BETA TOWN
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WHAT ARE CARBOHYDRATES?
A CAPTAIN LANTUS GUIDE
FOR YOUNG HEROES
BETA TOWN FOOD FESTIVAL!
INSULIN CUBE
WHOLE GRAINS
FRUIT
HEALTH CHOICE
KING CARB'S CARB COUNTING BOOK
KNOW YOUR FOOD, FUEL YOUR ADVENTURES!
MILK
RICE
FOOD IS FUEL!
LEARN, COUNT, BALANCE...
BE YOUR OWN HERO!
KNOW IT. COUNT IT. OWN IT!

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WHAT ARE CARBOHYDRATES?

Carbohydrates are the foods that give your body energy!

BETA TOWN FOOD FESTIVAL!

INSULIN CUBE

FRUIT

WHOLE GRAINS

HEALTHY CHOICES!

KING CARB'S CARB COUNTING BOOK

EXAMPLES OF CARB FOODS

BREAD

BANANA

PASTA

Carbs give your body the power to do amazing things!

They help you think, play, learn and grow!

ENERGY!

Carbs turn into energy to help you think, play, move and grow!

HERO TIP!

Your brain, muscles and body all need energy from carbs every day!

CARBS ARE FUEL FOR YOUR DAY!

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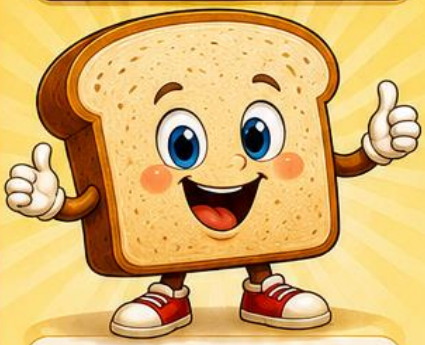
MEET THE CARBS!

Carbohydrates come in many delicious forms!

Carbs help fuel our adventures!

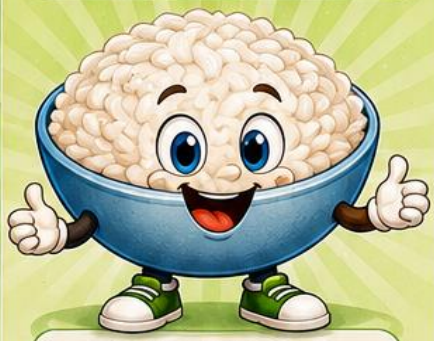
Let's meet some of the main carb foods!

BREAD



Bread gives us energy and comes in many yummy varieties!

RICE



Rice is a filling carb that's enjoyed all around the world!

PASTA

Pasta is tasty, fun and a great source of energy!

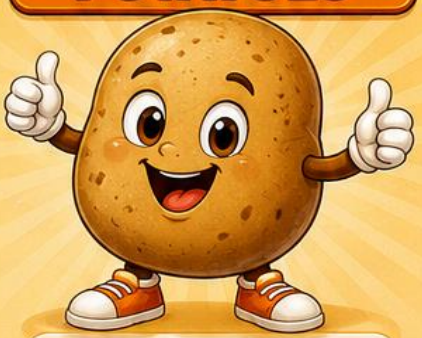
FRUIT

Fruits are natural carbs packed with vitamins, minerals and fibre!

CEREAL

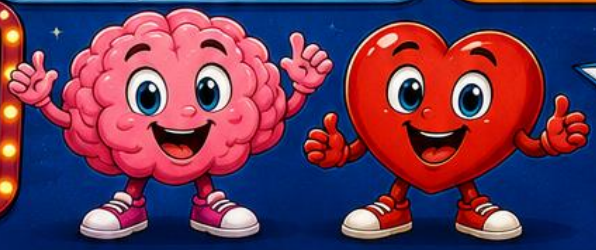
Cereal can be a quick and easy way to fuel your day!

POTATOES



Potatoes are hearty and give your body long-lasting energy!

REMEMBER!
All carbs turn into energy to help you think, play, move and grow!



Your body needs carbs every day!

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HOW CARBS BECOME ENERGY!

Your body has an amazing process that turns the food you eat into energy you can use!

1 FOOD

You eat carbs!

2 DIGESTION

Carbs are broken down in your stomach and intestines.

3 BLOOD SUGAR

The carbs turn into glucose (sugar) and enter your blood.

4 CELLS

Glucose travels to your cells.

5 ENERGY!

Your cells use glucose for energy so you can **think**, **play**, **move** and **grow!**

Energy helps me **think!**

Energy helps me **play!**

Energy helps my body **move!**

CARBS = FUEL FOR YOUR AMAZING BODY!

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COUNTING CARBS!

BETA TOWN FOOD FESTIVAL!

