

TIPS ON EATING LESS CARBS

for those with restrictive diets

- When eating a meal, focus on finishing your veggies and fruits first. Followed by protein, then lastly carbs.
- Substitute carb-heavy foods with carb-free alternatives. (ex. carb-free pasta or rice)
- Avoid excess drinking of sugary drinks, like fruit juice and soda.



- Incorporate high fiber foods to stay full longer. Fruits and veggies are a great source of fiber!
- Listen to your body's hunger and fullness cues, to avoid over eating.

Contact Us

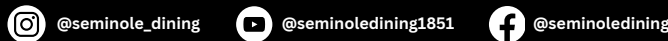
CHIUNG LIEN, RDN LDN

Tel: (850)755-6796
Email: lien-chiung@Aramark.com

For Additional Resources
Scan Here

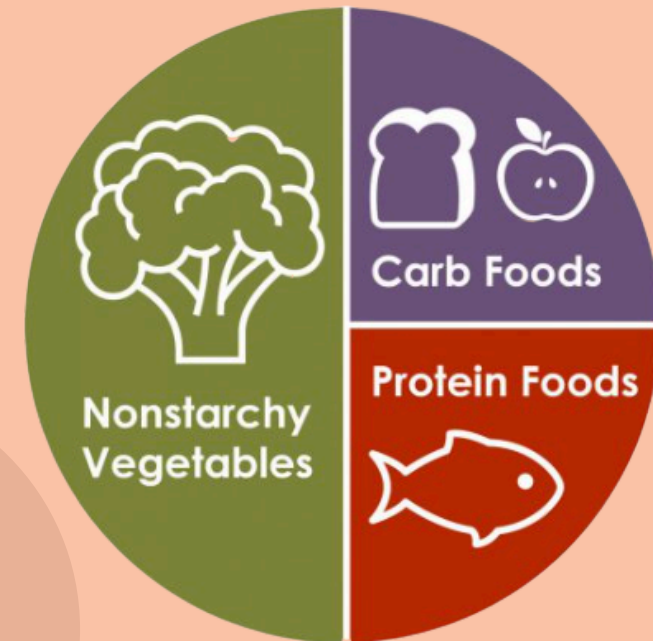


Students with diabetes should register with the Office of Accessibility Services.
<https://dsst.fsu.edu/oas>



How to Manage Diabetes

SEMINOLE DINING



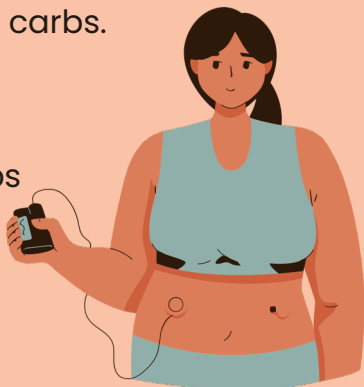


CARBOHYDRATE EXCHANGES



Carb exchange is a method of counting carbohydrates in a diet and a great tool for those with diabetes. They are standardized so if a person is attempting to eat a certain amount of carbs in a meal or day, then they can easily “exchange” meals with the same number of carbs.

This method of exchanging carbs counts 15g of carbs as 1 (one) exchange.



Focus on total Carbohydrates, 45g per meal, 15g per snack.

HOW TO EXCHANGE CARBS



When exchanging carbs, first assess the total carb exchange for the day. For example, 12-carb exchanges is standard with three exchanges at each meal and three snacks each worth a carb exchange.

Now time to decide what to eat!

Find the nutrition label for what you want to eat. Then follow these steps:

- 1 Locate serving size, total carbs, and dietary fiber.

EX:

- Serving Size: 1 Bagel
- Total carbs: 49g/serv
- Dietary fiber: 8g

- 2 If the food contains more than 5g of fiber, subtract the total carbs by half the amount of fiber.

EX: fiber > 5g, $8g/2 = 4g$
 $49g - 4g = 45g$ carbs

- 3 Divide remaining total carbs by 15. This number will be your carb exchange. Remember an exchange is 15g of carbs.

EX: $45g / 15 = 3$ 1 Ancient Grains bagel has 3 carb exchanges.

Nutrition Facts	
Serving Size: 1 Bagel	
Amount Per Serving	
Calories 280	
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrates 49g	16%
Dietary Fiber 8g	32%
Sugars 7g	
Protein 11g	

Use this label for Einstein's Ancient Grains Bagel as an example.

SEMINOLE DINING NUTRITION LABELS

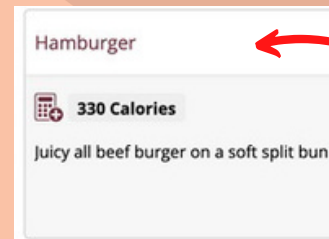
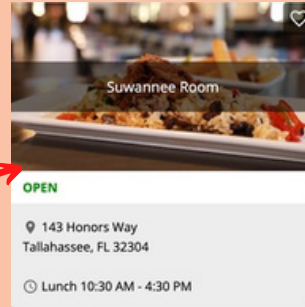


To locate nutrition labels for Seminole Dining, go to:

seminoledining.campusdish.com

Then select "Dining Locations"

Select the location you plan to eat at.



Scroll down until you find what you plan to eat and select it.



Now you have access to the entire nutrition label and can see exactly how many carbs each dish has!

Hamburger	
Nutrition	
Add to Meal Calculator	
Serving Size 1 each	
AMOUNT PER SERVING	
Calories	330
Calories From Fat	120
Total Fat	14 g
Saturated Fat	5 g
Trans Fat	0.5 g
Cholesterol	55 mg
Sodium	10 mg
Total Carbohydrates	30 g
Dietary Fiber	1 g
Sugars	4 g
Protein	
INGREDIENTS: BEEF GROUND PATTY 75/25 3.2 OZ RAW FZ, ROLL HAMBURGER/ 2.1 OZ FZ (ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SUGAR, SYRUP, YEAST, SOYBEAN OIL, CONTAINS 2% OR LESS OF EACH OF: STEAROYL-2 LACTYLATE, SODIUM STEAROYL LACTYLATE, MONOSODIUM PHOSPHATE, CALCIUM PEROXIDE, CALCIUM CARBONATE, ...	



*Exact amount of carbohydrates you need depends on your age, gender, weight, and activity level. Talk to your diabetes care provider and dietitian about your individual needs.