



CARB CONTROL



FROZEN BAKERY



Diabetes Doesn't Have To Mean No Dessert

Sara Lee Frozen Bakery desserts can be portioned to accommodate diabetic diets requiring reduced carbohydrates

What is the importance of carb counting for diabetics?

- Total carbohydrate intake is the primary factor affecting postprandial (after mealtime) blood glucose levels.
- Counting total carbohydrate intake (rather than the type of carbohydrate) has been found to be the best practice in blood sugar management.

What guidance is provided to diabetics for measuring carbs?

- The number of total carbohydrates a person needs per meal or per day depends on each individual and their needs are determined by a doctor or dietitian.
- Adults with diabetes often aim for 45-60 grams of carbs per meal and 15-20 grams per snack. That number may go up or down, depending on individual needs.
- **A basic method of carbohydrate counting is to count foods with 15-20g of carb in a serving as one “choice.”**

Portion Size vs. Serving Size

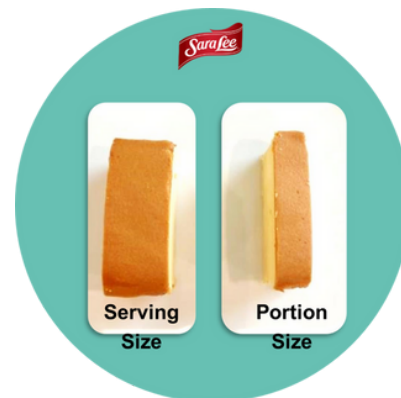
To assist with carb management and diabetes management, serving sizes can be adjusted to smaller portion sizes to align more closely with one carb “choice”

- A **serving** is a measured amount of food or drink, as identified on a product's nutritional label
- A **portion** is the amount of food you choose to serve or include in a recipe. It can be bigger or smaller than the serving size identified on the nutritional label

Example:
Sara Lee® Pound Cake
(8298)



| Nutrition Facts | | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|--------------------------|--|--|----------------|---------------------------|----------------|
| 6 servings per Container | | Total Fat 19g | 24% | Total Carbohydrate 31g | 11% |
| Serving Size | | Saturated Fat 8g | 40% | Dietary Fiber < 1g | 2% |
| 1/6 CAKE (76g) | | Trans Fat 0g | | Total Sugars 16g | |
| Calories | | Cholesterol 75mg | 25% | Includes 16g Added Sugars | 32% |
| per serving | | Sodium 200mg | 9% | Protein 3g | |
| 310 | | Vitamin D 0mcg | 0% | Iron 1mg | 6% |
| | | Calcium 15mg | 0% | Potassium 40mg | 0% |
| | | *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | | | |



(RACC)
6 slices per
cake

Optimized
12 slices per cake

Resources: Introduction and Methodology: Standards of Care in Diabetes—2023. American Diabetes Association Diabetes Care. 2022;46(Supplement_1):S1-S4. doi:10.2337/dc23. : US Department of Health & Human Services, Serving Sizes & Portions

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