

Introduction to Advanced Carb Counting

Living a healthy life with diabetes means keeping your blood sugar in your target range as much as possible.

Carb counting is a useful tool to help you do so while still enjoying a variety of foods.

You may already be using basic carb counting to help manage your blood sugar.

But if you take several shots of insulin a day or use an insulin pump, then you may be ready to try advanced carb counting. This approach is more flexible.

Rather than following a fixed meal plan, you learn how to match your carbs to an appropriate dose of rapid-acting insulin.

This gives you more flexibility in the amount of carb you eat and when.

Your diabetes specialist or dietitian will teach you how to calculate the correct dose of insulin based on: the amount of carbs you are about to eat, your before meal blood sugar results, and the exercise you do.

Advanced carb counting is also known as basal/bolus insulin therapy or intensive diabetes management.

It allows you to be flexible and spontaneous with food choices.

But it's still important to be mindful about the amount of carbs you eat and make healthy food choices.

If your blood sugar is often high, you have a higher risk for long-term health problems, including: heart disease, stroke, eye disease, kidney disease, and amputation.

By managing your blood sugar levels, you can reduce your risk for these problems.

Talk with your diabetes care team to see if advanced carb counting is right for you.