How Does Food Affect Your Blood Sugar?

The nutrient that is broken down into blood sugar is carbohydrate

✓ Carbohydrates = Sugar, Starch or Fiber
✓ Only sugar and starch break down into blood sugar
✓ Fiber does not break down into blood sugar.

Food Groups that contain Carbohydrates:

1. Grains: bagels, bread, cereal, pasta, rice, peas, corn, potatoes, crackers, pretzels

2. Fruit and Fruit Juice

3. Milk and Yogurt

4. Sweets and Foods made with sugar
Food Groups that don’t raise your blood sugar:

**Vegetables:** Contain a small amount of carbohydrates

**Proteins:** Do not raise blood sugar, but can slow digestion and prevent a rise in blood sugar

- **Meats:** beef, pork, lamb, poultry, fish
- **Meat Alternatives:** cheese, eggs, peanut butter, nuts, seeds, tofu

**Fat:** Does not raise blood sugar, but can slow down digestion and prevent a rise in blood sugar. Discuss with Dietitian a healthy amount of fat to include daily.

**Foods High in Fat that are Low in Carbohydrates:**

- **Oils, Spreads and Dressings:** butter, cooking oil, cream cheese, gravy, margarine, mayonnaise, salad dressings, sour cream
- **Meats:** high fat meats, luncheon meats, sausages