Nutrition and Type 1 Diabetes

Foods are made of carbohydrates, protein, and fat – or a mixture of these. Carbohydrates turn into sugar in your body. When you eat carbohydrates, you must take an insulin injection.

Which foods have carbohydrate? Carbohydrates come from starch and sugar in food. Carbohydrates can be found in the following food groups:

- **Starches**
- **Milk and yogurt**
- **Fruits**
- **Foods with added sugar**

To find the amount of carbohydrates in the food you eat:
- read nutrition labels,
- use online resources, and/or
- use smartphone applications.

Measuring cups or food scales will help you be most accurate in measuring the amount of carbohydrate-containing foods you eat at meals and snacks.