

TOTAL CARBOHYDRATE

Dietary fiber, sugars, and starches make up the Total Carbohydrate or Total Carb. Since Fiber cannot be absorbed by the body and affect your glucose or blood sugar levels, it should be subtracted from the Total Carb to determine the true amount of carbs your body will be absorbing. **Keep in mind, every gram of carbs equals 4 calories (1 gram of carbs = 4 calories).**

From the example below, the body will absorb 2 grams of carbs, which is 8 calories (2 grams X 4 calories).

Nutrition Facts	
Serving Size 1 oz. (28g/about 1/4 cup)	
Servings Per Container 32	
Amount Per Serving	
Calories 180 Calories from Fat 160	
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Total Carbs = the amount of carbs in each serving. In this case, there are 4g of carbs for every 1 oz., which is approx. 1/4 cup

Amount of carbs affecting glucose levels:
4g Total Carbs – 2g Fiber = 2g Total Carbs

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What are Carbohydrates?

Carbohydrates are sugars – and includes both single sugar units called **glucose** and chains of sugar units chemically linked together called **starch**. Carbohydrates have to be broken down into single sugar units to be absorbed.¹

How Starch Enters the Bloodstream

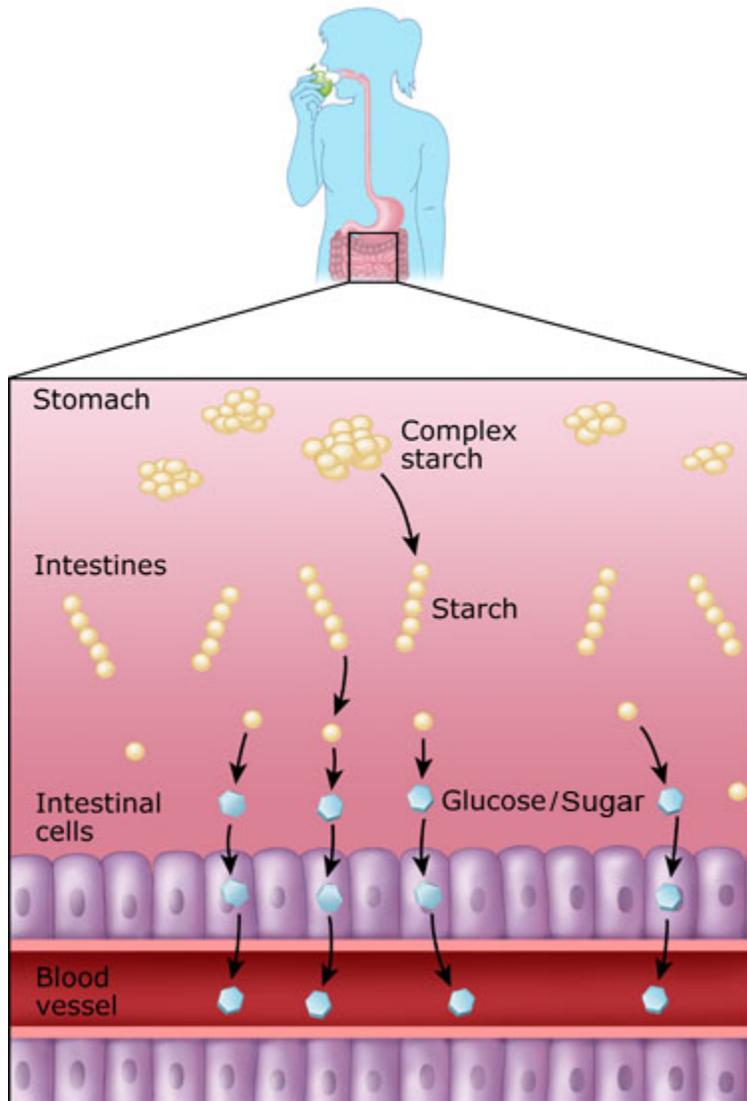


Image retrieved from The University of California, San Francisco¹

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Carbohydrates are important because they are a source of energy, which fuels our bodies. Now it is important that we also understand the difference between healthy and unhealthy carbohydrates.

We have two types of Carbohydrates (carbs): Complex and Simple

Complex carbs (healthy carbs) require our bodies to work harder to digest them; therefore, our bodies can use this energy for a longer timeframe, which releases glucose gradually into our bloodstream. We also tend to feel fuller longer. Complex carbs are usually natural foods such as:

- Green vegetables
- Beans/lentils
- Whole fruits
- Starchy vegetables – potatoes, corn, celery
- Whole grains – pasta, oatmeal, bread

Simple carbs (unhealthy carbs) digest quickly, so our glucose levels spike once we absorb these foods. If we do not use this energy immediately, it is stored as fat. We become hungry much sooner than if we consumed a complex carb. Here is a list of simple carbs:

- Table sugar/honey/corn syrup/maple syrup/brown sugar
- Fruit drinks
- Soft drinks
- Candy
- Refined – bread, rice, pasta

Overall Message: complex carbs are better for us than simple carbs, and all carbs should be consumed in moderation. Please speak with your primary care provider to ensure you are meeting your dietary needs.

✚ For more information about carbohydrates and other nutrition facts, please visit the sources below:

- Fiberfacts.org explains the relationship among fibers, calories, and carbohydrates
<https://fiberfacts.org/fibers-count-calories-carbohydrates/>
- The University of California, San Francisco provides online diabetes education.
<https://dte.ucsf.edu/living-with-diabetes/diet-and-nutrition/>

References

1. Kennedy, M. N., Bedrich, M., Gray, L. W., Kroon, L., & Demetsky, M. (2017). [“Understanding Carbohydrates”](#). The University of California, San Francisco. Retrieved on 11 November 2017.