



# Introduction to Carb Management

## For Type 1 and Type 2 Diabetes

Carbohydrate management is one of the key components of diabetes care. By understanding how different types of carbohydrates affect blood sugar levels, it will help make informed decisions about what and when to eat, and adjust insulin or medication accordingly. This guide will introduce you to the basics of carb counting, which can help you manage your blood sugar levels and improve overall diabetes control. Be sure to work with your clinical care team and your treating practitioner for dosing insulin based on carb management.

### Type 1 Diabetes

#### Managing Carbs with Insulin

For individuals with Type 1 diabetes, the body doesn't produce insulin, so insulin must be taken to manage blood sugar levels. Carb counting helps determine how much insulin is needed based on carbohydrate intake and based on instructions prescribed by your physician.

**Flexibility:** Carb counting allows flexibility by adjusting insulin doses according to the amount of carbs consumed, giving individuals more control over meal timing and carb intake.

**Real-time Monitoring:** Continuous Glucose Monitors (CGMs) and insulin pumps help track blood glucose levels in real-time, providing valuable information for making informed decisions about insulin dosing and meal planning.

### Type 2 Diabetes

#### Focusing on Overall Diet and Insulin Sensitivity

For individuals with Type 2 diabetes, insulin may or may not be required, as the body either doesn't produce enough or can't use insulin effectively. While carb counting is still helpful, the focus is often on improving insulin sensitivity through lifestyle changes and medication.

**Diet Quality:** Emphasis is placed on overall diet quality, including managing portion sizes, choosing low glycemic foods, and increasing fiber intake, rather than strictly counting carbs.

**Consistency:** Maintaining consistent carb intake throughout the day helps prevent large fluctuations in blood sugar levels, even though there may be less flexibility compared to Type 1 diabetes and is also supported with CGM tracking.



## Commonalities for Both Types of Diabetes

Regardless of whether you have Type 1 or Type 2 diabetes, carb counting shares several common principles:

- **Understanding the Impact of Carbs on Blood Sugar**

Both types of diabetes require you to understand how carbohydrates affect your blood sugar levels.

- **Tracking Carb Intake**

Keeping track of the total carbohydrates consumed helps you maintain better control over blood sugar levels.

- **Working with Healthcare Providers**

A key component of successful carb management is working with your healthcare provider, including dietitians and diabetes educators, to create a personalized carb counting plan.



## Personalizing Your Carb Counting Plan for Optimal Health

While the fundamental principles of carb counting are the same for both Type 1 and Type 2 diabetes, the application may differ based on insulin needs and treatment plans. Whether you are adjusting insulin doses or managing your diet to improve insulin sensitivity, carb counting is an essential tool in maintaining blood sugar control and overall health.

By understanding how carbohydrates affect your body, you may be able to better manage your blood sugar levels and take control of your diabetes management. Always consult your healthcare provider to develop a plan that is right for you. At US MED and Advanced Diabetes Supply, we're here to support you with the supplies and resources you need. Contact us today to learn more.

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# Basics of Carb Counting

Carb counting is a valuable tool for managing diabetes, particularly when it comes to controlling blood sugar levels. This method involves tracking the number of carbohydrates you consume in your meals and snacks. By understanding how carbs impact your blood sugar, you may be able to adjust your diet, insulin, or medications accordingly to maintain stable blood glucose levels. Let's dive into the basics of carb counting, the types of carbs, and general recommendations for daily intake.

## What is Carb Counting?

Carb counting involves tracking the carbohydrates in your meals to manage blood sugar levels. Since carbs raise blood sugar, knowing how much you consume helps you adjust insulin doses and maintain control. Understanding how different carbs affect your body enables better blood sugar management and more stable glucose readings.

Nutrition Facts	
Serving Size 11 Crisps	100g
Amount Per Serving	
<b>Calories</b>	<b>420</b>
	% Daily Value*
<b>Total Fat 20 g</b>	<b>5%</b>
Saturated Fat 1 g	10%
Trans Fat 15 g	70%
Polyunsaturated Fat 0 g	0%
Monounsaturated Fat 0 g	0%
<b>Cholesterol 15 mg</b>	<b>2%</b>
<b>Sodium 3 mg</b>	<b>0%</b>
<b>Total Carbohydrate 50 g</b>	<b>3%</b>
Dietary Fiber 8 g	12%
<b>Total Sugars 25 g</b>	<b>34%</b>
Includes Added Sugars 0.1 g	0.1%
Other Carbohydrate 0.1 g	0.2%
<b>Protein 50 g</b>	<b>20%</b>
Vitamin A	75%
Vitamin C	50%
Vitamin D	15%
Vitamin E	65%
Vitamin K	70%

Check the serving size: How many servings do you plan to eat?