KING CARB'S CARB COUNTING GUIDE

KING CARB

CARBS GIVE YOU ENERGY!

Counting carbs helps you make smart choices and stay a hero every day!

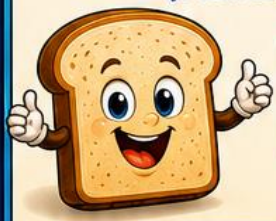
EXAMPLES OF CARB COUNTS

BANANA (MEDIUM)

27g CARBS

A tasty fruit that gives you quick energy!

SLICE OF BREAD (1 SLICE)



15g CARBS

A common carb that goes with almost any meal!

COOKED PASTA (1 CUP)

40g CARBS

Delicious and filling energy for your body!

COOKED RICE (1 CUP)

45g CARBS

A great carb that pairs with lots of foods!

LOW FAT MILK (1 CUP)

12g CARBS

Milk has carbs and helps build strong bones!

BAKED POTATO (MEDIUM)

37g CARBS

A hearty carb packed with goodness!

Carb counts can change depending on the portion size and how it's cooked!

CHECK LABELS, ASK QUESTIONS AND BE A CARB COUNTING HERO!

Use this as a guide and keep learning!

EVERY CARB COUNTS – YOU'VE GOT THIS, HERO!

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WHY CARB COUNTING HELPS!

Carb counting helps you match the right amount of insulin to the food you eat. This keeps your blood sugars in the best range!

INSULIN TOWER

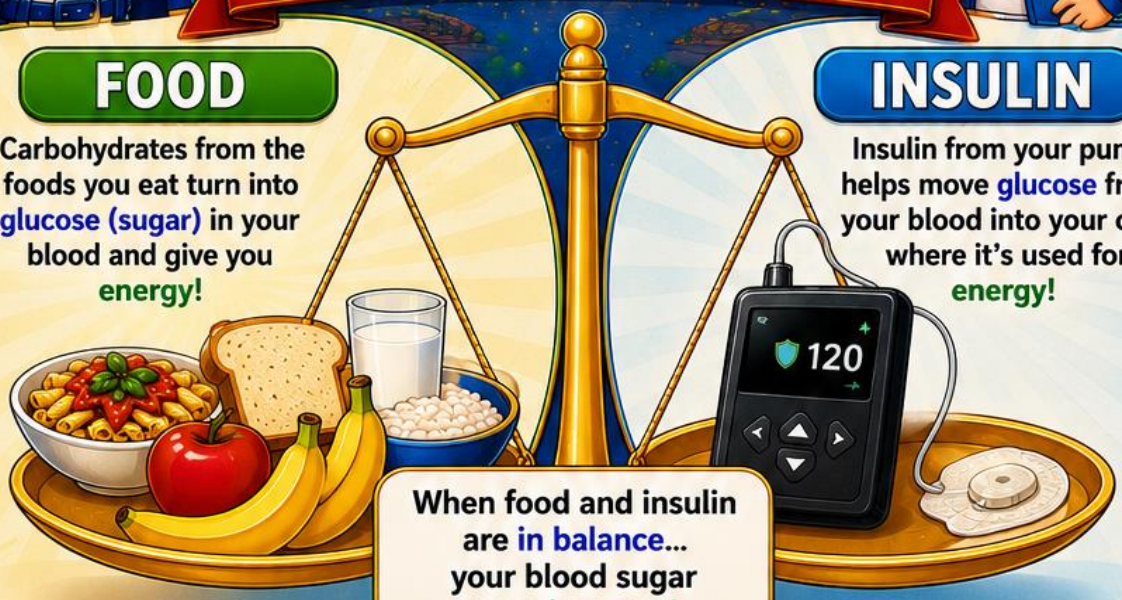
IT'S ALL ABOUT BALANCE!

FOOD

Carbohydrates from the foods you eat turn into glucose (sugar) in your blood and give you energy!

INSULIN

Insulin from your pump helps move glucose from your blood into your cells where it's used for energy!



When food and insulin are in balance... your blood sugar stays in range!

WHEN THEY'RE BALANCED...

Blood sugars stay in range

=

You feel good and have energy

=

You can think, learn and play!

CAPTAIN LANTUS TIP!

Different foods have different carb amounts. Counting carbs helps you give the right amount of insulin— not too much and not too little!

You're the boss of your balance! Keep learning, keep counting and keep being awesome!

MATCH FOOD + INSULIN =

A HEALTHY HERO LIFE!

Small choices today lead to big wins for your health tomorrow!

BALANCE IS YOUR SUPERPOWER! YOU'VE GOT THIS!

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CARBS COME FROM PLANTS!

INSULIN TOWER

Most carbs come from plants! Plants give us energy and lots of other good stuff to keep our bodies strong and healthy!

