

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:

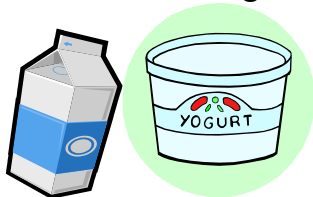
1. *Grains: bagels, bread, cereal, pasta, rice, peas, corn, potatoes, crackers, pretzels*



2. *Fruit and Fruit Juice*



3. *Milk and Yogurt*



4. *Sweets and Foods made with sugar*

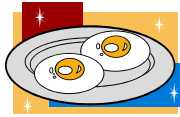


Food Groups that don't raise your blood sugar:

Vegetables: Contain a small amount of carbohydrates



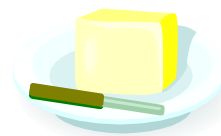
Proteins: Do not raise blood sugar, but can slow digestion and prevent a rise in blood sugar



a. **Meats:** beef, pork, lamb, poultry, fish

b. **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:

a. **Oils, Spreads and Dressings:** butter, cooking oil, cream cheese, gravy, margarine, mayonnaise, salad dressings, sour cream

b. **Meats:** high fat meats, luncheon meats, sausages