



Carbohydrates and Diabetes

What is a Carbohydrate?

Carbohydrate is the main part of food that affects your blood sugar levels. Foods that contain carbohydrate raise your blood sugar. Carbohydrates are found in:



Dairy



Fruit



Grains



Starch Vegetables



Chumus



Which Foods Don't Raise My Blood Sugars?

Foods that contain mostly **protein or fat** do not raise your blood sugar levels. **Most vegetables** also do not raise blood sugars because they are so **high in fibre**.

Carbohydrates	Protein	Fat
Bread, Bagels, Buns Pasta, Noodles Cereals, Oatmeal Crackers Rice, Couscous Starchy Vegetables (<i>Potato, Corn</i>) Fruit Milk, Yogurt Legumes (<i>Kidney Beans, Lentils</i>)* Ice Cream, Fruit Juice, Soda Sugar, Honey, Candy, Cookies	Chicken, Beef, Pork, Deer Fish, Seafood Eggs Tofu, Soy Nuts, Seeds Peanut Butter (<i>natural</i>) Hard Cheese Cottage Cheese Greek Yogurt Legumes (<i>Black Beans, Lentils</i>)*	Oils (<i>Olive, Canola</i>) Avocado Mayo Butter Bacon* Salad Dressing Coconut Cream Cream Cheese

*Contains both carbohydrate and protein

Vegetables Are High In Fibre

- Most vegetables will not raise your blood sugars, and they contain fibre which can help to lower your blood sugars. Fibre also helps with heart health.
- Try to include 1-3 of these vegetables at lunch and dinner: **broccoli, cauliflower, lettuce, cucumber, peppers, tomato, onion, mushrooms, cabbage, spinach, green beans, sprouts, zucchini, radish, bok choy, green beans, snow peas, nettles.**



Glycemic Index

Glycemic Index (GI) shows how slowly or quickly a food will raise blood sugar levels. A **Low GI** diet can help with diabetes, appetite, and support a healthy heart.

Food	Low GI Foods	Medium GI Foods	High GI Foods
Breads	Pumpernickel Bread Whole Grain Bread* Corn Tortilla <i>*Aim for 5g of fibre per slice or more</i>	Whole Wheat Bread Rye Pita Sourdough Bread White, High-Fibre Bread Taco Shells	Bagel Kaiser Roll White Bread Scones Baguette Gluten free, <i>multigrain/white</i>
Cereals	Oatmeal, rolled Steel Cut Oats All Bran™ Bran Buds + Psyllium™ Oat Bran™ Red River™	Cream of Wheat Muesli, natural Instant Oats Barley Porridge Puffed Wheat™	Bran Flakes Corn Flakes Cream of Wheat, Instant Rice Krispies™ Grape-Nut Flakes™ Cheerios™ Shredded Wheat™ Special K™ Raisin Bran™
Grains	Quinoa Barley Buckwheat Pasta Wild Rice	Couscous Basmati Rice White Long Grain Rice Brown Rice Rice Noodles Pasta (<i>Boiled for 20 min</i>)	Jasmine Rice Instant Rice
Starchy Vegetables	Sweet Potato, Yam Legumes: Lentils, Pinto, Chickpeas, Soy Beans	Potato, New Potato, Nicola Corn	Potato, Russet Potato (white), Red Skin French Fries
Fruit	Berries, Cherries, Orange, Peach, Pear, Apple, Plums, Kiwi	Banana (small) Pineapple Papaya	Dates Raisins
Cookies, Crackers, Snacks	Hummus	Stoned Wheat Thins™ Ryvita™ Popcorn	Graham Cracker Corn Chips Rice Cakes Soda / Rice Crackers Melba Toast Pretzels

