

Bira SMART

cu





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Carbohidratos “carbs” ta un nomber popular pa tur e diferente sucunan den nos nutricion, esun bon y esun malo.

CONOCE E FUENTENAN DI CARBS

E 4 fuentenan principal di carbohidratos ta:

1. Productonan di hariña (“zetmeel”)
2. Fruta y productonan di fruta
3. Lechi y productonan di lechi
4. Sucu y productonan halto na sucu.

BON TIPO DI CARBS of CARBS “SLOW”

Carbohidrato ta ser digeri gradualmente y ta drenta slow den sanger y ta evita cu e sucu den sanger ta “spike”.

Esaki nan ta:

- Productonan di hariña y granonan **NO** procesa cu ta halto na fibra (pan bruin, pasta/aros/cracker integral, cereal integral, ect.)
- Batata fresco
- Boonchi
- Fruta
- Lechi y yogurt plain sin smaak agrega

MAL TIPO DI CARBS of CARBS “RAPIDO”

Carbohidrato ta drenta rapido den sanger y ta “spike”

- Sucu
- Productonan cu sucu añaadi (snoep, cos dushi, bebidanan cu ta contene sucu)
- Productonan procesa y completamente rafina sin fibra

Productonan cu ta ABOU na Carbs ta:

- Noten y simia
- Berdura

Productonan ZERO Carbs ta:

- Carni cora, galiña, pisca, seafood
- Beleg di carni, galiña, pisca y keshi hulandes
- Webo
- Manteca y azeta

Bo tabata sa.....

- Gran parti di productonan **PROCESA** ta halto na **CARBS** y abou na nutrientenan importante manera vitamina, mineral y fibra. Pesei ta consehabel pa usa mas producto fresco.
- **SUCU** tin diferente number, ehempel di esnan mas comun: table sugar, brown sugar, molasses, honey, beet sugar, cane sugar, confectioners sugar, powdered sugar, raw sugar, turbinado, maple syrup, high-fructose corn syrup, agave nectar and sugar cane. Esakinan ta haña mayormente den productonan procesa.
- **FIBRA** ta yuda un miho control di sucu, ta evita cu e sucu ta "spike" y ta yuda tin miho control riba cholesterol. Scohe semper pa "integral" of " volkoren".
- **KESHI**; aunke ta un producto di lechi, **NO** ta contene carbs.
- Ta existi diferente **APPS** confiabel cu por download riba bo smartphone pa busca e cantidad di **CARBS** di bo productonan.
 Esakinan ta:
 - **Mijn Eetmeter**
 - **Platemate/sweetbee**
 - **Fatsecret**
 - **MyFitnessPal**
 - **Koolhydraatkenner**.
- **SUGAR FREE, ONGEZOET, NO SUGAR ADDED** no ta nifica cu e producto no ta contene sucu esta carbohidrato. Semper lesa riba e envoltura di e produco cuanto carbohidrato e ta contene.
- Productonan **FAT FREE** por contene mas carbohidrato cu e version normal.
 Semper compara esakinan cu otro.
- Pa haña sa cuanto carbs un producto ta contene, mester lesa e **TOTAL CARBOHYDRATES** of **TOTAAL KOOLHYDRATEN** riba e label di e producto y no e **SUGAR** of **SUIKERS**.

| Nutrition Facts | |
|-------------------------------|-----------------------|
| 4 servings per container | |
| Serving size | 1/2 cup (114g) |
| Amount per serving | |
| Calories | 90 |
| % Daily Value* | |
| Total Fat: 3g | 5% |
| Saturated Fat: 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 300mg | 13% |
| Total Carbohydrate 13g | 4% |

Aki algun website cu informacion y recetanan pa diabetes:

www.dvn.nl

www.diabetesfonds.nl

www.diabetes.org.uk

www.diabetes.org

www.diabetes.nl

Pa mas informacion di nutricion saludabel y porcionnan saludabel, lesa foyeto "**Come bon y haci movecion**" di DVG obtenibel na IBISA.

LISTA DI CARBOHIDRATO "CARBS"

Productonan di hariña "Zetmeel":

Esaki ta encera tur pan, crackers, cereal, granos, boonchi, batata, banana y funchi ect.

