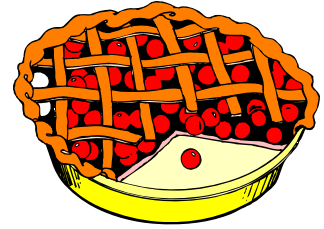


Diabetes & Carbohydrates



What is it?

*Carbohydrates- Sugars, Starches, Fiber



How Much Can I Use?

Type I Diabetes:

*Premeal Insulin Dose- adjust Carbohydrate Content of Meal/Carb Counting

*Fixed Doses of Insulin- Consistency day to day is very important; same amount each meal each day, use canola or olive oil

Type II Diabetes:

*Weight Maintenance- replace Carbohydrates with monounsaturated fats to reduce after meal blood sugars and high blood fats

*Carbohydrates & Monounsaturated Fats- together should be 60-70% of energy intake



Facts:

*Glycemic Response to Foods- varies a lot due to: 1-Amount of Carbohydrate, Type of Sugar (fructose, glucose, lactose, sucrose); 2-Cooking and Food Processing (degree of starch gelatinization, cellular form, particle form); 3-Nature of starch (amylopectin, amylose, resistant starch); 4-Food form and components (fat, natural substances that slow digestion as lectins, phytates, tannins, starch-protein, starch-lipid combinations)

*Total Amount of Carbohydrate- is important as well as the source or type

*Fructose- lower postprandial response when it replaces starch or sucrose in the diet, not recommended; fruits, vegetables and other foods are alright to use

*Sugar Alcohols- produce a lower postprandial glucose response to fructose, glucose, and sucrose; usage safe but may cause diarrhea in children

-FDA approved Sugar Substitutes- acesulfame potassium, aspartame, saccharin, sucralose



What can I do?

*See your Physician

*See RD for help as needed

*See FFF RD on line for help

*Increase- Whole Grains, Fresh Fruits, Fresh Vegetables; Olive, Peanut or Canola Oil