

Carbohydrate counting

When you have Type 1 diabetes, you need to give yourself insulin doses that correspond to the amount of carbohydrates you consume.

Carbohydrate counting helps you adjust your insulin doses based on the amount of food and drinks you consume.

What are carbohydrates?

Carbohydrates are a type of nutrient found in foods and drinks

When your body digests food and drinks that contain carbohydrates, they are broken down into glucose, which is your body's preferred source of energy.

Link between carbohydrates and insulin

When you consume big amounts of carbohydrates, your blood sugar level will be high and a greater amount of insulin is required to bring your glucose level back down to normal level.

Speak to your care team on a treatment plan personalised to your needs.