

# nutrition for diabetes and celiac disease



Controlling your blood sugar is very important when you have diabetes and celiac disease. Counting gluten-free carbohydrates and taking the appropriate dose of insulin will help you control your blood sugar and feel better.

People with diabetes and celiac disease should include healthy carbohydrates into their meals every day. These can include fruits, vegetables, gluten-free whole grains, and gluten-free dairy products.

Most kids with diabetes and celiac disease eat around 30 to 75 grams of carbohydrates at each meal and 15 to 30 grams of carbohydrates for each snack.

## reading food labels

Use the nutrition facts labels to count carbohydrates. Here are the key pieces of information to look for on the label:

- **Serving size:** The amount of food that the nutrition facts are based on. It is a standard serving size that you can measure using measuring cups, measuring spoons, or a food scale.
- **Total carbohydrates:** The total grams of carbohydrates in a serving. If you eat two servings of the food, remember

to multiply the number of carbs by two when counting carbohydrates. Fiber and sugar are included in the total carbohydrate, so you do not need to count them separately.

## choosing gluten-free whole grains

Check the ingredient list to see if a food is a good source of whole grains. The first words on the list should be “whole grain [name of grain].” Do not select foods that list the name of the grain as wheat, rye, barley, or oats (unless specified gluten-free oats) because these grains contain gluten.

## foods to avoid

Check the nutrition label for gluten every time you purchase food. Gluten is found in wheat, rye, barley, malt products, cross-contaminated oats (unless labeled gluten free), and brewer’s yeast.

## foods to choose

Select foods that are labeled as gluten free. Gluten-free grains include buckwheat, teff, amaranth, rice, corn, quinoa, sorghum, millet, grits, and labeled gluten-free oats.

## food lists for gluten-free carb counting

GF = gluten free, carb portions are measured in grams

### grains: 15 carbs per portion

- 1 slice GF bread (1 ounce)
- 1 GF soft tortilla (1 ounce)
- ¼ large GF bagel (1 ounce)
- ½ GF hamburger or hotdog bun (1 ounce)
- ¾ cup GF ready-to-eat cereal
- ½ cup cooked GF oatmeal
- ½ cup cooked GF pasta, rice, teff, amaranth, millet, or cornmeal

### fruit: 15 carbs per portion

- 1 small apple, orange, pear, plum, nectarine, or peach (4 ounces)
- ½ medium banana
- 1 cup berries or melon
- 17 small grapes (3 ounces)
- ½ cup fruit canned in own juices
- 2 tablespoons dried fruit (raisins, blueberries)
- ½ cup unsweetened fruit juice

### starchy veggies: 15 carbs per portion

- ½ cup cooked beans, peas, corn, winter squash, or mashed or boiled potatoes
- ¼ large baked potato (3 ounces)
- 1 cup acorn or butternut squash dairy: 12 grams carbs per portion

### dairy: 12 carbs per portion

- 1 cup fat-free (skim) or low-fat (1%) milk
- 1 cup GF soy milk
- ⅔ cup light GF yogurt (6 ounces)

### non-starchy veggies: 5 carbs per portion

- 1 cup raw non-starchy vegetables (carrots, asparagus, brussel sprouts, broccoli)
- ½ cup cooked non-starchy vegetables

### snack foods: 15 carbs per portion

- ¾ ounce GF pretzels
- 4 to 6 small GF crackers
- 8 potato chips or 13 tortilla chips (¾ to 1 ounce)
- 3 cups popped popcorn

### sweets and desserts: 15 carbs per portion

- 2-inch square, unfrosted GF cake
- 2 small GF cookies (2/3 ounce each)
- ½ cup GF ice cream or frozen yogurt
- ¼ cup GF sherbet or sorbet
- 1 tablespoon syrup, jam, jelly, table sugar, or honey

## online resources

Need help finding foods or recipes that are safe for diabetes and celiac disease? Scan the QR code for a list of resources.

