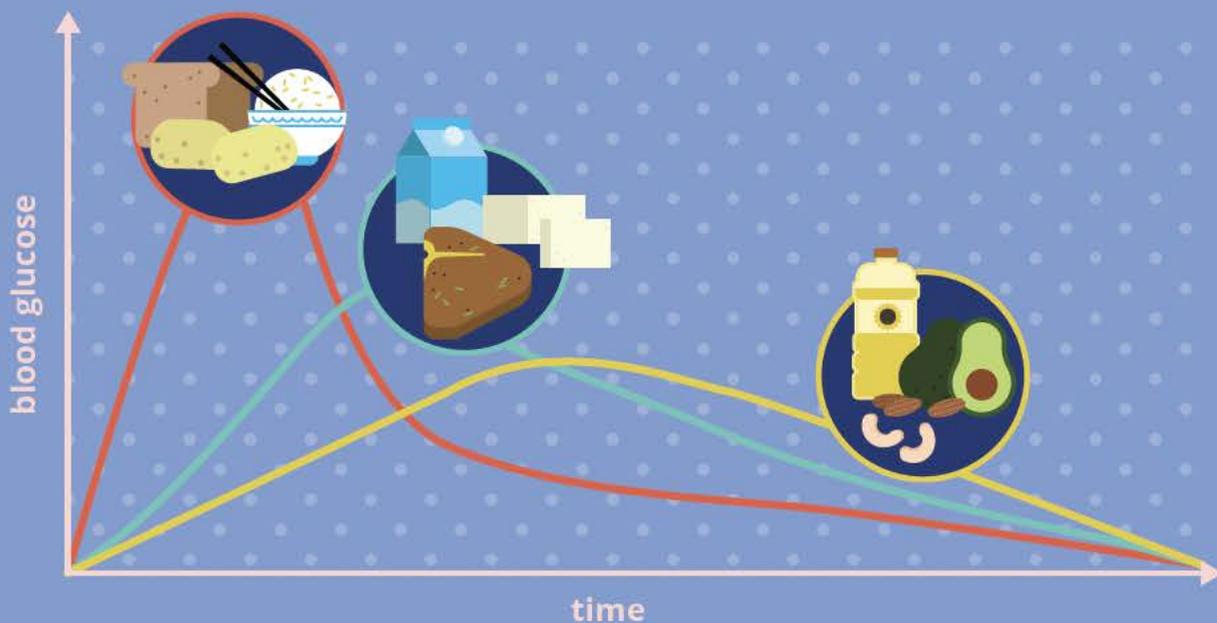


# nutrition and type 1

To strike a healthy balance, it's helpful to know what "major nutrients" or macronutrients are in the food that fuels your body. Different foods affect your blood glucose in different ways!



## CARBS

- Found in foods like bread, rice, potatoes, or grains
- Any amount will quickly make your blood glucose rise
- Estimating carbs will help you calculate how much bolus insulin to take before a meal

## PROTEIN

- Found in foods like animal products, lentils and tofu
- Small amounts will have little to no effect on blood glucose
- Large amounts will cause blood glucose to rise more slowly than carbs but quicker than fats

## FATS

- Found in creamy foods like oils, butter, avocados, and nuts
- Small amounts will have little to no effect on blood glucose
- Large amounts will cause blood glucose to rise more slowly than other macronutrients

Combining these macronutrients can delay digestion and slow the release of glucose into your bloodstream, preventing big swings! So try to get a little of everything on your plate.

# nutrition and type 1

Highly processed foods with carbohydrates are more likely to cause a blood glucose spike. Less processed foods are more predictable!

## Nutrition Facts

Per 90 g serving (2 slices)

Amount	% Daily Value
<b>Calories 170</b>	
<b>Fat 2.7 g</b>	<b>4 %</b>
<b>Saturated 0.5 g + Trans 0 g</b>	<b>5 %</b>
<b>Cholesterol 0 mg</b>	
<b>Sodium 200 mg</b>	<b>8 %</b>
<b>Carbohydrates 36 g</b>	<b>13 %</b>
<b>Fibre 6 g</b>	<b>24 %</b>
<b>Sugar 3 g</b>	
<b>Protein 8 g</b>	
<b>Vitamin A 1 %</b>	<b>Vitamin C 0 %</b>
<b>Calcium 2 %</b>	<b>Iron 16 %</b>

There's a lot of nutritional information on food labels, on menus, or in apps with databases of lots of foods! To fine-tune the balance of your bolus doses and meals, you mostly need to focus on the carbohydrates or carbs.

These labels show the nutritional content of a specific serving size of food, and they don't know how much you're eating! If you're eating this amount, you're good to go. If you're eating more or less, you'll have to do a little more math to figure out how many carbs are in your meal.

This is the total amount of carbs in a serving. This number, given in grams (g) includes different subcategories: starch (which is not listed separately), sugar, and fibre.

Fibre doesn't actually raise blood sugar and will even help slow down your post-meal spike! So if you're carb-counting, you should subtract the grams of fibre from the total grams of carbs.

For example:

36g carbohydrate - 6g fibre = 30g carbs  
for your bolus insulin calculations

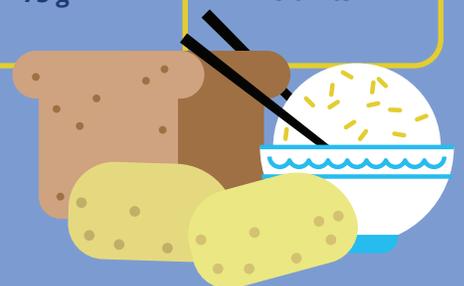


# nutrition and type 1

## — build your personal carb-counting cheat sheet!

Rather than having to calculate how many carbs are in a food every time, you can do it once and use the information every time you eat the same thing in the same amount! Create a handy log to keep track of your regular meals.

MEAL OR SNACK	USUAL PORTION	CARB CONTENT	BOLUS DOSE
Cereal with 2% milk	yellow bowl	50g	5 units
Cereal with 2% milk	white bowl	70g	7 units
Ham sub w veggies on wholewheat	6" sub	50g	5 units
Lasagna (from the Italian store)	About size of two fists	too many	12 units usually works
Lasagna (Grandma's)	About size of two fists	too many	10 units usually works
10 nugget meal w reg fries and diet pop		75 g	8 units



# nutrition and type 1

— fill out your own

MEAL OR SNACK	USUAL PORTION	CARB CONTENT	BOLUS DOSE

