

# Carbohydrate Controlled Diet

## FAQs

### Q: What is a controlled carbohydrate diet?

A: The goal of a controlled carbohydrate diet is to meet your nutritional needs while maintaining your blood sugar levels within an acceptable range. In a carbohydrate controlled diet, carbohydrates are spaced somewhat evenly throughout the day. The actual amounts will depend on the number of calories you need, which in turn depends on your size, age, and activity level.

### Q: I'm not diabetic. Why do I need a "diabetic" diet?

A: A controlled carbohydrate diet is not only for people with diabetes. It is a balanced diet appropriate for anyone with insulin resistance and those with or at risk for heart disease.

### Q: I thought I was getting my *cholesterol* checked. What does my blood sugar have to do with controlling my cholesterol?

A: When you get a cholesterol test such as the VAP test, triglycerides are one of the components of the test. Triglycerides in your blood plasma are derived from fats eaten in foods or made in the body from other energy sources like carbohydrates. When you eat a meal, calories that aren't used immediately by tissues are converted to triglycerides and transported to fat cells to be stored. By controlling your intake of carbohydrates, you are controlling triglycerides.

### Q: Are carbohydrates bad for me? Should I stop eating them?

A: No! Carbohydrates are not bad for you... in fact, carbohydrates (grains, fruits, vegetables, and milk products) make up most of the USDA's Food Guide Pyramid. Carbohydrates are the main source of energy for the body and necessary for survival. Excluding carbohydrates from your diet would mean relying on proteins and fats to meet your nutritional needs, which would be harmful for your heart, kidneys, and digestive tract.

### Q: Are some carbohydrates better than others?

A: The USDA recommends that you choose a variety of fruits, vegetables, dairy products, and grains throughout the day. Try to minimize your intake of refined carbohydrates such as sugar, white flour, white pasta, white rice, and table sugar. Seek out more whole grains such as brown rice, lentils, barley, peas, fruit, vegetables, whole wheat pasta, and whole grain flours.

