Carbohydrates and Diabetes: What You Need to Know

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Navigating the Nutritional Maze

Many diabetics are very confused as to why they cannot lower their hemoglobin A1c levels. They follow their doctor's recommendations, exercise and take their insulin and oral Glycemic medications but still, diabetic complications are progressing forward. The reason why carbohydrates are so important to monitor is because diabetes is a disorder of carbohydrate metabolism. Your body can't metabolize carbohydrates when you have diabetes, either type 1 or type 2. Let's take a look at carbs and diabetes.

What are Carbohydrate Foods?

Carbohydrate foods include the following:

- Fruits.
- Dairy products.
- Some nuts.
- Cakes/cookies/traditional desserts.
- Starchy vegetables.
- Pastas.
- Cereals.
- Non-starchy vegetables.
- Bread.
- Sweet rolls.

What you may not realize is that something very simple – watching the carbohydrate content of your diet – could be exactly what you need to do to gain better control of your hemoglobin A1c levels and bring them down from a 9.0 to a .5.

How to Count Carbohydrates in Foods

Each of these types of foods has a general guideline about how many carbohydrates are in a serving. Here's a table for that info:

Fruits	½ cup fruit = 10 grams dried fruit (2 tablespoons) = 10+ grams¾ cup to 1 cup berries = 10 grams
Dairy products	