

# How Much Carbohydrate Should People with Diabetes Eat?

- No ideal mix or amounts of carbohydrate, protein and fat for everyone – no ‘one-size-fits-all’
- To manage glucose levels when eating carbohydrate depends on having enough insulin at-the-ready when the body needs it.
  - Many people with diabetes need to take one or more glucose-lowering medication to manage their glucose levels
- Choosing foods with carbohydrate
  - Focus on nutrient-packed foods
  - Limit foods with few nutrients, lots of added sugars
- Apps are available to help you track your food intake
- Work with your diabetes care providers on an individualized, healthy eating plan to you help manage your glucose, weight and other health factors



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Warshaw HS. *Diabetes Meal Planning Made Easy*, 5th ed. (Book) American Diabetes Association. 2016.