



IGNITE

DIABETES REVOLUTION

DIABETES HEALTH TIPS



Carbs Counting in Diabetes

Reading Time



3 minutes



IGNITE

DIABETES REVOLUTION



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



IGNITE

DIABETES REVOLUTION



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



IGNITE

DIABETES REVOLUTION



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>

Disclaimer: Issued in Public Interest by Intas Pharmaceuticals Ltd for the well-being of Diabetes patients. The Diabetes health tips are meant for information purpose only and its scientific contents have been compiled by a Dietitian from GJS Publication. The matter content in this infographic does not make any representation or warranties with respect to the efficacy, accuracy, usefulness or applicability, or fitness, or completeness for any particular purpose. The Health tips may suggest consumption of dairy, nuts and other food items, that some people might be allergic to, hence precaution and substitute needs to be considered before consuming. The views, if any, expressed in this publication are not influenced by any opinion or suggested by Intas Pharmaceuticals Ltd or GJS Publishing Pvt Ltd. The contents or the literature shall not be relied upon in any manner for treatment of any kind of disease or injury. Although all reasonable care has been taken in compiling and checking the contents of this publication, the author(s) or Intas Pharmaceuticals Ltd, or its directors, employee or agents shall not be responsible or liable in any manner whatsoever and howsoever for any death, injury or damage to any person in view of any error, omission or inaccuracies in this publication whether arising from unawareness, ignorance or otherwise.

PLEASE CONSULT YOUR DOCTOR FOR ADVICE AND TREATMENT BEFORE FOLLOWING ANY INSTRUCTIONS.



IGNITE

DIABETES REVOLUTION



Scan QR Code to Activate Revolutionary Program
(Or Send Hi to 70163 32542 from your Whatsapp)



IGNITE

DIABETES REVOLUTION

Whatsapp Chatbot

Get Access to
Customised Diet Plan | Exercise Plan | Health Tips



You can share the chatbot link
with your family and friends.