Diabetes & Carbohydrates

What is it?

- **Carbohydrates**- Sugars, Starches, Fiber

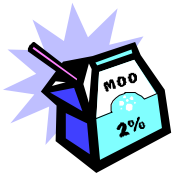
What are Type I and Type II Diabetes?

- **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 gelantinization, cellular form, particle form); 3-Nature of Starch (amylopectin, amylase, 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
- 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 Health Care Provider-**
- **See a Registered Dietitian or a FoodFitnessFirst.com Registered Dietitian**- on line for help

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