## 1 carbohydrate serving $=15 \mathrm{~g}$ of carbohydrate

## CARBOHYDRATE EQUIVALENTS:

- Carbohydrates are broken down to glucose and absorbed into the bloodstream.
- Eat a consistence amount throughout the day to keep blood sugars controlled.


Reading a Nutrition Facts Label:
Total Carbohydrate $=$ Fiber + Sugar + Starch

