

Health Minute: What foods have Carbohydrates?

Now, a Health Minute.

Foods contain 3 main nutrients: protein, fat, and carbohydrates.

You need all 3 to stay healthy and strong.

But carbohydrates have the greatest effect on your blood glucose.

Carbohydrates can be found in many foods, such as:

Breads, pastas, and whole grains; fruits and fruit juice; starchy vegetables; beans; dairy products; candy and desserts; and snack foods.

Some foods have more carbs than others.

Look for total carbohydrates on the food label.

Your blood sugar will rise whenever you eat carbohydrates.

To better manage your blood sugar, choose healthy carbohydrates more often. Work with your diabetes care team to learn how.