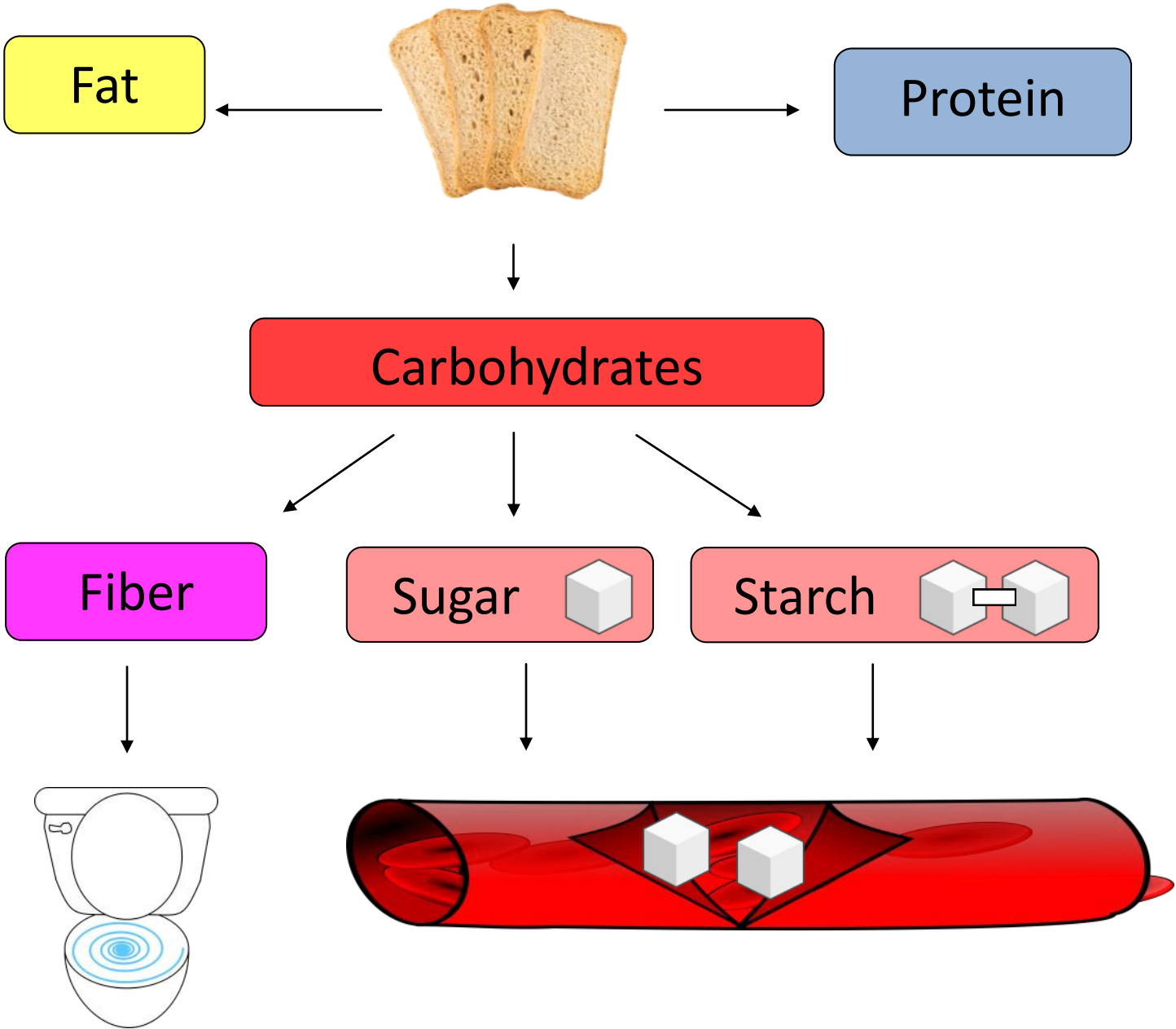


# How does food affect my blood sugar?



## Nutrition Facts

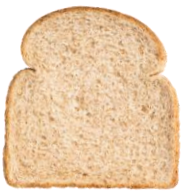
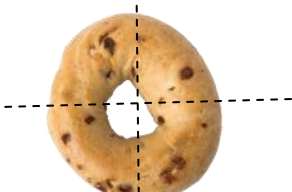
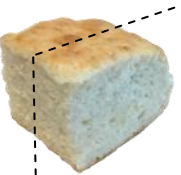




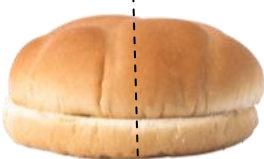

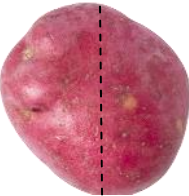








Per 4 crackers (20 g)

Amount	% Daily Value
<b>Calories</b> 90	
<b>Fat</b> 2 g	<b>3 %</b>
Saturated 0.3 g + Trans 0 g	<b>2 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 90 mg	<b>4 %</b>
<b>Carbohydrate</b> 15 g	<b>5 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %

# Foods that Raise Blood Sugar **Slowly**

3-4 choices for a meal

0-1 choices for a snack

 1 Slice of Bread	 1/4 Bagel	 Bannock 1/2 portion	 2/3 cup cereal	 1/2 cup corn
 1/2 English muffin	 1/2 cup cooked pasta	 1/2 hamburger bun	 1/3 cup rice	 1/2 med potato
 1 small apple	 15 grapes	 1/2 cup canned fruit	 2 cups strawberries	 1/2 large banana
 1 cup milk	 1 cup yogurt (flavored, low fat, artificially sweetened)	 1/2 cup chickpeas, kidney beans or lentils		