PLANT-POWERED CARB FOODS

FRUITS

Apples, bananas, berries and more!

VEGETABLES

Carrots, sweet potatoes, corn and more!

WHOLE GRAINS

Oats, brown rice, whole wheat bread and more!

BEANS & LENTILS

Beans, lentils and peas are awesome carb choices!

NUTS & SEEDS

Nuts and seeds have carbs and healthy fats!

SMART CARB CHOICES!

CHOOSE MORE OF THESE...

Oatmeal with fruit | Brown rice with veggies | Whole grain sandwich | Lentil soup

These carbs are packed with nutrients, fibre and help give you LONG-LASTING ENERGY!

CHOOSE LESS OF THESE...

Sugary cereal | Cookies & cakes | Soda & chips | Donuts & pastries

These carbs can cause your blood sugar to spike and crash, making you feel tired and hungry!

Eating plant-powered carbs helps you have energy, think clearly and feel amazing!

REAL FOOD + SMART CHOICES = HERO POWER!

You've got the power to fuel your body with the best carbs every day!

EAT PLANTS. COUNT CARBS. BE A BETA TOWN HERO!

BETA TOWN

BE A CARB COUNTING HERO!

You've learned so much! Now let's check your super skills!

BE A CARB COUNTING HERO!

- I know that carbs give my body energy. ✓
- I can name some healthy carb foods. ✓
- I understand how carbs become energy. ✓
- I know why balance is important. ✓
- I can make smart carb choices. ✓
- I can count carbs and be a hero every day! ✓

CARB COUNTING QUIZ!

1 What do carbs give your body?
a) Water b) Energy c) Sleep

2 Which food is a good carb choice?
a) b) c)
a) Donut b) Brown rice Candy

3 Where do carbs turn into glucose?
a) In your brain b) In your stomach
c) In your cells

4 Why is balance important?
a) To eat only one food
b) To keep blood sugar in range
c) To skip exercise

5 What helps you stay a
a) [illegible] Guessing
b) Counting carbs and making smart choices
Eating sweets all day

CIRCLE YOUR BEST ANSWER!

FUN HERO ACTIVITIES!

1 DRAW YOUR HERO MEAL!

Draw a meal that has healthy carbs to give you energy!

2 TALLY IT UP!

Pick 5 of your favourite carb foods. Tally how many carbs are in each!

FOOD	CARBS (g)	TALLY MARKS
1.		
2.		
3.		
4.		
5.		

CAPTAIN LANTUS TIP: Use a food label or ask an adult to help!

3 WORD SEARCH!

Find these carb words hidden in the puzzle!

E	N	E	R	G	Y	B	R	E	A	D
R	I	C	E	P	A	S	T	A	C	A
F	R	U	I	T	C	A	R	B	S	R
B	A	N	A	N	A	O	A	T	S	B
P	O	T	A	T	O	L	E	N	T	I
W	H	O	L	E	G	R	A	I	N	N
B	E	A	N	S	H	E	A	L	T	H
V	E	G	G	I	E	S	S	T	A	R

ENERGY • BREAD • RICE • PASTA
FRUIT • BANANA • OATS • POTATO
WHOLE GRAIN • BEANS • VEGGIES • HEALTH

KEEP LEARNING. KEEP COUNTING. KEEP BEING AMAZING!

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CARB HEROES, STRONG BODIES!

Carbs are awesome when we choose the right ones and keep balance! Let's remember how they help us every day!

CARBS = FUEL FOR YOUR AMAZING BODY!

5 WAYS CARBS HELP!

1 GIVE YOU ENERGY

Carbs turn into glucose, which gives your body energy to play, learn and grow!

2 HELP YOUR BRAIN

Your brain uses glucose to think, remember and solve problems!

3 KEEP YOU MOVING

Carbs power your muscles so you can run, jump, dance and be active!

4 HELP YOU FOCUS

Balanced carbs help you concentrate in class and do your best every day!

5 SUPPORT A HEALTHY YOU

Carbs from plants bring fibre, vitamins and minerals to keep you strong and well!

MAKE HERO CHOICES EVERY DAY!

CHOOSE THESE MORE OFTEN!

Oatmeal | Fruits | Brown rice | Veggies | Whole grain bread

These carb foods give you energy, nutrients and fibre!

ENJOY THESE SOMETIMES!

Donuts | Cookies | Soda | Chips | Cupcakes

These foods have less nutrients and can spike your blood sugar!

Remember: Balance is the secret to feeling amazing!

YOU'VE LEARNED. YOU'VE COUNTED. YOU'VE GOT THIS! BE A CARB COUNTING HERO!

Keep making smart choices, keep learning and keep shining!

BE KIND. BE ACTIVE. EAT SMART. BE A BETA TOWN HERO!