

Diabetes

Nutritional Approach

Sweeteners	Commercial Names	Acceptable Daily Intake*
Acesulfame potassium (Ace-K)	• Sweet One™ • Sunett™	15 mg/kg
Aspartame	• Equal™ • NutraSweet™	40 mg/kg
Cyclamate	• Sucaryl™	11 mg/kg
Saccharine	• Hermesetas™	5 mg/kg
Sucralose	• Splenda™	9 mg/kg

* ADI: Amount of sweetener that can be consumed daily, based on weight.

Watch your sweetener intake because it can increase sugar cravings. Furthermore, foods and beverages claiming to be "diet" often have very little nutritional value. Instead, eat healthy foods that contribute to your daily nutritional intake.

Eat smart and eat healthy. It is one of the best things you can do for yourself.

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Diabetes affects the body's ability to use insulin, a hormone that allows the body to turn glucose (sugar) into energy. Diabetics either cannot produce insulin or cannot properly use the insulin produced, resulting in a build-up of glucose in the blood. Measures to help control blood sugar include:

Timing

Eat three meals a day, at about the same time every day (not more than six hours apart), and eat balanced snacks throughout the day to stabilize blood sugar.

Be active

Physical activity will help you achieve a healthy weight, stabilize blood sugar and prevent other complications linked to diabetes.

Guardian



Control your weight

Reaching and maintaining a healthy weight can help you better control your diabetes and reduce your need for medication and insulin.

Reduce sugar intake

Blood sugar levels are linked to the amount of sugar in your diet. It is therefore important to reduce the quantities consumed.

Balanced approach to eating

Work with a dietitian who will assess your eating habits and customize a nutrition plan based on your medication and the severity of your illness.

Soluble Fibre

Soluble fibre slows the absorption of sugar into the bloodstream, reducing blood sugar levels and lowering blood cholesterol. Oats, oatmeal, buckwheat, barley, legumes, flaxseed, apples, and pears are rich in soluble fibre.



Healthy and Unhealthy Fats

Your doctor may recommend reducing your fat intake. Trans fats and saturated fats should be eliminated, leaving only healthy fats. Avoiding unhealthy fats is not easy as they are found in most foods.

Products that contain healthy and unhealthy fats include:

Healthy Fats	Unhealthy Fats
• Canola oil • Olive oil • Hazelnut oil • Sesame oil • Natural peanut butter • Non-hydrogenated margarine • Nuts and seeds	• Butter • Deli meats • Cream • Fatty cheeses • Hydrogenated vegetable oil • Hard margarine • Chicken skin • Creamy dressings

Sugars and Sweeteners

Many sugar substitutes are on the market. Aspartame was the first sweetener to become a household name. It was quickly followed by several others, all of which have one common goal: provide sweetness while having little or no calories. Today, they are widely used throughout the food industry to make products labelled "reduced sugar" or "diet". These products are worth considering if you are diabetic since sweeteners do not increase or have little influence on blood sugar levels. Some claim that sweeteners are carcinogenic. The Canadian Cancer Society states that there is no evidence to support this claim, and that consuming a reasonable amount of sweetener is safe.