PAN Y ALTERNATIVA PA PAN

| Producto | Cantidad | Carbohidrato(g) |
|---|-----------------------|-----------------|
| Pan blanco/ bruin/spelt/volkoren | 1 snechi | 16 |
| Pan, croissant | 1 pida grandi | 32 |
| Pan, dushi (di Aruba) | 1 roll (78g) | 23 |
| Pan ezeziel | 1 snechi | 14 |
| Pan, hotdog/hamburger bun | 1 pida grandi | 44 |
| Pan koolhydraatarm | 1 snechi | 7 |
| Pan, krenten na slice | 1 snechi | 21 |
| Pan, rye/rogge donker | 1 snechi (45g) | 16 |
| Pan, rye/rogge licht | 1 snechi (25g) | 11 |
| Arepita (size di palma di man) | 1 mediano | 35 |
| Bagel blanco/plain | 1 pida grandi | 53 |
| Bagel wholegrain | 1 pida grandi | 49 |
| Cachapa | 1 pida mediano | 25 |
| English muffin | 1 pida mediano | 26 |
| Flatbread mediano (size di tayo) | 1 pida mediano | 38 |
| Pancake americano | 1 pida grandi | 22 |
| Pannekoek hulandes blanco of "volkoren" | 1 pida (size di tayo) | 20 |
| Pitabread blanco of "whole wheat" | 1 chikito | 15 |
| Pitabread blanco of "whole wheat" | 1 grandi | 35 |
| Taco shell | 1 grandi | 11 |
| Tortilla, wheat 6" | 1 pida size di tayo | 24 |
| Tortilla, Low carb/low sodium | 1 pida size di tayo | 16 |



CEREAL

| Producto | Cantidad | Carbohidrato(g) |
|---------------------------------------|-----------------|-----------------|
| Special K | 1 cup | 24 |
| Fruitloops | 1 cup | 26 |
| Frosted flakes | 1 cup | 37 |
| Cheerios | 1 cup | 20 |
| Muesli | ½ cup | 30 |
| Granola | ½ cup | 36 |
| Cerealbar "Chewy" | 1 bar | 19 |
| Cerealbar "Nature Valley" | 1 paki cu 2 bar | 30 |
| Oats (avena) | ½ cup | 28 |
| Papa oats (½ cup) cu lechi sin sucu | 1 cup | 40 |
| Papa cream of wheat cu lechi sin sucu | 1 cup | 39 |

CRACKERS Y DIVERSOS

| Producto | Cantidad | Carbohidrato(g) |
|---------------------------------------|----------|-----------------|
| Beschuit blanco/volkoren | 1 pida | 8 |
| Crackers blanco of volkoren | 1 slice | 7 |
| Knäckebröd | 1 slice | 9 |
| Rijstwafel plain blanco of meergranen | 1 pida | 5 |

BELEC

| Producto | Cantidad | Carbohidrato(g) |
|-----------------------------------|----------|-----------------|
| Belegnan di carni, galiña, turkey | | 0 |
| Keshi | | 0 |
| Hotdog | | 0 |
| Salada di crab, galiña, tuna | | 0 |
| Webo | | 0 |



BELEG ZOET

| Producto | Cantidad | Carbohidrato(g) |
|---------------------------------|------------------|-----------------|
| Almond spread | 1 cuchara (20g) | 3 |
| Cheez whiz Kraft | 1 cuchara (16g) | 3 |
| Chocopasta | 1 cuchara (15 g) | 9 |
| Extra jam | 1 cuchara (15g) | 8 |
| Fruit spread "minder zoet" | 1 cuchara (15g) | 4 |
| Jam averahe | 1 cuchara (15g) | 13 |
| Nutella | 1 cuchara (15g) | 9 |
| Pindakaas | 1 cuchara (15g) | 2 |
| Smuckers marmalade of perserves | 1 cuchara (20g) | 13 |
| Smuckers sugarfree | 1 cuchara (15g) | 5 |

MARGARINA, ROOMBOTER y tur sorto di AZETA NO ta contene carbohidrato

LECHI Y PRODUCTO DI LECHI

| Producto | Cantidad | Carbohidrato(g) |
|---------------------------------------|-----------------------|-----------------|
| Avena drink | 1 baki chikito | 30 |
| Chocolademelk | 1 bleki (1 cup) | 31 |
| Koffiemelk of lechi evapora | 2 cuchara | 3 |
| Lechi vol, halfvol, mager | 1 cup | 12 |
| Lechi almendra, sweetend | 1 cup | 6 |
| Lechi almendra, unsweetend | 1 cup | 1 |
| Lechi coco unsweetend | 1 cup | 2 |
| Lechi coco sweetend | 1 cup | 7 |
| Lechi soya light | 1 cup | 6 |
| Lechi soya unsweetend | 1 cup | 3 |
| Lechi soya sweetend | 1 cup | 10 |
| Yoghurt cu fruta | 1 baki chikito (170g) | 30 |
| Yoghurt cu fruta light | 1 baki chikito (170g) | 16 |
| Yoghurt greek plain | 1 cup | 9 |
| Yoghurt Pico Bello plain | 1 cup | 11 |
| Yoghurt plain averahe diferente marca | 1 cup | 18 |



