

Know Your Carbs



As a diabetic you need to be able to identify which foods contain carbs and then figure out how much is right for you. Each food listed here is a carbohydrate source and the amount written underneath is equal to 1 serve or point.

Cereals & Grains



1 slice Bread



1/2 cup Cereal



1/3 cup Rice



1/2 cup Pasta

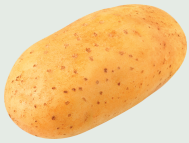


1/4 cup Nshima/Pap
/Fufu/Sadza



2-3 Crackers

Starchy Vegetables & Legumes



1 medium Potato



1/2 cup Sweet
Potato/Cassava



1 medium sized
cob Corn/Maize



1/2 cup Groundnuts



1/2 cup Lentils
& Legumes

Fruit



1 small apple or
pear (fist size)



2-3 Stone fruit



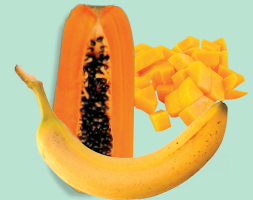
1/4 cup
Dried fruit



125ml juice



3/4 cup fruit
salad



1/2 a Mango, pawpaw
or banana

Dairy Products



1 glass
(250ml) Milk



200g Plain Yoghurt



1/4 cup Soft Cheese



1/2 cup Custard



1 cup Sourmilk

On Average **2-3 serves of carbs per meal** and **1-2 per snack** is the recommendation for a moderately active adult. The best way to know how much is right for you is to check your sugar levels 2hrs after you eat a meal. If they are still high try reducing by 1 serving. If you need any help to go through this personalisation process, please do not hesitate to contact us or check out our diabetic nutrition guide !

Sugar & Honey



3 teaspoons