he eats:

Breakfasts:

- Coffee with sugar
- Sweetened boxed cereal
- Orange juice
- Toast with jam
- Pastry at the local coffee shop
- Pancakes with syrup

Lunches:

- Stir-fry with white rice
- Drinks like sodas, sweet tea, and lemonade
- White bread for sandwiches
- Burritos with white rice

Dinners:

- French fries and tater tots
- Pasta
- Beer or wine
- Cake

Snacks:

- Candy
- Corn chips, potato chips, crackers, and pretzels



Dakota's Story

Directions: Based on Dakota's list of foods he eats, what carb choices could Dakota make instead? And what could he limit? Use the chart below to record your ideas.

Instead of...	Try...

Dakota's Story

Dakota's Story—Part 2

Dakota's doctor helps him consider some small changes he can make toward taking a healthy approach to carbs.

- He limits the sweet treats and highly processed foods he was eating and aims for more balanced meals.
- He now chooses healthier carbohydrates, and he makes sure he balances them out with protein and vegetables.
- He uses food labels to find healthy items that meet his goals.
- He is also staying active. As a result, Dakota loses 5 pounds, and he feels like he has more energy, too.

As a result of these changes, Dakota's blood sugar is lower.



My Carbs

Directions: Write down some of your favorite carbs. Record how often you eat them and about how much you eat at a time. Then, decide if you need to make a healthy change. If so, write a healthy change or swap you will try. Otherwise, leave the last column blank.

My Favorite Carbs	How Often Do I Eat This?	How Much Do I Eat?	Do I Need a Healthy Change Idea?	Healthy Change I Will Make
<i>Bread</i>	<i>Every day, every meal</i>	<i>6 slices</i>	<i>Yes</i>	<i>I will have oatmeal instead of toast for breakfast.</i>
<i>Cookies</i>	<i>Not very often</i>	<i>Too much!</i>	<i>Yes</i>	<i>I won't keep cookies in the house. When I have them, I will stick to one serving.</i>
<i>Corn</i>	<i>Daily</i>	<i>1/2 cup</i>	<i>No</i>	<i>Corn is a staple in our home and culture, so we have chosen to limit serving sizes for corn and swap out other carbs with healthier options.</i>
<i>Sugar in my coffee</i>	<i>Two cups of coffee a day</i>	<i>I don't know</i>	<i>Yes</i>	<i>I will measure and reduce my sugar and aim for one teaspoon per cup.</i>

