

CARBOHYDRATES IN THE DIABETES MEAL PLAN

Carbohydrates are your body's main energy source. During digestion, the two main types of carbohydrates (sugars and starches) break down into blood sugar, which is the “gasoline” your body cells burn to give you energy and prevent low blood sugar.

When you have diabetes about one half of your daily calories should come from these healthy carbohydrates, but this can vary.

- Fruits
- Vegetables
- Whole grains
- Legumes
- Low-fat milk and yogurt

If you have type 2 diabetes, try to eat about the same amount of carbohydrates every day, spaced somewhat evenly at your three main meals. It is best to consult with a registered dietitian who can design a meal plan with the right amount of carbohydrates at meals and snacks for you!

Sucralose, Saccharin, Aspartame and Acesulfame K

These sugar substitutes are all approved for use by the Food and Drug Administration (FDA). They are calorie-free and sugar-free and thus safe for people with diabetes when used in normal, everyday amounts. When choosing any sugar substitutes, it is very important to read the “Nutrition Facts” on the food label and to follow the advice of your registered dietitian (RD).

Sorbitol and Mannitol

Sorbitol and mannitol contain about one-half the carbohydrate that is found in table sugar in the form of sugar alcohol. This is not the type of alcohol found in wine, beer and other spirits! They may have a lesser effect on your blood sugar levels than table sugar and are included on the nutrition label as carbohydrates. Depending on how much you eat, your RD may ask you to count some of the sugar alcohol grams in your total carbohydrate intake for that meal. You will typically find sorbitol and mannitol in cookies, candy and desserts.

Xylitol

Xylitol is a natural sweetener found in many fruits and vegetables and is categorized as a sugar alcohol. **Ideal™** no calorie sweetener is made with xylitol and touch of sucralose, and is FDA-approved. **Ideal™** tastes, looks and measures like sugar and is more than 99% natural...and has no calories in a one teaspoon serving size. It also has a low glycemic index. **Ideal™** dissolves completely in hot and cold beverages and keeps in sweetness in baking and cooking. The results of recent studies showed that xylitol reduces dental cavities and gum disease when used regularly. And in a study in Finland, children who regularly received xylitol had far fewer inner

ear infections, as it hindered the growth of harmful bacteria. Note: although very safe for humans, please do not give your pets xylitol due to the very different metabolism animals have.

The Bottom Line on Sugar Substitutes

Foods and beverages which contain 20 or less calories and 5 or less grams of carbohydrate per serving can be considered a “free food” when one serving is eaten. If more than one serving is eaten ask your RD how to count the food in your meal plan.

Your health is your wealth! Protect it as if it were gold!

<p>These guidelines are not meant to replace the medical care and advice of your physicians and/or other healthcare providers. See your doctor regularly.</p>
