

food and diabetes

grocery shopping guidance

understanding diabetes and blood sugar

According to the Dietary Guidelines for Americans, 45-65% of daily calories should come from carbohydrates. Carbohydrates are your body's main energy source and they serve as fuel for your brain. All carbohydrates are broken down by the body into a sugar called glucose, which is then released into the bloodstream (known as blood sugar or blood glucose). Every time you eat, your body converts food into blood sugar. In healthy individuals, blood sugar levels are managed by a hormone called insulin.

Individuals with type 2 diabetes do not make enough insulin or the insulin does not work properly. This causes blood sugar levels to rise, which may result in complications like weakness and blurred vision in the short term and nerve damage and kidney problems in the long term.

how does this relate to food?

For people with type 2 diabetes, blood sugar can be controlled through diet and medication prescribed by a doctor. It is a myth that people with diabetes cannot eat foods with carbohydrates. Since carbohydrates are the body's preferred source of energy, they are essential. What is most important for people with type 2 diabetes:

- The quality of the carbohydrate and the balance of intake throughout the day.
- Planning meals and monitoring blood sugar.
- Working with credentialed healthcare professionals to develop a personalized blood sugar management program.

eating with diabetes

The American Diabetes Association has identified "10 Diabetes Superfoods." These foods received this distinction because they met at least one of the following criteria: they have the type of carbohydrates that do not rapidly increase blood sugar (called low-glycemic foods), they are high in good fats, and/or they have important nutrients like calcium, potassium, and fiber.



BEANS



DARK GREEN
LEAFY VEGETABLES



CITRUS



MILK
& YOGURT



SWEET
POTATOES



BERRIES



TOMATOES



WHOLE GRAINS



FISH HIGH IN
OMEGA-3 FATTY ACIDS

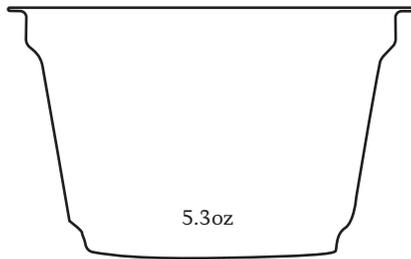


NUTS

comparing food options

It is important to recognize that not all food choices are equal. For example, while yogurt is a “Diabetes Superfood,” not all yogurts are alike. Here is the nutrition information and ingredients of four different vanilla yogurts that you may see on the supermarket shelf.

Option A



110 *calories*
15g *carbohydrate*
12g *total sugars*
0g *fat*
12g *protein*

INGREDIENTS:

Cultured Nonfat Milk, Cane Sugar, Water, Fruit Pectin, Natural Flavors, Guar Gum, Lemon Juice Concentrate, Vanilla Extract

Option B

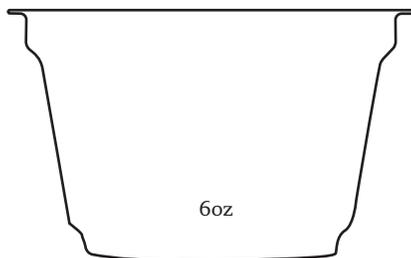


110 *calories*
12g *carbohydrate*
9g *total sugars*
0g *fat*
15g *protein*

INGREDIENTS:

Pasteurized Skim Milk, Organic Agave Nectar, Madagascar Bourbon Vanilla, Fruit Pectin, Live Active Cultures (S. thermophilus, L. delbrueckii subsp. bulgaricus, B. lactis, L. acidophilus, L. delbrueckii subsp. lactis)

Option C

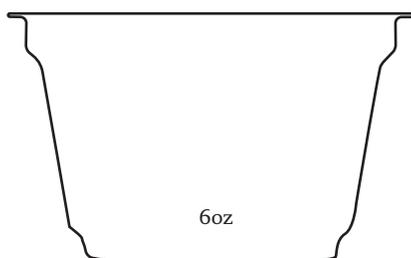


70 *calories*
13g *carbohydrate*
9g *total sugars*
0g *fat*
5g *protein*

INGREDIENTS:

Cultured Grade A Non Fat Milk, Water, Modified Food Starch, Cane Sugar, Contains Less Than 1% Of Kosher Gelatin, Natural and Artificial Flavors, Sucralose, Sodium Citrate, Acesulfame Potassium, Citric Acid, Vitamin A Palmitate, Vitamin D3, Active Yogurt Cultures L. Bulgaricus & S. Thermophilus

Option D



100 *calories*
21g *carbohydrate*
14g *total sugars*
0g *fat*
5g *protein*

INGREDIENTS:

Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Corn Starch, Tricalcium Phosphate, Natural and Artificial Flavor, Potassium Sorbate, Sucralose, Acesulfame Potassium, Vitamin A Acetate, Vitamin D3, Active Cultures including L. acidophilus