



C a r b o h y d r a t e counting

For people with type 1 diabetes

The role of carbohydrates



Most carbohydrates are broken down into glucose which is an essential fuel for the brain and energy for day to day activities and exercise. Normally, the body maintains a level of glucose in the bloodstream by releasing insulin. However, diabetes affects how the body controls glucose levels in the blood, and how stored glucose in the liver is released.

With type 1 diabetes, you are in control of how much insulin your body has, therefore it is important to match the amount of insulin taken to amount of carbohydrate eaten, to ensure good blood glucose control. It is also important to take into account other factors, such as exercise, stress and alcohol consumption which will affect your blood glucose levels.

DAFNE is a diabetes education course which teaches you the skills to match your insulin doses to what you want to eat. You are supported by trained facilitators; a specialist diabetes dietitian and diabetes nurse. It is recommended that all individuals with Type 1 diabetes attend a DAFNE course. If you are interested and require further information please speak to a member of your diabetes team.

Useful links for carbohydrate counting

For people recently diagnosed with type 1 diabetes or new to carbohydrate counting;

Pocket Medic

A series of short video clips developed to help you understand and manage various aspects of your diabetes, including carbohydrate counting

www.medic.video/w-type1?clkmtc=1



Diabetes UK website

A variety of resources and information from carbohydrate awareness through to carbohydrate counting and how to apply this to your day to day diabetes management

www.diabetes.org.uk

Diabetes UK learning zone

Various videos, quizzes and interactive tools which are tailored just for you, based on information you provide about your diabetes. From tasty food swaps to tips about managing day-to-day, courses are all completely free.

www.learningzone.diabetes.org.uk



DIABETES UK

Carbs and Cals

Resources available as a book or phone app with photographs of different foods and drinks to help you understand portion sizes, including calorie and carbohydrate content. There are also videos on the Carbs and cals Youtube channel

www.carbsandcals.com <https://www.youtube.com/channel>



For people who need a refresher on carbohydrate counting;

Youtube links

[How carbs interact with your body](#)

[Why understanding carbs \(and how to count them\) matters](#)

[Carb counting using a carbohydrate portion list](#)

[Creating handy measures for carbohydrate counting](#)

[How to calculate CHO using a food label](#)

[How To calculate carbohydrate using the Carbs and cals](#)

[Carbohydrate Counting Guide](#)



Carbs Count e-book (free)

This free e-book available to download online developed by specialist dietitians

provides background in-

www.shop.diabetes.org.uk/products/carbs-count-e-book

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