With a type 1 diagnosis, it's important to understand the role of carbohydrates. Carbohydrates or "carbs" are the main type of food that raises glucose levels.

Which foods have carbohydrates?

(for sample carb counts, click on the food groups below)

- Grains (such as breads, crackers, rice, hot and cold cereals)
- Starchy vegetables (such as potatoes, peas, corn, and beans)
- Fruit and juices
- Milk and yogurt
- Sweets and Treats

Not all types of carbohydrate are created equal

There are complex carbohydrates and simple carbohydrates.

Complex carbohydrates are foods such as whole-wheat bread, brown rice, fruit, vegetables and low-fat dairy foods. Since they take longer to digest, they cause glucose levels to rise slowly.

Simple carbohydrates are foods such as soda, candy, cookies, cake and other desserts. They cause a rapid rise in blood sugar. They are also usually high in calories and sugar and low in essential nutrients. They should have a limited spot in a well-balanced diet.

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This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

How Foods Affect Glucose Levels

How Many Carbs Does My Child Need?

Reading Nutritional Labels

Understanding Portion Size

Low Carb Snack Ideas

Research Articles

What is the Role of Carbohydrates in the Management of Diabetes? — Journal of the Academy of Nutrition and Dietetics

Low glycaemic index, or low glycaemic load, diets for diabetes mellitus — PubMed Health