Count total carbs per serving.

Sugars do not need to be counted, they are part of your total carbs.

## Types of Carbohydrates

Not all carbohydrates are created equal, and understanding the different types can help you make healthier food choices.

**Simple Carbohydrates:** Simple carbs, found in sugary foods, sodas, processed snacks and refined flour, are quickly digested, causing rapid blood sugar spikes. They offer quick energy but little nutritional value, making them less ideal for people living with diabetes.

**Complex Carbohydrates:** Complex carbs, found in whole grains, vegetables, legumes, and fruits, take longer to digest and provide a slower, steadier release of glucose. They are nutrient and fiber-rich and help stabilize blood sugar over time.

**Fiber:** Fiber is a non-digestible carb that slows sugar absorption, helping to maintain stable blood sugar levels. Found in vegetables, whole grains, and legumes, fiber also supports digestion and overall health.

Simple Carbohydrates	Complex Carbohydrates	Fiber
Sugary foods (table sugar, candy, cookies, cake)	Whole grains (oats, brown rice, quinoa)	Vegetables (carrots, cauliflower)
Sodas, juices	Vegetables (broccoli, spinach)	Whole grains (brown rice, barley)
Processed snacks (chips, pastries, crackers)	Legumes (lentils, beans)	Legumes (chickpeas, black beans)
White bread, white pasta	Whole Fruits (apples, berries)	Fruits (apples, pears, raspberries)

## Recommended Daily Intake

The amount of carbohydrates you should consume each day depends on several factors, including your age, weight, activity level, and overall health goals. A step in carb counting is learning how much a serving of carbs is. Generally, a serving of carbs is around 15 grams. *Examples include: 1 slice of bread, 1 small apple or a 1/2 cup of cooked rice or pasta. Individuals with diabetes are advised to aim for a balanced intake of carbohydrates at each meal that helps maintain stable blood sugar levels without going too high or low.*

## General Guidelines

Talk to your registered dietitian or healthcare provider to determine how many carbs are right for you.

	Carb Count Women	Carb Count Men
Each Meal	45 to 60g of carbs (3 to 4 servings)	60 to 75g of carbs (4 to 5 servings)
Snacks (if needed)	15g of carbs	15 to 30g of carbs

### Managing Portions

Be mindful of portion sizes, as larger portions mean more carbs. Use measuring cups, a food scale, or even your hands to estimate portions and stay on track.



**Front of your closed fist**  
1/2 cup



**Clenched fist**  
1 cup serving



**Palm of the hand**  
3 to 4 ounces, standard serving of meat



**Fingertip**  
1 teaspoon



**Thumb**  
About two tablespoons (1 tablespoon, measure from your knuckle to the tip of your thumb)

## Balance With Other Nutrients

Along with carbs, include lean proteins and healthy fats in your meals. These nutrients stabilize blood sugar and provide lasting energy for the day.

By understanding the types of carbs and managing your intake, you can take an active role in controlling your blood sugar levels. Carb counting doesn't mean you have to avoid carbs entirely—rather, it's about making informed choices and balancing your meals for better diabetes management. Always consult with your healthcare provider to develop a carb counting plan that suits your specific needs.

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# How to Carb Count

Carb counting helps you manage blood sugar levels by tracking the carbohydrates you consume. By understanding how many carbs are in your meals, you may consider adjusting insulin doses or medications and make better dietary choices. Below is a practical guide to help you track your intake, with key tips and an expanded food table to guide your carb counting process.

## Tracking Your Intake

- 1. Read Food Labels:** Start by reading nutrition labels on packaged foods. Focus on the “Total Carbohydrates” section, which includes sugars, starches, and fiber. Pay attention to the serving size, as it may differ from what you typically eat. *For example, if the serving size on the label is 1/2 cup, but you consume a full cup, you’ll need to adjust the carb count accordingly. Also, watch the amount of “Added sugars” that include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.*
- 2. Measure Portions:** Use measuring cups, a food scale, or visual guides (like your hand) to estimate serving sizes. This helps you ensure that you’re consuming the right amount of carbs. Many foods, like pasta or rice, can easily be overestimated if not measured.
- 3. Use Carb Counting Apps:** Apps like MyFitnessPal, Carb Manager, and CalorieKing allow you to easily track carbs by searching for food items and scanning barcodes. These apps can help you make informed food choices, especially when dining out or choosing packaged foods.
- 4. Keep a Food Journal:** Write down what you eat along with the carb content. Tracking meals in a journal can help you stay on track and identify patterns in your carb intake that affect your blood sugar levels.

## Key Tips for Counting Carbs

- **Start Simple:** Focus on one meal or snack at a time. Begin with common foods you eat regularly to get a feel for carb counting.
- **Be Mindful of Portions:** Larger portions contain more carbs. Measure your food or use visual cues like your fist to estimate servings. (Reference *Basics of Carb Counting* or *Meal Planning and Portion Control*)
- **Use a Reference Chart:** Have a quick reference chart or app handy to check the carb content of common foods.
- **Balance Meals:** Combine carbs with lean proteins and healthy fats to help stabilize blood sugar levels, keep you more full and provide longer-lasting energy.
- **Watch for Hidden Carbs:** Some foods, like sauces, condiments, or drinks, may have hidden carbs. Always check food labels to avoid underestimating your carb intake.



## Food Example Table

The following table breaks down the carbohydrate content of common foods into servings of roughly 15g, 30g, and 45g of carbs. This table can help you plan meals and manage your carb intake effectively.

	15g of Carbs	30g of Carbs	45g of Carbs
Starches	<ul style="list-style-type: none"> <li>• ¼ large bagel</li> <li>• 1 biscuit (2½ inches)</li> <li>• ½ English muffin</li> <li>• 1 small 6" tortilla (corn or flour)</li> <li>• 1 small waffle (4 inches)</li> </ul>	<ul style="list-style-type: none"> <li>• ½ hot dog or hamburger bun</li> <li>• 1 medium pancake (4 inches)</li> <li>• ½ pita (6 inches)</li> <li>• biscuit (2½ inches)</li> <li>• 1 small waffle (4-inch square)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 burrito (beef and bean, 5 oz.)</li> <li>• Dinner-type frozen meal (~9-12 oz.)</li> <li>• ¼ pizza, thin crust (5 oz.)</li> <li>• 1 sandwich (6-inch sub)</li> <li>• 1 medium order of french fries (5 oz.)</li> </ul>
Cereal and Grains	<ul style="list-style-type: none"> <li>• ⅓ cup cooked barley or pasta</li> <li>• ½ cup cooked bulgur or kasha</li> <li>• ¾ cup unsweetened cereal</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup bran cereal</li> <li>• 1 cup cooked wild rice</li> <li>• 1 cup cooked oats</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ cup lasagna or spaghetti and meatballs (12 oz)</li> <li>• 1 ½ cup macaroni &amp; cheese (12 oz)</li> <li>• 1 ½ cup casserole-type entrée (12 oz)</li> </ul>
Starchy Vegetables	<ul style="list-style-type: none"> <li>• ⅓ cup cassava or plantain</li> <li>• ½ cup cooked potato (mashed with milk and fat)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup corn, peas, or mixed veg</li> <li>• 2 cup mixed vegetables (with corn or peas)</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ large baked potato with skin (9 oz)</li> <li>• 1 ½ cup french fried potato (3 oz)</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• 1 small apple (4 oz)</li> <li>• 1 medium orange (6 oz)</li> <li>• ½ cup unsweetened applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium banana (8 oz)</li> <li>• 1 cup unsweetened fruit juice</li> <li>• 1 small bunch of grapes (6 oz.)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ cup diced melon</li> <li>• ¼ of 8" fruit pie (commercial, 2 crusts)</li> <li>• ½ cup fruit cobbler (3 ½ oz)</li> </ul>
Milk and Substitutes	<ul style="list-style-type: none"> <li>• 1 cup milk (any kind)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ⅓ cup plain yogurt (sweetened with artificial sweetener)</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt (yogurts are highly variable in carbohydrate content, so check the food label to be sure)</li> </ul>
Non-Starchy Vegetables*	<ul style="list-style-type: none"> <li>• 1 ½ cup cooked non-starchy vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cup raw non-starchy vegetables</li> </ul>	
Sweets and Desserts	<ul style="list-style-type: none"> <li>• 1 small brownie (1 oz.)</li> <li>• 2 small sandwich cookie (¾ oz)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small frosted cupcake (1 ¾ oz)</li> <li>• Candy, chocolate, dark or milk (1 ¾ oz)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 doughnut, yeast-type, glazed (2 oz)</li> <li>• 1 ½ cup ice cream (regular)</li> </ul>

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\*Non-starchy vegetables include asparagus, beets, broccoli, carrots, cauliflower, eggplant, green beans, greens, (collard, dandelion, mustard, purslane, turnip), mushrooms, onions, pea pods, peppers, spinach, squash (summer, crookneck, zucchini), and tomatoes.

Centers for Disease Control and Prevention. (n.d.). Carb Choices. U.S. Department of Health & Human Services. Retrieved April 10, 2025, from <https://www.cdc.gov/diabetes/healthy-eating/carbohydrate-lists-starchy-foods.html>.

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# Insulin Dosing for Type 1 Diabetes

## Understanding Insulin Dosing and Carbs

Managing Type 1 diabetes involves understanding how insulin and carbohydrates interact to control blood sugar levels. For individuals living with Type 1 diabetes, the body doesn't produce insulin, so insulin must be taken to help manage blood sugar. Carb counting at a basic level involves counting the number of grams of carbohydrate in a meal and matching that to your dose of insulin. If you take mealtime insulin, that means first accounting for each carbohydrate gram you eat, and dosing your mealtime insulin based on that count. You will use an insulin-to-carb ratio to calculate how much insulin you

should take to manage your blood sugars after eating. This is an advanced form of carb counting recommended for people with Type 1 diabetes and some individuals with Type 2 who are on intensive insulin therapy.

Work with your healthcare provider and diabetes care team to find the best approach for managing your diabetes and make adjustments as needed to keep your blood sugar in a healthy range. At US MED and Advanced Diabetes Supply, we're here to support you with the supplies and resources you need. Contact us today to learn more.



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# Insulin and Type 2 Diabetes

## Managing Insulin and Carbs in Type 2 Diabetes

For people living with Type 2 diabetes, insulin may or may not be required. However, managing carbohydrate intake remains essential to blood sugar control. While insulin dosing might not always be necessary, other methods like oral medications and lifestyle changes may help manage blood glucose levels effectively.

## Managing Carbs with Oral Medications

Many people with Type 2 diabetes take medications like Metformin, SGLT2 inhibitors, or GLP-1 receptor agonists to help the body use insulin more effectively. Carb counting may be less critical for those not using insulin, but being mindful of carb intake is still very important for diabetes management. Consider the following:

- **Focus on Portion Control:** Eating consistent, moderate amounts of complex carbs throughout the day can help prevent blood sugar spikes.
- **Incorporate Low Glycemic Index Foods:** Foods with a low glycemic index (like whole grains and non-starchy vegetables) digest more slowly, stabilizing blood sugar levels.







## Non-Injecting Medications and Insulin Sensitivity

Medications for Type 2 diabetes improve insulin sensitivity, making it easier to manage blood sugar. While carb counting may not be required, focusing on a balanced diet and maintaining a healthy weight may be helpful.

- **Exercise Regularly**  
Regular physical activity increases insulin sensitivity and helps keep blood sugar stable.
- **Monitor Your Blood Sugar**  
Even without insulin, regular monitoring of blood glucose levels helps you understand how your body responds to foods, medications, and exercise.

## Meal Planning Without Insulin

- **Monitor Carb Intake**  
You may not need to count carbs precisely, but it's helpful to be aware of how much carbohydrate is in each meal to help maintain blood sugar levels.
- **Balance Your Meals**  
Meals should include healthy fats, lean proteins, and fiber-rich carbs to stabilize blood sugar and support overall health.

Even without insulin, managing carb intake, focusing on healthy foods, and regular blood sugar monitoring are essential components of diabetes management. Regular exercise, maintaining a healthy weight and balanced eating habits improve insulin sensitivity and help maintain stable blood sugar levels.

Work with your healthcare provider to find the best approach for managing your diabetes and making adjustments as needed to keep your blood sugar in a healthy range. At US MED and Advanced Diabetes Supply, we're here to support you with the supplies and resources you need. Contact us today to learn more.



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# Meal Planning and Portion Control

When it comes to managing diabetes, meal planning and portion control are essential for maintaining stable blood sugar levels. With a little attention to portion sizes and balance, you can create meals that support your health and provide the energy you need throughout the day.

## Portion Size

Controlling portion sizes is key to managing carb intake and blood sugar. Larger portions contain more carbs, which can lead to higher blood sugar levels. It's important to understand how much you're eating and how it affects your body.

### 1. Measure Your Food

Use measuring cups or a food scale to help control portion sizes. If you don't have these tools, visual guides like your hands can help:

- **Closed fist = 1/2 cup**  
(for grains or starchy vegetables)
- **Clenched fist = 1 cup**  
(for vegetables, pasta, or rice)
- **Palm of your hand = 3-4 ounces**  
(for meat or protein)
- **Thumb = 2 tablespoons**  
(for fats like oils or nut butters)

### 2. Be Mindful of Simple Carb Foods

Foods like white pasta, rice, potatoes, and bread can quickly add up in carbs and affect your blood sugar levels. Aim for smaller portions of these foods, and pair them with non-starchy vegetables to balance your meal.

