



simply healthy

from your Hannaford Dietitian

Managing Your Blood Sugar

If you have diabetes, counting your carbohydrates or “carbs” can help you keep your blood sugar in a healthy range. This is a good idea because the more carbs you eat, the higher your blood sugar will be. By working with a registered dietitian or a certified diabetes educator, you can learn how many carbs your body needs at each meal. If you take insulin, you can learn to match your insulin dose to the amount of carbs eaten at each meal. In general, a good place to start is at 45-60 grams of carbohydrates at each meal and 15-30 grams at each snack.

Foods that contain high amounts of carbohydrates are:

- starchy foods like bread, cereal, rice and crackers
- fruit and juice
- milk and yogurt
- starchy vegetables and legumes like potatoes, corn, peas and beans
- sweets and snack foods like regular soda, juice drinks, cake, cookies, candy and chips
- table sugar, honey, molasses and syrup



Basic Carbohydrate Counting

Some people use carb counting to balance food and keep carbohydrate intake in check. Always review the Nutrition Facts Panel to find the carbohydrate serving and determine what amount of the food item provides 15 grams of carbohydrates or 1 choice or unit.

Here is a sample menu with carbohydrates evenly distributed throughout the day:

Breakfast = 3 carb choices

3 egg whites, 3 oz. Cabot® 50% Reduced Fat Cheddar Cheese Slices, a Thomas® Bagel Thins™ bagel, 4 oz. Tropicana® Orange Juice

Snack = 2 carb choices

6 oz. Dannon® Lite & Fit® Yogurt with 1 cup of fresh berries

Lunch = 1 carb choice

Green salad with tomatoes, cucumbers, and bell peppers; drizzled with olive oil & balsamic vinegar; and topped with 1/2 cup tuna mixed with 2 Tbsp. Hellmann's® Canola Cholesterol Free Mayonnaise

Snack = 2 carb choices

20 baby carrots dipped in 2 tablespoons hummus

Dinner = 3 carb choices

4 oz. skinless chicken breast, 2/3 cup baked sweet potato, and 1/2 cup steamed green beans



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian