

Carbs made simple for T2D



Why do carbohydrates matter?

Carbohydrates (carbs) are your body's main source of energy. They have the biggest impact on blood glucose levels, so understanding how much and what type you eat helps you make steady, confident food choices. You don't need to avoid carb, just choose them wisely and spread them throughout the day.

What are the main types of carbs?

Carbohydrates come in several forms, and your body processes them at different speeds:

- Sugars: naturally in fruit, milk, and added to foods
- Starches: in bread, rice, pasta, grains, potatoes, legumes
- Fibre: in whole grains, vegetables, fruits, nuts, and seeds (fibre slows digestion and helps keep blood sugar stable)

Choosing higher-fibre, less processed carbs helps keep glucose levels more predictable.

Read the Nutrition Facts table rather than relying on front-of-package claims.

How do carbs affect my blood glucose?

Carbs break down into glucose during digestion. Eating large amounts at once or choosing very processed foods can cause blood glucose to rise quickly. Balanced meals with fibre, protein, and healthy fats help slow the rise and keep you feeling full longer.

Do I need to count carbs?

Some people benefit from carb counting, especially if they use insulin. Others simply aim for consistent portions at each meal. Your dietitian or diabetes educator can help you decide what approach is best for you

What's a helpful way to portion carbs?

Using a simple approach can make meals easier to plan:

- 1 fist-sized serving of whole grains or starchy foods
- 1/2 plate of non-starchy vegetables
- Palm-sized portion of lean protein
- Add healthy fats (e.g., olive oil, nuts) for balance
- Consistent, moderate portions is key

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist