

The Consistent Carbohydrate Diet: Benefits for all!

If you have been diagnosed with Diabetes, you may have heard of a consistent carbohydrate diet. This diet is great for diabetes management, but it has also been shown to help with weight management and a variety of other conditions.

The purpose of the consistent carbohydrate diet is to do exactly what it's names says, provide your body with a consistent amount of carbohydrates at meals. This eating pattern provides your body with energy, prevents extremely high or low blood sugars, and helps manage weight. Whether you are eating fats, proteins, or carbohydrates, if you eat more than what your body needs at one time, it converts it into stored energy, also known as body fat.

How many carbohydrates should you be eating at each meal?

This is very individualized. For most women with diabetes, the general recommendation is 45 grams per meal and for men with diabetes, the general recommendation is bumped up to 60 grams per meal. You are also able to have 1 – 2 snacks per day which are 15 grams each. These recommendations provide anywhere from 135 – 210 grams of carbohydrates evenly distributed between 3 meals and up to 2 snacks.

If you have not been diagnosed with diabetes, typically, 45 – 65% of your daily calories should come from carbohydrates. So, if your goal is to eat 1500 calories per day, you could eat anywhere from 168 – 244 grams of carbohydrates per day depending on your needs. If you need 2500 calories per day, you could eat 281 – 406 grams of carbohydrates.

Whether you are trying to control your carbohydrate intake to better manage a disease or to provide your body with a consistent amount of energy throughout the day, a consistent carbohydrate diet can help.

The following charts only contain carbohydrates. You would also add other protein and fat options.

135 grams of Carbohydrates
½ whole grain bagel (30 grams)
1 Banana (30 grams)
1 cup tomato soup (15 grams)
6 saltine crackers (15 grams)
1 cup fresh spinach (5 grams)
1 cup cooked Zucchini (10 grams)
1.25 cups Watermelon (15 grams)
½ cup Ice Cream (15 grams)

405 grams of Carbohydrates
1 cup Raisin Bran (45 grams)
1 cup 1% milk (15 grams)
1.25 cups Fresh Strawberries (15 grams)
1 Whole wheat hamburger Bun (30 grams)
1 cup Oven-Baked French Fries (15 grams)
3 Tbsp Ketchup (15 Grams)
1/3 cup Baked beans (15 grams)
2 cup Fresh Carrots (5 grams)
¼ of a medium Pizza (30 grams)
1 cup lettuce (5 grams)
1 English Muffin (30 grams)
3 6" Corn Tortillas (45 grams)
1/3 cup Refried Beans (15 grams)
1 cup whole grain noodles (30 grams)
2/3 cup Greek Yogurt (15 Grams)
¼ cup Granola (15 grams)
½ Cup Peas (15 Grams)
1 Cup Cooked Beets (10 Grams)
½ Cup Fruit Cobbler (15 Grams)
13 Tortilla Chips (15 Grams)
¼ Cup Salsa (5 Grams)