# Raise Blood Sugar **Quickly**

 10 potato chips	 2 packaged chocolate chip cookies
 10 French fries	 1/2 cup chocolate milk
 1/2 chocolate bar	 5 large jellybeans
 1/3 cup of pop	 1/2 cup juice

**Foods that Raise Blood Sugar VERY Quickly**

# Foods that DO NOT change blood sugar

## Vegetables (fresh, frozen or canned)



Lettuce



Cabbage/Coleslaw



Broccoli



Peppers



Green Beans



Cucumber



Celery



Carrots



Peas

## Meat and Alternatives



Fish (canned or fresh)



Wild meat or beef



Eggs



Chicken or other poultry



Cheese



Nuts or nut butters

## Oils and Fats Limit to 2 Tablespoons per day. Choose more liquid oils.



Sour cream



Salad Dressing



Butter or Margarine



Canola vegetable or olive oil



Coffee Whitener

## Choose drinks that do not contain sugar



Water



Sparkling Water



**Sugar-Free** or  
**Diet Pop**



**Sugar-Free** or **Diet**  
**Drink Crystals**



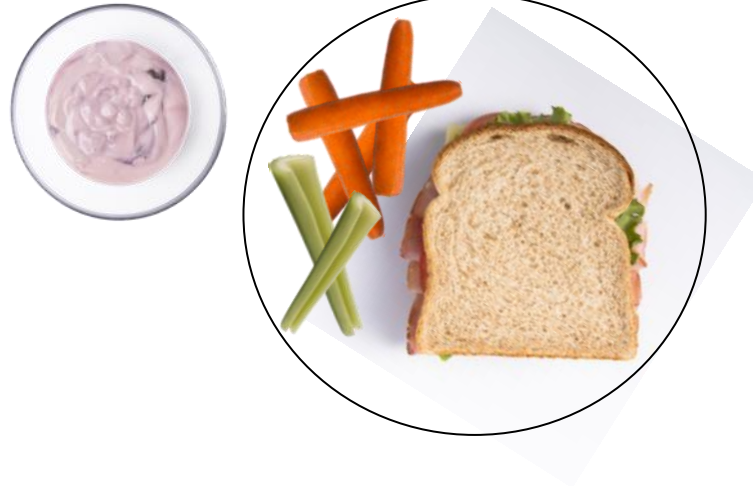
Black Coffee or Tea



# Planning meals to Manage Blood Sugar (Choose up to 4 carb choices)



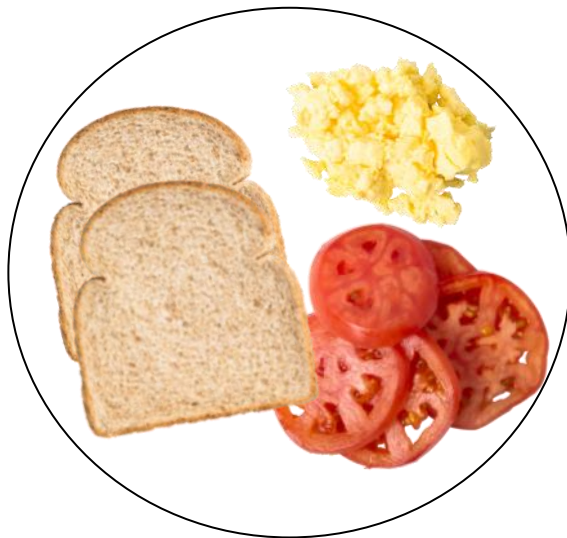
1 and 1/3 cup cereal = 2 carb choices  
1 cup of milk = 1 carb choice  
1 serving fruit = 1 carb choice



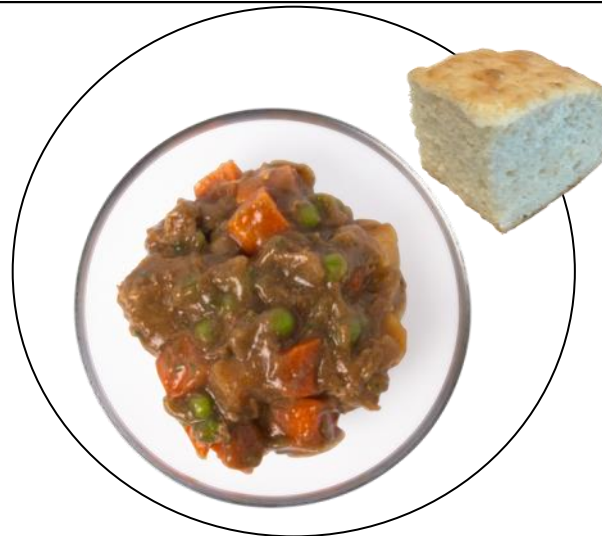
2 Slices bread = 2 carb choices  
1 cup fruit flavored yogurt (no sugar added) = 1 carb choice



1 cup rice = 3 carb choices



2 slices toast = 2 carb choices



1 piece bannock (1" x 2" x 2") = 2 carb choices  
1/2 cup potatoes (in the stew) = 1 carb choice



1 and 1/2 cup spaghetti noodles = 3 carb choices