SNACKS

| Producto | Cantidad | Carbohidrato(g) |
|----------------|-------------------|-----------------|
| Cheeseballs | 1 pida | 2 |
| Corndog | 1 pida grandi | 25 |
| Deditos | 1 pida | 8 |
| Empana averahe | 1 porcion | 36 |
| Johnnycake | 1 porcion | 35 |
| Kroket | 1 pida | 8 |
| Loempia | 1 porcion mediano | 28 |
| Pastechi | 1 porcion | 44 |
| Sushi | 1 pida sushi | 15 |

Grano, batata, banana, yuca, funchi, tutu, pan bati

(Indica den nan forma cushina)

| Producto | Cantidad | Carbohidrato(g) |
|------------------------|------------------|-----------------|
| Aros blanco herbi | 1 cup | 50 |
| Aros zilvervlies herbi | 1 cup | 42 |
| Bacoba berde herbi | 1 mediano | 20 |
| Banana berde | 1 cup | 58 |
| Banana hecho | 2/3 cup | 35 |
| Batata (dushi) | 1 cup | 27 |
| Batata herbe | 1 cup | 31 |
| Batata puree | 1 cup | 40 |
| Batata hasa | 1 cuchara grandi | 23 |
| Couscous | 1 cup | 36 |
| Dumpling | 1 pida | 25 |
| Funchi | 1 cup | 45 |
| Pan bati | 1 pida di 6'' | 50 |
| Pasta | 1 cup | 45 |
| Pasta volkoren | ¾ cup | 35 |
| Patacon palma di man | 1 size chikito | 19 |
| Roti plain | 1 grandi | 43 |
| Trigo | 1 cup | 20 |
| Tutu | ½ rol | 80 |
| Yuca | 1 cup | 51 |

BERDURA

| Producto | Cantidad | Carbohidrato(g) |
|-------------------------|----------|-----------------|
| Berdura averahe cushina | 1 cup | 11 |
| Bloemkool | 1 cup | 5 |
| Broccoli | 1 cup | 6 |
| Doperwten | 1 cup | 25 |
| Kale | 1 cup | 6 |
| Maishi | 1/3 cup | 7 |
| Pak-choi | 1 cup | 3 |
| Pampuna | 1 cup | 12 |
| Rooibiet | 1 cup | 13 |
| Salada curu | 2 cups | 3 |
| Spinazie | 1 cup | 7 |
| Snijbonchi | 1 cup | 10 |
| Squash zucchini | 1 cup | 5 |
| Wortel | ½ cup | 6 |



Tips PORCION RECOMENDA PA CADA PRODUCTO

CARNI/GALIÑA/PISCA



1 palma

BERDURA



½ Tayo

BATATA, PASTA, AROS etc.



Max.
¼ tayo

FRUTA CHIKITO



1 porcion=
1 mokete



FRUTA FRESCO

E tabel ta referi na 1 porcion di cada fruta. Pa dia nos por usa 2 porcion di fruta, cada porcion den 1 momento di come

| Producto | Cantidad | Carbohidrato(g) |
|-----------------------------|------------------------------|-----------------|
| Anasa | ¾ cup | 16 |
| Apelsina | 1 mediano | 15 |
| Appel | 1 mediano | 18 |
| Appeldam (jujube) | 20 pida mediano | 15-20 |
| Appelmoes ongezoet | ½ cup - 4 oz | 16 |
| Bacoba | ½ pida (grandi) of 1 chikito | 20 |
| Blackberry | 1 cup | 18 |
| Blueberries (blauwe bessen) | 1 cup | 20 |
| Cashew | 1 mediano | 15-20 |
| Dragonfruit (Pitaja) | 1 mediano | 15 |
| Druif | 15 pida chikito | 15 |
| Granatapel | ½ cup | 17 |
| Grapefruit | 1 mediano of ½ grandi | 15 |
| Gujaba | 1 mediano | 15 |
| Kenepa | 10-15 pida | 15-20 |
| Kersen (cherries) | 12 pida | 15 |
| Kiwi | 1 grandi | 15 |
| Macapruim | 1 cup 1 | 5-20 |
| Mandarin | 2 mediano | 15 |
| Mango | ½ cup | 22 |
| Milon | 1 cup | 15 |
| Mispel | ½ grandi | 15 |
| Papaya | 1 cup | 15 |
| Parchita | 1 mediano | 20 |
| Patia | 1 cup | 12 |
| Peach | 1 mediano | 15 |
| Peer | 1 mediano | 15 |
| Plum | 2 chikito | 15 |
| Raspberry | 1 cup | 15 |
| Scopapel | 1/3 di un mediano | 15-20 |



| | | |
|------------|------------------------|-------|
| Shimarucu | 15-20 pida | 15-20 |
| Sorsaca | ½ cup | 20 |
| Strawberry | 1 cup (corta na mitar) | 15 |
| Tamarijn | ¼ cup | 15-20 |

