



## On Call<sup>®</sup> Advisor Sweets and Diabetes

# Sweets and Diabetes

In the past, people with diabetes were advised to avoid food that contains sugar. Now, people with diabetes may continue to enjoy their favorite sweets in moderation, as long as they consider those choices in the total amount of carbohydrate they are eating over the day. Sugars, like all carbohydrates, should be spread evenly over the day as part of a carefully planned diet.

If you are consuming too many “sweets,” you may need to check your blood glucose level to determine whether you are out of the healthy range and then adjust your intake to avoid going too high.



## Reducing Carbohydrates

When adding sweets to your meal plan, consider both the carbohydrate and content of the food you are choosing. You may need to consider a smaller portion to reduce both carbohydrate and calorie intake. For most people, taking about 45 to 60 grams during a meal is about the right amount. Remember, serving sizes make a difference.

### Carb-containing foods include:

- Bread
- Juice
- Crackers
- Potatoes
- Milk
- Rice
- Yogurt
- Fruits
- Corn
- Peas

# Sugar Substitutes

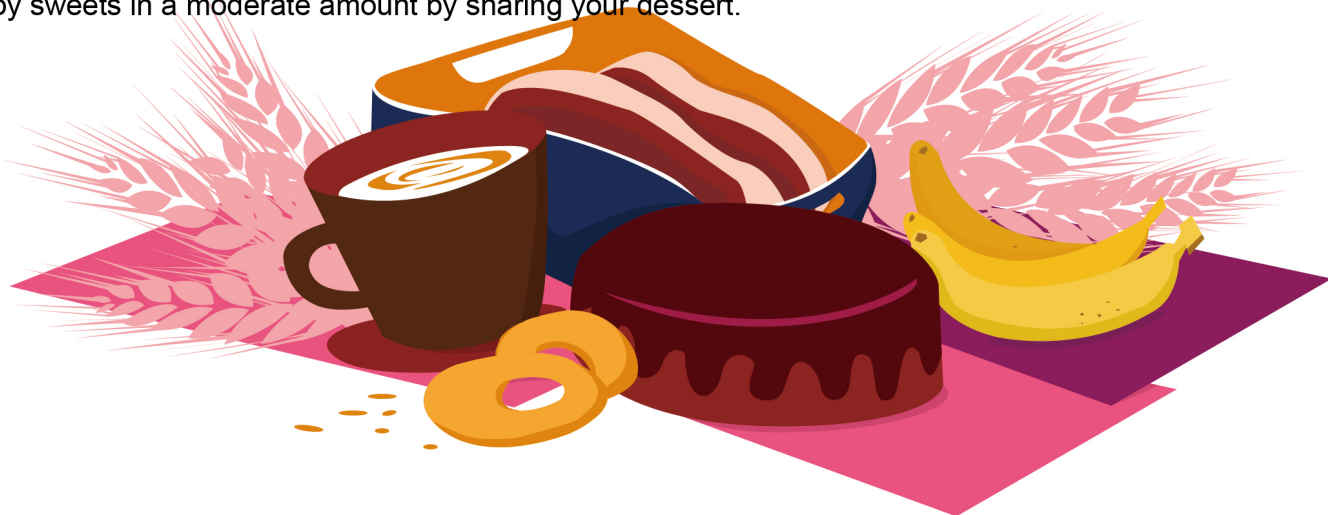
Many sugar substitutes are available and may be used in moderation as well. Foods that are sweetened with a sugar substitute are not necessarily low in calories. It is important to read and understand the information on food labels to determine how a food item can fit into your daily meal plan.



## How to Limit Your Sweets?

Having diabetes does not mean you have to avoid all sweets; the key tip is to limit the amount that you eat. Saving sweets for a special occasion is the best way to allow yourself to focus on the meal plan. That way, your diet can include more nutritious food such as vegetables, beans, whole grains, non-fat dairy, fish and lean meats.

If you tend to overeat on sweets and desserts, then you should avoid buying them at the store. Instead, plan to have desserts when you go out to eat. Other than sharing with others your regular dish, you can also enjoy sweets in a moderate amount by sharing your dessert.



This information is a general guideline for sweets and diabetes. If you have other questions, please contact your healthcare provider or dietitian for detail suggestions.