



NUTRITION & WELLNESS FOR LIFE

Get Carb Smart!

Everyday tips for eating well as part of
your diabetes care plan



GETTING STARTED

Eating well as part of managing 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 carbohydrates in the foods you eat. Carbohydrates are the main source of energy for your body.
- **Insulin** is the hormone in your body that regulates the amount of glucose (from the carbohydrates you eat) in your blood.

With **type 1 diabetes**, your body does not produce insulin. Glucose remains in your blood and your cells can't get the energy they need to work.

With **type 2 diabetes**, your body isn't producing enough insulin or the insulin isn't working well, so too much glucose remains in your blood and your cells can't get the energy they need to work.

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.

Lifestyle changes, such as choosing a nutritious diet and being physically active, can help minimize complications of diabetes, or even prevent or delay its onset.

First Things First: Focus On Carbohydrates

Everything you eat and drink can be broken down into three macronutrients: carbohydrates, proteins, and fats. When you're managing diabetes, you want to focus on carbohydrates because they impact your blood sugar levels the most.

WHERE WILL YOU FIND CARBS?



- **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 foods 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

Carbohydrates alone do not determine the nutritional value of a food, but they are important to monitor when managing diabetes. Whether you have type 1 or type 2 diabetes, eating well and focusing on carbs are great steps you can take to help maintain normal blood sugar levels.

Counting Carbs to Make Smart Choices

Living with diabetes has a lot to do with maintaining balance: you can't let your blood glucose levels get too high, but you also can't let them get too low.

Carbohydrate counting (or carb counting) can help with managing blood sugar levels by helping you figure out how to spread your carb choices out over meals and snacks. Spreading your carb choices out over the day through nutritious, fiber- and protein-rich meals and snacks can help maintain normal blood sugar levels.

A carb choice is a portion of food that contains 15 grams of carbohydrates. Though your healthcare provider will determine your individual carb choice needs, it's common to include 3–4 carb choices (45–60 g carbohydrates) per meal and 1–2 carb choices (15–30 g carbohydrates) per snack.

How do you know how many carb choices are in each serving of food? The Nutrition Facts can help.

Nutrition Facts	
1 serving per container	
Serving size	1 bottle (237mL)
Amount Per Serving	
Calories 190	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 16g	32%

1

Find the serving size.

2

Locate the total carbohydrate in one serving. (Sugars are included in this number, so you do not need to count them separately.)

3

Compare the serving size to your actual portion.

4

Count the grams of carbohydrate or the number of carb choices. In this example, 1 bottle has 16 grams of carbohydrate, equal to 1 carb choice.

Counting carbs may take some practice at first, but in time you may find that it's flexible and easy to use!

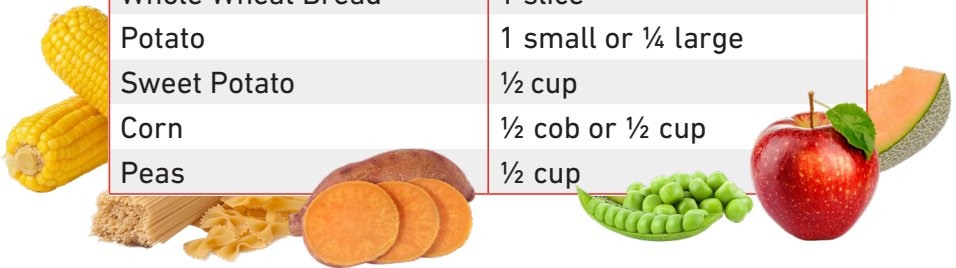
How to Create Nutritionally Balanced Meals

- **Fill half your plate with non-starchy vegetables** such as broccoli, cauliflower, green beans, carrots, and salad greens. These foods generally have less than 5 g carbs per ½ cup serving.
- **Choose fiber-rich carb options**, including vegetables, whole grains (such as whole wheat bread, pasta and cereal), fruits, and beans. Keep track of your carb 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.

Use the following guide to include wholesome 1 carb choices in your meals and snacks:

EASY 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



One carb serving may not be what you think of as a serving of food. A regular size potato has about 30 grams of carbs and counts as 2 carb servings. A small potato (100 g), about ⅔ cup size, has about 20 grams of carbs and counts as 1 carb choice.



A Balanced Nutritional Drink for People with Diabetes

BOOST Glucose Control® Nutritional Drink provides 190 calories with 16 g protein and is great as a nutrient-packed mini-meal or snack.

Plus, it's clinically shown to produce a lower blood sugar response versus a standard nutritional drink in people with type 2 diabetes.¹



Easy BOOST® Recipes You Can Customize!

Cool and creamy BOOST Glucose Control® Drink comes in 3 delicious flavors: Rich Chocolate, Very Vanilla, and Creamy Strawberry



Mix a carton of BOOST Glucose Control® Drink with your cup of iced coffee for a deliciously creamy coffee creation with 16 g of protein to help manage hunger. Blend with ice for a coffeeshop-style frappé.

Blend BOOST Glucose Control® Drink in Very Vanilla flavor with a cup of fresh or frozen unsweetened mango or pineapple or other favorite fruit to make a smoothie.



References

1. Klosterbuer A, et al. JAND 2022; 122(10): A91

*Not a substitute for medication. Incorporate into a balanced diet as part of a medically supervised diabetes management plan.

A SMART SWAP

BOOST Glucose Control® Drink is a great-tasting substitute for less-balanced options. And with 16 g carbs (1 carb choice) per serving, BOOST Glucose Control® Drink is a convenient way to help manage carb intake.



Rich Chocolate

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



1.5 oz bag
of chips



Very Vanilla

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



Multigrain bagel



Creamy Strawberry

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



3 medium cookies



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BOOST Glucose Control® Drink Nutrition designed for people with diabetes

- 16 g protein for muscle health
- 190 nutrient-rich calories to help you be up for anything
- 25 vitamins and minerals for nutrition you need each day
- Calcium and vitamin D to support strong bones
- Vitamins C & D, zinc, iron, and selenium, key nutrients for immune support
- 16 g carbs (1 carb choice)
- 3 g dietary fiber
- Gluten-free and no artificial colors
- BOOST Glucose Control® Drink is clinically shown to produce a lower blood sugar response versus a standard nutritional drink in people with type 2 diabetes.*

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