FRUTA SECC

| Producto | Cantidad | Carbohidrato(g) |
|-----------|-------------------------------|-----------------|
| Cranberry | 2 cuchara of 1/8 cup | 16 |
| Dadel | 3 pida | 15-20 |
| Pruim | 3 pida | 20 |
| Rasenchi | 2 cuchara of 1/8 cup | 15 |
| | 1 paki chikito of 2 paki mini | 15 |

CARNI, GALIÑA Y PISCA

Carni - Galiña - Pisca **NO** ta contene carbohidrato.

Porcion recomenda ta size di 1 palma di man. (Wak pagina 8 na TIPS).

| Producto den paneermeel | Cantidad | Carbohidrato(g) |
|-------------------------|-------------------|-----------------|
| Chicken nugget | 1 pida | 3 |
| Fish filet cutlets | 4 oz = 113 gram | 30 |
| Fish sticks | 3.5 oz = 100 gram | 28 |
| Meatballs | 95 gram | 6 |

REEMPLASO PA CARNI

Indica den nan forma cushina

| Producto | Cantidad | Carbohidrato(g) |
|-------------------------------|------------------------|-----------------|
| Boonchi garbanzo, cushina | ½ cup | 20 |
| Boonchi wowo preto, cushina | ½ cup | 20 |
| Boonchi preto | ½ cup | 20 |
| Boonchi pork & beans | ½ cup | 27 |
| Tofu | 3 oz = 85 gram | 3 |
| Tempeh | 1 plak di 75 gram | 4 |
| Productonan di soya (averahe) | 1 schijf/patty 70 gram | 10 |



SAUCE

| Producto | Cantidad | Carbohidrato(g) |
|----------------------|-----------|-----------------|
| Barbecue sauce | 2 cuchara | 13 |
| Honey mustard | 2 cuchara | 9 |
| Italian dressing | 2 cuchara | 3 |
| Ketchup | 1 cuchara | 5 |
| Pica di papaya | 1 telep | 0 |
| Ranch dressing | 2 cuchara | 1 |
| Sweet and sour sauce | 1 cuchara | 8 |
| Sweet red chilli | 2 cuchara | 16 |
| Vinegarett | 2 cuchara | 7 |

COS DUSHI - DESSERT

| Producto | Cantidad | Carbohidrato(g) |
|---------------------------------------|---------------------|-----------------|
| Bolo di cashewpete* | 1 slice | 56 |
| Bolo manteca sin crema* | 1 slice | 35 |
| Bolo di pruim* | 1 slice | 50 |
| Bolo upside-down* | 1 slice | 40 |
| Brownie | 1 pida di 50 gram | 25 |
| Cheesecake New York swirl (sin crust) | 1 slice di 95 gram | 36 |
| Cheesecake (cu crust) | 1 slice di 142 gram | 52 |
| Chuculati (blanco of di lechi) | 3 pida bloki | 11 |
| Chuculati mars | 1 bar | 35 |
| Chuculati snicker | 1 bar | 28 |
| Chuculati puur | 3 pida bloki | 10 |
| Co'i lechi | 1 pida chikito | 20 |
| Cuki Festival | 4 pida | 25 |
| Cuki Oreo | 3 pida | 25 |
| Cuki Subway | 1 pida | 30 |
| Cuki manteca (sugar cookies) | 1 pida | 15 |
| Cuki Speculaas | 1 pida | 8 |
| Donut glazed | 1 pida | 30 |

