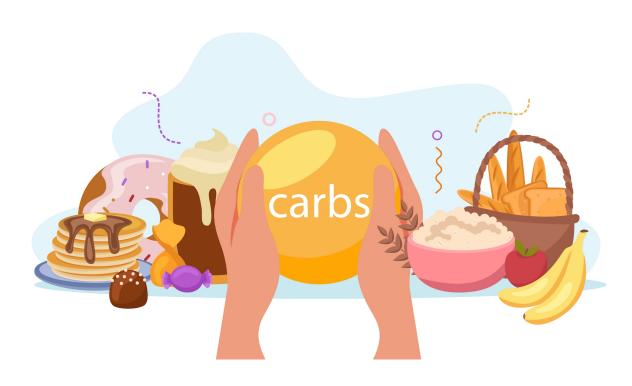


DIABETES HEALTH TIPS





Carbs Counting in Diabetes







Carbs counting is a way of keeping track of carbohydrates in your snacks, meals and beverages to manage your blood sugar levels¹.

The recommended intake of Carbs should be between 55-65% of total daily calories (minimum intake: 130 gm/day)².

The goal is to divide total carbs evenly throughout your meals, i.e. 45–60 gm of carbs per meal and 15–30 gm of carbs per snack¹.

Few tips on counting carbs¹:



Read Food Labels

Nutrition Facts labels tell you amount of carbs in one serving



Measure Serving Sizes

be familiar with portion sizes



Maintain Food Diary

helps track carb intake, eating patterns and foods that negatively impact your blood glucose levels





Choose Healthier Carbs in Indian Foods (per 100 g)³

Food List	Carbs (g)	Protein (g)	Total Fat (g)
Buttermilk	0.50	0.8	1.1
Sambhar	2.60	15	1.8
Yogurt	3.00	3.1	4
Chole (Chickpeas)	3.30	4.3	4.1
Milk (Cow)	4.40	3.2	4.1
Baigan Bharta	5.70	1.2	4.7
Mutter Paneer	10.70	8.5	8.1
Rajma (Kidney beans)	10.70	4.7	3.4
Dal Makhani	14.00	6.8	1.3
Methi Aloo	16.00	2.2	5.4
Pulao	19.00	3.2	3.4
Boiled Rice	25.00	2.2	0.2
Moong dal	31.30	12.8	3.7
Khichadi	33.00	4.3	7.4
Aloo Beans Mixed Vegetable	34.30	2.4	8.7
Poppadums	39.30	21	18.6
Sabudana Vada	39.41	3.94	12.83
Medu Vada	42.17	13.75	10.02
Puri	46.73	7.54	9.43
Samosa	48.10	6.3	17.6





For best result, choose high-quality carbs with vitamins, fiber, minerals and avoid processed foods.

Pair these with lean proteins, non-starchy vegetables, and healthy fats for a balanced diet¹.

Ref

- $1.\ https://www.verywellhealth.com/carb-counting-and-diabetes-5209223\# citation-10$
- 2. Adv Ther. 2019; 36(3): 520-547. Published online 2019 Feb 7. doi: 10.1007/s12325-019-0872-8
- 3. https://nutrineat.com/indian-food-calories

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