



GET CARB SMART!

A go-to guide for making better eating choices all day, every day



GETTING STARTED

Eating well to manage your diabetes may take a little practice, but it's more manageable than you might think!



Diabetes occurs when your blood sugar (also called blood glucose) is too high. Glucose comes from the carbohydrate-containing foods you eat and is the main source of energy for your body. Insulin is the hormone that regulates the amount of glucose in your blood. With type 2 diabetes, your body isn't producing enough insulin or the insulin isn't working well enough, so too much glucose remains in your blood.

Prediabetes means that your blood sugar levels are higher than normal, but not as high as those with diabetes. Prediabetes puts you at greater risk for diabetes.

Through simple lifestyle changes, you can minimize complications of diabetes, or even prevent or delay its onset.



THE 411 ON CARBS

There are three essential nutrients that provide calories: **carbohydrates**, **proteins**, and **fats**. When you're managing diabetes, carbohydrates get special attention because they impact your blood sugar levels more than the other nutrients.

CARB-CONTAINING FOODS

Carbohydrates alone do not determine how nutritious or healthy foods are, but they are important to monitor when dealing with diabetes.



Dairy products, such as milk, yogurt, and cheese



Grains and grain-based foods, such as bread, cereal, pasta, crackers, chips, tortillas, rice, and oatmeal



Beans, such as chickpeas, lentils, black beans, and edamame, as well as the foods that are made from beans, like veggie burgers and bean-based soups



Starchy vegetables, including potatoes, sweet potatoes, peas, and corn



Fruit, like apples, grapes, bananas, and oranges



Fruit juice, fruit drinks, and sweetened beverages, including sodas, sweetened teas, lemonade, sports drinks, and juices



Snacks and sweets, such as potato chips, pretzels, cakes, cookies, candy, and ice cream



Added sugars and sweeteners, such as honey, table sugar, brown sugar, and high fructose corn syrup

UNDERSTANDING CARB CHOICES

One carb choice is a portion of food that contains 15 grams of carbohydrates. Carbohydrate counting is a tool you can use to help manage your blood sugar by helping you figure out how to spread your carb choices out over meals and snacks. It may take some practice at first, but once you get the hang of it, you'll probably discover that it's very flexible and easy to use!

Total Carbohydrates (grams)	# of Carb Choices
0–5	0
6–10	1/2
11–20	1
21–25	1 1/2
26–35	2
36–40	2 1/2
41–50	3

MAKING MEAL TIME EASY

Though your health care provider will determine your individual carb choice needs, it's common to include 3–4 carb choices per meal, and 1–2 carb choices per snack. Here's how you can create nutritionally balanced meals:

- Fill half your plate with non-starchy vegetables (0 carb choice), such as broccoli, cauliflower, green beans, carrots, and salad greens.
- Choose fiber-rich carb options, including starchy vegetables (potatoes, peas and corn), whole grains (such as whole wheat bread, pasta, and cereal), fruits, and beans. Keep track of your servings when choosing these foods.
- Opt for lean proteins, like eggs, low-fat dairy, skinless chicken breast, fish, and lean cuts of pork and beef (such as tenderloin), and trim any visible fats.



EASY 1 CARB CHOICES

Use the following guide to help plan your menu of wholesome 1 carb choices:

Food	Amount in 1 Carb Choice
Apple	1 small
Cantaloupe	1 cup
Low-Fat Milk	1 cup
Unsweetened Cereal	¾ cup
Unsweetened Oatmeal	½ cup
Pasta	⅓ cup
Whole Wheat Bread	1 slice
Potato	1 small or ¼ large
Sweet Potato	½ cup
Corn	½ cob or ½ cup
Peas	½ cup

SOURCE: American Diabetes Association

SMART SNACKING

With 91% of Americans snacking multiple times throughout the day, it's a good idea to get a handle on this habit. Here are some nutritious, 1 carb choices to snack on:

- 1 piece of fruit, like an apple or an orange
- ½ banana or 1 extra small banana
- ¾–1 cup berries, like strawberries or blueberries
- ⅓ cup hummus along with 0 carb choice dippers, like red pepper strips or baby carrots
- 3 cups popcorn
- 1 bottle (8 fl oz)

BOOST Glucose Control® Drink



Looking for 0 carb choices? Nutritionally balanced BOOST Glucose Control® High Protein Drink can help provide the nutrition you need, with 22 g of protein to help manage hunger.

