

CARBOHYDRATE AND BLOOD SUGAR CONTROL

Foods with carbohydrate or “carbs” give your body the energy it needs to keep you healthy. Some carbs raise your blood sugar quickly. Other carbs raise your blood sugar more slowly.

Carbs that raise your blood sugar slowly are the best kind to eat. Eating too many carbs or too many carbs that raise blood sugar quickly can make it harder for you to control your blood sugar.

Below is a list of some of the many foods with carbohydrate that raise blood sugar slowly. Eating these foods *in the right amounts*, at the right time for your meal plan, can help you control your blood sugar and diabetes.

CARBS THAT RAISE BLOOD SUGAR SLOWLY OR ONLY A LITTLE



Beans/Legumes: baked, black, butter, cannellini, garbanzo, kidney, lima, mung, soy beans; lentils, peas (dried, split)



Beverages: coffee, tea, tomato or 100% vegetable juice (low salt), Slim Fast, all diet beverages



Bread: pumpnickel, sourdough (wheat or rye); corn tortillas

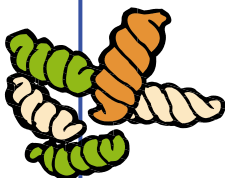


Breakfast cereals: All-Bran, steel-cut oats, Glucerna (all types)

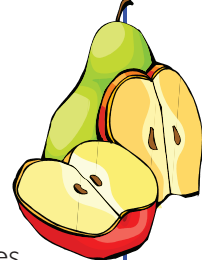


Cookies/Crackers: oatmeal cookie (small) and Ryvita crispbread (only pumpkin seed and oats or sunflower seed and oats)

Dairy: milk (all types), plain and light yogurts

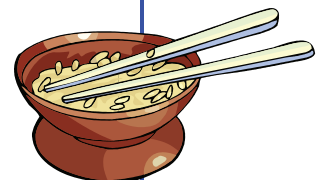


Fruit: apples (fresh & dried), dates, fruit cocktail, grapes, grapefruit, kiwis, mangos, nectarines, oranges, peaches or pears (fresh, dried, or canned in natural juice), plums, prunes, strawberries



Grains: barley, buckwheat, bulgur, quinoa, rye, semolina, wheat berries

Pasta/Noodles: all forms of pasta made from semolina or durum wheat



Rice: Uncle Ben's (all types)

Snack foods: ice cream (all types), nuts (all types), M&M peanuts, Extend bars, NutriSystem bars, SmartZone bars, Snickers bars, and Glucerna bars (all types of all bars)



Vegetables: all non-starchy vegetables except beets, kohlrabi, and rutabega. Also limit or avoid eating white potatoes.



Talk to your doctor, a diabetes educator, or a registered dietitian to learn more about what foods with carbohydrate you can eat to make it easier to control your blood sugar and diabetes.