

# Keeping yourself well-carbohydrated.



Nutritional Content	Blueberries (1 cup, fresh)	Blueberry Pie (1 slice, homemade)
<b>Calories</b>	<b>81</b>	<b>360</b>
<b>Fat (g)</b>	<b>1 g (unsaturated)</b>	<b>17 g</b>
<b>Carbohydrates (g)</b>	<b>20 g</b>	<b>49 g</b>
<b>Sodium (mg)</b>	<b>9 mg</b>	<b>272 mg</b>

Source: Gebhardt, Susan E., and Robin G. Thomas. 2002, Nutritive Value of Foods. U.S. Department of Agriculture, Agricultural Research Service, Home and Garden Bulletin 72

## Learning to live “carb-smart.”

Since most foods contain carbohydrates, living “carb-smart” means knowing how carbohydrate values vary as part of your healthy eating plan. For example, the chart above shows how the carbohydrate value of blueberries changes when they’re prepared differently—not to mention other things like calories, fats and sodium. Taking the time to learn more about the foods you enjoy can help you make better choices about what you eat and how you prepare it. **That’s time well spent.**

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