

Managing blood sugar with carb counting

In this informational letter, we will talk about how carb counting, or counting the number of grams of carbohydrates in a meal, can help control blood sugar.



Eating a balanced diet of healthy foods (fruits, vegetables, whole grains, and lean protein) is important for everyone, but foods can affect people with type 1 diabetes (T1D) differently.

When you eat, carbs break down into glucose to give your body energy and your blood sugar level rises.

- People with T1D must take insulin to offset blood sugar rises from the carbs in their food.
- In order to match your insulin dose to the amount of carbs you eat, you have to know exactly how many grams of carbs are in your meal.
- You can ask your doctor for an “insulin-to-carb ratio” to use with each meal.

Example of an insulin-to-carb ratio: If a person’s ratio is 1 to 10, that person will need to take 1 unit of insulin for every 10 grams of carbs he or she eats.

You can find out how many carbs a food contains by reading its nutrition label. Just be sure to also note the serving size. A small food scale or measuring cup can help determine the amount of food you need.

Some foods don’t have labels, such as fresh fruits or vegetables, but there are apps and websites that can help you calculate the carb content.

The amount of protein and fat that you eat can also affect blood sugar levels by changing how quickly your body absorbs carbs. Wearing a continuous glucose monitor or manually checking your blood sugar can help you understand how different foods affect your blood sugar levels.

Talk to your study doctor for more information on carb counting.

For more information on the FABULINUS Study, ask your study doctor.

Thank you for your continued support for the FABULINUS Study!

Nutrition Facts*	
6 servings per container	
Serving size	1 cup (230g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*This is an example of a nutritional label. The nutritional label in your country may look different.