

# What are carbohydrates?

Carbohydrates are an important nutrient found in foods and drinks. Carbohydrates are converted to glucose by the body and are essential in giving you **energy**. Being the main source of energy in the human diet, there is no need to avoid them and they should be included as part of **a healthy eating plan** for individuals with diabetes. A balanced meal gives your body the nutrients it needs.

## How are carbohydrates converted to glucose?

- Your digestive system breaks down the carbohydrates in your food to glucose.
- This enters the bloodstream, causing a **rise in blood sugar levels**.

It's important to note that **different carbohydrates affect blood sugar differently**. Knowing how fast a carbohydrate food converts to sugar can help you to **optimise sugar control**.

