

What to Know About Counting Carbs



Counting Carbs

If you have diabetes, it's important to understand carbohydrates. They can have a big impact on your blood glucose, or blood sugar. And counting carbs can help you keep your blood glucose at healthy levels.

The basic idea of carb-counting is counting the number of carbohydrate grams in a meal and matching that number to your insulin dose. There are a few ways to do it. If you take insulin at mealtime, you can use an insulin-to-carb ratio to figure out how much insulin you'll need to take to offset carbs. If you don't take insulin at mealtime, you might choose an easier counting method through servings. One serving of carbs has about 15 grams.

Carb Basics

Carbs are in many foods. Sugars, starches, and fiber are all carbohydrates. When choosing foods:

Reach for nonstarchy vegetables. They're lower in carbs and won't affect your blood sugar much. Leafy greens, broccoli, tomatoes and green beans are all nonstarchy.

Eat healthy, higher-carb foods in moderation. These include whole grains, beans, starches like potatoes, fruit, yogurt and milk. Although they're healthy, these foods can cause your blood sugar to spike after meals.

Limit highly processed, refined foods. Cut back on sugary drinks, cake and cookies, white bread, and white rice.

Counting Your Carbs

The Diabetes Plate Method. This is a simple, visual way to divide your meals into a healthy amount. With this method, you don't calculate anything. Here's how it works:

1. Fill half your plate with nonstarchy greens.
2. Fill one quarter of your plate with lean proteins like chicken, fish, lean beef, eggs, cheese or tofu.
3. Fill the other quarter of your plate with carbs: whole grains, beans, starches and fruit.

Learning how to eat with diabetes can be confusing at first. Start with small changes, and be sure to eat foods you like, to make meals more fun!

Our primary care providers and nutritionists can help you manage your diabetes. Call 800-495-8885 or visit MyChart to schedule an appointment.

Diabetes Resources

We want your feedback.
Take our quick survey!



Here in Contra Costa

You can access the following services to help you manage your care. If you have questions about diabetes or heart disease, or to talk about screenings, make an appointment with one of our providers by calling **1-877-661-6230**.

Diabetes Self-Management Education and Support Program (DSMES):

A 5-week program designed to teach self-management tools that can help you take control of your diabetes and delay or prevent complications.



Ask your provider for a referral or visit inspiringcommunities.org.

Gojji - Diabetes Management Service

Gojji provides glucometers and disease management services. The glucometers allow Gojji to see your blood sugar test results. They have dietitians and pharmacists that can help you control your blood sugar.

Eligibility:

- CCHP Medi-Cal Member.
- Diabetes with A1c >7.0%.
- Have a prescription for a glucometer.
- Must agree to share information with Gojji.



Call Member Services at **1-877-661-6230**, ask your provider for a referral, or visit gojji.com.

Health Education



Get access to more **health tips, healthy recipes, exercise recommendations and more related to diabetes and heart health** by visiting health.cchealth.org or scanning the QR code.

Diabetes Prevention Program (DPP)

DPP is a program to help you make lifestyle changes to prevent type 2 diabetes. The program is virtual, in 1-hour sessions. You'll learn how to make realistic goals with a trained lifestyle change coach while having fun discussions.

Eligibility:

- 18 years or older.
- Overweight.
- Has prediabetes or gestational diabetes.

Ask your provider for a referral or visit inspiringcommunities.org.

Medically Tailored Meals/Medically Supportive Foods

Some people may qualify to have meals or groceries sent to their homes. These menus are created for certain health needs. This program may also include cooking and/or nutrition education. If you have one of the following, talk to your provider today:

- Gestational diabetes.
- Poorly controlled diabetes.
- Poorly controlled heart failure.
- ESRD on dialysis.
- Metabolic syndrome.

Talk to your case manager, PCP, or other provider about getting a referral. You can also call CCHP Member Services at **1-877-661-6230**.