* 1 punt di bolo = 2 slice



| | | |
|---------------------------------|---------------------------|----|
| Drikidek* | 1 slice diki di 90 gram | 60 |
| | 1 slice normal di 60 gram | 40 |
| Jello | ½ cup | 19 |
| Jello sugarfree | ½ cup | 0 |
| Lolipop | 1 pida | 16 |
| Maria biscuits | 3 pida | 12 |
| Marshmallow | 1 pida grandi | 6 |
| Pan bolo* | ½ porcion= 100 gram | 40 |
| Quesillo* | 1 punt= 2 porcion | 84 |
| Sultana | 1 paki | 20 |
| Skittles | 1 paki | 56 |
| Tert di pruim* | 1 pida | 70 |
| Ice cream Gelatisimo | 1 baki chikito | 32 |
| Ice cream averahe | 1 scoop= ½ cup | 20 |
| Ice cream no sugar added | 1 scoop | 6 |
| Ice cream pico bello (averahe) | 1 baki chikito | 40 |
| Mc Flurry averahe | 1 porcion | 85 |
| Pudding | 1/2 cup | 23 |
| Soft serve ice cream | ½ cup | 19 |
| Soft ice cream den cone chikito | 1 cone | 29 |
| Sundae averahe | 1 cup | 50 |
| Vla | ¾ cup | 27 |
| Wendy's frosty vanilla | 1 small | 56 |

* *Esaki ta un cantidad di carbohidrato averahe, dependiendo di e receta.*



E cantidad di carbohidrato por diferencia pa marca, pues ta recomendabel pa lesa e label tambe. Check semper e cantidad di carbohidrato indica riba e label di e productonan cu no ta aparece den e tabel.

CHIPS Y NOTEN

| Producto | Cantidad | Carbohidrato(g) |
|-----------------|--------------|-----------------|
| Banana chips | 1/3 cup | 13 |
| Cheetos crunchy | saco chikito | 15 |
| Chips, potato | saco chikito | 15 |
| Doritos | saco chikito | 18 |
| Japanse mix | 1 man | 9 |
| Kroepoek | 1 man | 6 |
| Noten/pinda | 3 cuchara | 10 |
| Popcorn | 1 cup | 11 |
| Veggie sticks | 2 cups | 18 |
| Yucca chips | 10 chips | 12 |

BEBIDA CU TA CONTENE CARBOHIDRATO

| Producto | Cantidad | Carbohidrato(g) |
|-------------------------|-------------------|-----------------|
| Aloe Vera | 1 boter di 500 ml | 16 |
| Capri-Sun | 1 paki | 18 |
| Chuculati pinda | 1 mok di 200 ml | 31 |
| Coconut water Goya | 1 bleki di 350 ml | 18 |
| Coconut water Rex | 1 bleki di 520 ml | 43 |
| Crystal Falls Sparkling | 1 boter di 500 ml | 2 |
| Frapuccino, averahe | 1 grandi di 16 oz | 70 |
| Gatorade | 1 boter di 12 oz | 22 |
| Ice tea | 1 bleki | 27 |
| Juice 100% | 1 glas di 250 ml | 25 |
| Juice light | 1 glas di 250 ml | 10 |
| Kool-Aid | 1 paki | 20 |
| Malta | 1 bleki di 12 oz | 45 |
| Smoothie | 1 glas di 250 ml | 30 |
| Softdrink coke | 1 boter di 20 oz | 63 |
| Softdrink | 1 bleki di 12 oz | 38 |
| Softdrink cora | 1 boter di 20 oz | 73 |
| Syrup | 1 cuchara | 15 |

BEBIDA 0 den CARBOHIDRATO

| Producto | Cantidad | Carbohidrato(g) |
|------------------------------------|----------|-----------------|
| Awa | | 0 |
| Crystal Falls Brise | | 0 |
| Crystal light | | 0 |
| Infused water | | 0 |
| Koffie/thee sin sucu | | 0 |
| La Croix | | 0 |
| Polar Ice | | 0 |
| Softdrink light/diet/zero/no sugar | | 0 |
| Sparkling Ice | | 0 |
| Syrup sugar free | | 0 |

BEBIDA ALCOHOLICO

| Producto | Cantidad | Carbohidrato(g) |
|--------------------|------------------------|-----------------|
| Baileys | 1 glas di 3 oz = 89 ml | 33 |
| | 1 glas di 2 oz = 59 ml | 22 |
| Biña blanco seco | 1 kelki (150 ml) | 1 |
| Biña blanco zoet | 1 kelki (150 ml) | 9 |
| Biña cora, rose | 1 glas di 150 ml | 5 |
| Cerbes | 1 boter di 300 ml | 9 |
| | 1 bleki di 330 ml | 10 |
| Cerbes sin alcohol | 1 boter di 300 ml | 18 |
| | 1 bleki di 330 ml | 20 |
| Champagne | 1 glas di 100 ml | 2 |

PREGUNTA?

Si bo tin pregunta despues di a lesa e foyeto aki, por tuma contacto cu:

Dietista na Hospital
 Tel. 527-4650

Dietista na Centro Diabetico Imsan
 Tel.: 524-8823 / 524-8810



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