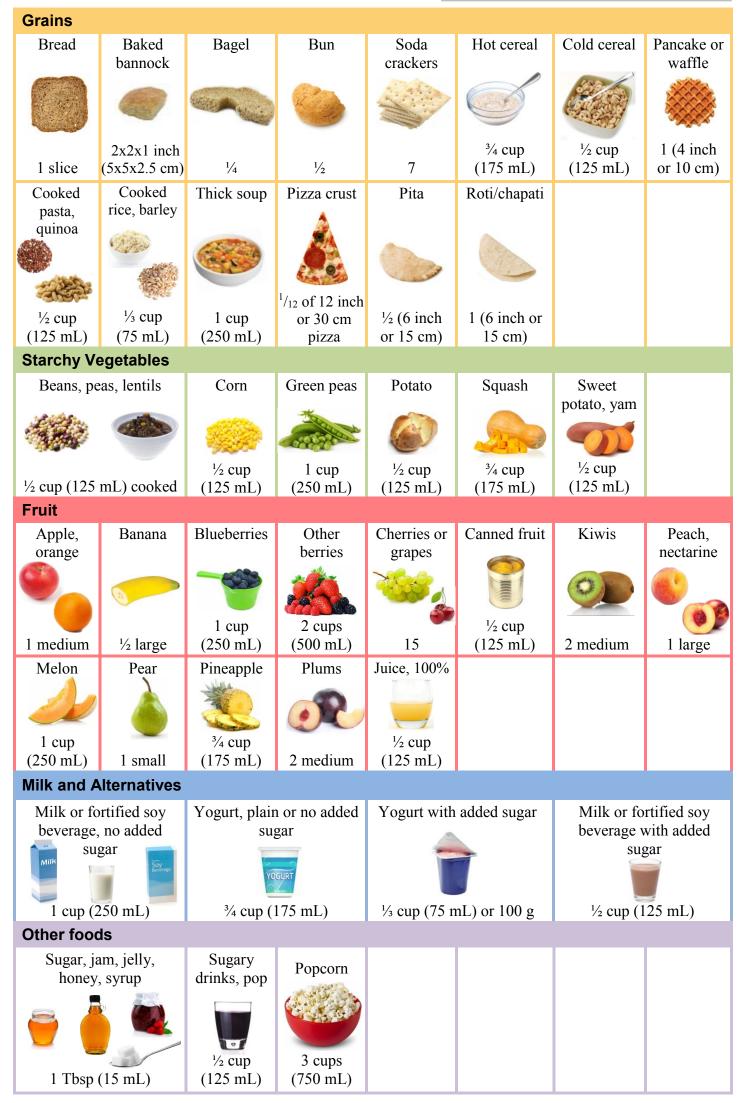
Carbohydrate in Foods

This handout can help you find out which foods are higher and lower in carbohydrate. Knowing this can help you manage your blood sugar.

Carbohydrate foods

These foods turn into sugar in your blood. You can have some carbohydrate foods every day. Each serving below is 1 choice. 1 choice = 15 grams of carbohydrate.

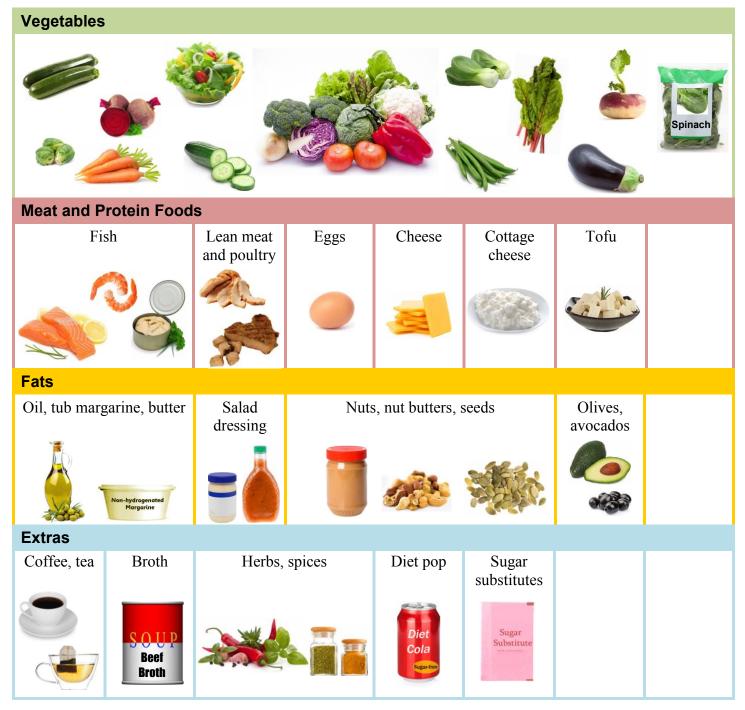


Alberta Health Services

Developed by Registered Dietitians Nutrition Services 404116-NFS

Foods with little or no carbohydrate

These foods have little effect on your blood sugar.



Notes: