

Carbohydrates

Carbohydrates (carbs) are a major food group in the New Zealand diet. They give you energy to think, grow, exercise and live everyday life.

When you have diabetes it is important to know which foods contain carbs. This is because they turn into glucose causing your blood glucose level (BGL) to rise. This happens in everyone, but when you have diabetes you need to give insulin to keep it under control. To do this, you need to know how much carb you are eating.

Below are examples of common carbohydrate foods in the average New Zealand diet.

Foods Containing Carbohydrate



Potato/Kumara/ Taro
Yam /Corn



Bread



Noodles



Oats Pasta
(Grains) Rice



Milk/Dairy
(Except cheese)



Legumes/beans/dahl



Fruit



Crackers



Cereal

Sugary Foods

These foods make your BGLs rise fast.



Cakes/muffins/baking



Chocolate

Limit to once per week
or at special occasions



Lollies/fizzy drinks/juice

Do not eat
unless BGLs are below 4 mmol/L