A SMART SWAP

Cool and creamy BOOST Glucose Control® Drink comes in 3 craveable flavors—Chocolate Sensation, Vanilla Delight, and Strawberry Bliss—so it's a delicious substitute for less balanced options, and it's clinically shown to help manage blood sugar levels as part of a balanced diet. Plus, BOOST Glucose Control® Drink is 1 carb choice!



Chocolate Sensation

1 CARB CHOICE	1½ CARB CHOICES
16 g CARBOHYDRATES	23 g CARBOHYDRATES
16 g PROTEIN	3 g PROTEIN
190 CALORIES	240 CALORIES



1.5 oz bag
of chips



Vanilla Delight

1 CARB CHOICE	3 CARB CHOICES
16 g CARBOHYDRATES	48 g CARBOHYDRATES
16 g PROTEIN	10 g PROTEIN
190 CALORIES	240 CALORIES



Multigrain bagel
(deli size)



Strawberry Bliss

1 CARB CHOICE	1½ CARB CHOICES
16 g CARBOHYDRATES	24 g CARBOHYDRATES
16 g PROTEIN	2 g PROTEIN
190 CALORIES	180 CALORIES



3 medium cookies

SOURCE: USDA National Nutrient Database for Standard Reference Release 28 (7)

NEW!

A HIGH PROTEIN NUTRITION OPTION FOR PEOPLE WITH DIABETES

BOOST Glucose Control® High Protein Drink with 22 g of protein, is a great choice on the go, between meals, or after a workout. Plus it's clinically shown to provide better blood sugar levels in people with Type 2 diabetes vs. standard nutritional drinks.



BOOST Glucose Control® High Protein Drink provides:

- 22 g of high-quality protein to support lean muscle and help manage hunger between meals
- 2–4 g carbohydrates (depending on the flavor variety), including only 1 g sugars with 0 carb choices
- 25 essential vitamins and minerals for daily nutrition

SHAKE UP YOUR BOOST® WITH THESE EASY RECIPES!

- **Mix any flavor BOOST Glucose Control® High Protein Drink with your cup of iced coffee** for a deliciously creamy coffee creation with 22 g of hunger-busting protein. Blend with ice for a coffeshop-style frappé.
- **Blend BOOST Glucose Control® Vanilla Delight Drink with ¼ cup of fresh or frozen unsweetened mango or pineapple** for a tropical smoothie that has just 1½ carb choices.



CARB SMART NUTRITION



Specifically designed to help manage blood glucose levels as part of a balanced diet.

BOOST GLUCOSE CONTROL®

Balanced nutritional drink that's great as a mini-meal or snack

1

CARB CHOICE

16 g

CARBOHYDRATES

16 g

PROTEIN

190

CALORIES

GLUTEN-FREE



Flavors: Chocolate Sensation, Vanilla Delight, and Strawberry Bliss

BOOST GLUCOSE CONTROL® HIGH PROTEIN

Balanced nutritional drink that's great on the go, between meals or after a workout

0

CARB CHOICES

4 g

CARBOHYDRATES

22 g

PROTEIN

120

CALORIES

GLUTEN-FREE



Flavors: Rich Chocolate and Very Vanilla



BOOST® Drinks have the nutrition your body needs, and a taste you'll love. In fact, we're so sure you'll love the flavor of BOOST®, we're backing it up with the Great Taste Guarantee. If for any reason you don't love the taste, we'll refund your purchase. So what are you waiting for? Taste a BOOST® Drink today. Visit BOOST.com/great-taste-guarantee for additional information.

*The BOOST® Great Taste Guarantee offer only applies to the purchase of one (1) BOOST® Nutritional Drink 4-pack or 6-pack made between 1/1/19 and 12/31/19. Limit one refund per name, address or household. Offer valid in the U.S. only. Visit BOOST.com/great-taste-guarantee for additional information.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2019 Nestlé.