### 3. Snack Smartly

Snacks can quickly add up in carbs too, so try to measure or estimate your snack portions. Choose snacks that are balanced with lean protein, fiber, and healthy fats to keep blood sugar stable.

#### Managing Portions

Be mindful of portion sizes, as larger portions mean more carbs.



**Front of your closed fist**  
1/2 cup



**Clenched fist**  
1 cup serving



**Palm of the hand**  
3 to 4 ounces, standard serving of meat



**Thumb**  
About two tablespoons  
(1 tablespoon, measure from your knuckle to the tip of your thumb)





## Balance Your Plate

A balanced plate includes a variety of foods that help manage blood sugar, provide energy, and support overall health. Think about creating meals with a balance of complex carbs, lean protein, and healthy fats.

- **Half of your plate should be vegetables.**

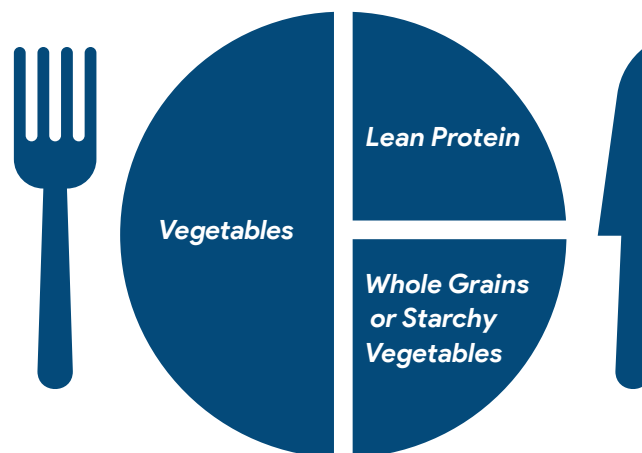
Fill half of your plate with non-starchy vegetables like leafy greens, broccoli, peppers, or zucchini. These are low in carbs and high in fiber, helping to stabilize blood sugar levels.

- **One-quarter of your plate should be lean protein.**

Proteins like chicken, turkey, fish, tofu, or eggs help keep you full and are an essential part of a balanced diet. Choose lean proteins to keep saturated fat intake in check.

- **One-quarter of your plate should be whole grains.**

Choose complex carbs like whole grains (brown rice, quinoa, oats) or keep starchy vegetables to a minimum (sweet potatoes, corn, peas). Also, other carbohydrate foods in this section include beans and lentils, fruits, and low-fat dairy products. Complex carbs provide fiber and nutrients, and they release energy more slowly, helping to keep blood sugar levels steady.



By focusing on portion control and balancing your meals with a mix of lean proteins, complex carbs, and healthy fats, you may be able to more easily manage your blood sugar and maintain a healthy weight. Keep meals simple, and remember that small, consistent changes may have a big impact on your health.

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# How to Work with US MED and Advanced Diabetes Supply

Managing your diabetes with the right tools is essential, and we're here to make the process as easy and convenient as possible. Here's how you can get started with US MED and ADS:

## ✓ Ask Your Physician to Choose ADS/US MED

Ask your physician to select ADS or US MED as your preferred Durable Medical Equipment (DME) supplier for all your diabetes management needs. Once they send us your prescription, we'll begin the process of getting you the supplies you need.

## ✓ We'll Reach Out to You

After we receive the prescription from your physician, ADS/US MED will contact you to complete the intake process. We'll verify your information and get your approval to ship your Continuous Glucose Monitor (CGM) or other supplies directly to your door.

## ✓ Missing Our Call?

If you happen to miss our call, don't worry! Simply call us back using one of the important numbers to the right. We must have your approval before we can ship your supplies.

## ✓ Free Shipping to Your Door

Once your approval is received, we'll ship your supplies directly to your door at no additional cost. It's that easy!

At US MED and Advanced Diabetes Supply, we're committed to making your diabetes management as seamless as possible. Don't hesitate to contact us today and let us help you on your journey to better health.

### Important Numbers to Reach Us



**ADS For Dexcom CGM  
and Insulin Pumps**  
1-877-869-1298



**ADS For FreeStyle Libre CGM**  
1-866-976-9110

**US MED For All Products**  
1-888-974-0166

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