



## GDM Nutrition - Carbohydrates

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The food you eat is made up of carbohydrates, fat and protein. Carbohydrates are the main source of energy for your body. It's a way of fueling your body and your brain. So it's important to have carbohydrates at each meal. But that doesn't mean having any kind of carbohydrate because different kind of carbohydrate have different impact on your blood sugar. Some of them will increase your blood sugar really quickly and really high for example if you're drinking juice. But on the other hand other carbs have a beneficial impact on your blood sugar. It will raise it really slowly.

So we encourage you to choose those carbohydrates as often as possible. Those carbohydrates are for example vegetables and grain products - whole-grain products with a lot of fibre. It's also the legumes - lentils are a good source of fiber - and those carbohydrates will make your blood sugar rise more slowly than other kinds of carbohydrates. So do not eliminate carbohydrates from your diet, instead select the right ones and have some carbohydrate at each meal and snack throughout the day.