



## TIPS FOR MANAGING YOUR DIABETES

Having diabetes can change a lot of things—the way you eat, the way you monitor your health, and the activities you choose. But diabetes doesn't have to control your life. You can take control of diabetes by focusing on healthy eating and activity, and by checking your blood glucose level and taking medication, as needed.

### What should I eat?

Your doctor or diabetes educator knows best. But some general guidelines hold true for most people with diabetes.

1. Don't skip meals.
2. Limit intake of excess sugars in foods.
3. Limit alcohol.
4. Limit total fat, and saturated fat. (Saturated fats are solid, or almost solid, at room temperature).
5. Choose carbohydrates that have a low glycemic index.

### What's a glycemic index?

You know that different foods affect your blood sugar in different ways. The glycemic index, or GI, is a number that describes the type of carbohydrate in foods and indicates its ability to raise your blood glucose levels. Foods with low GIs enter into your bloodstream slowly and evenly, to keep your energy levels balanced and you feeling less hungry. In contrast, foods with high GIs enter your bloodstream more quickly and push your body to extremes.

### How does the glycemic index relate to diabetes?

Carbohydrates are usually the foundation of a healthy diet, but not all carbohydrates are the same. Choose carbohydrates that have a low glycemic index and will not cause your blood sugar to quickly rise and fall. Following is a chart to show you the numerical values that are considered low, medium, and high.

#### Glycemic Index Categories

|                       |              |
|-----------------------|--------------|
| Low GI Value          | <55          |
| Intermediate GI Value | 56-69        |
| High GI Value         | 70 or higher |

Let's compare foods with low GIs to those with high GIs.

| Low GI Value   | Intermediate GI Value  | High GI Value   |
|--|--|---|
| Artichoke <15<br>Asparagus <15<br>Avocado < 15<br>Broccoli <15<br>Cauliflower <15<br>Celery <15<br>Cucumber <15<br>Eggplant <15<br>Green beans <15<br>Lettuce, all varieties <15<br>Low-fat yogurt, artificially sweetened <15<br>Peanuts <15<br>Peppers, all varieties <15<br>Snow peas <15<br>Spinach <15<br>Young summer squash <15<br>Zucchini <15<br>Tomatoes 15<br>Cherries 22<br>Peas, dried 22<br>Plum 24<br>Grapefruit 25<br>Pearled barley 25<br>Peach 28<br>Canned peaches, natural juice 30<br>Dried apricots 31<br>Soy milk 30<br>Baby lima beans, frozen 32<br>Fat-free milk 32<br>* M&M's Chocolate Candies,<br>Peanut 32<br>Low-fat yogurt, sugar sweetened 33<br>Apple 36<br>Pear 36<br>Whole wheat spaghetti 37<br>Tomato soup 38<br>Carrots, cooked 39<br>* Mars Snickers Bar 40<br>Apple juice 41<br>All-Bran 42<br>Canned chickpeas 42<br>Custard 43<br>Grapes 43<br>Orange 43<br>Canned lentil soup 44<br>Canned pinto beans 45<br>Macaroni 45 | Canned kidney beans 52<br>Kiwifruit 52<br>Orange juice, not from concentrate 52<br>Banana 53<br>* Potato chips 54<br>* Pound cake 54<br>Special K 54<br>Sweet potato 54<br>Brown Rice 55<br>Canned fruit cocktail 55<br>Linguine 55<br>Oatmeal cookies 55<br>Popcorn 55<br>Sweet corn 55<br>Muesli 56<br>White rice 56<br>Orange juice from frozen concentrate 57<br>Pita bread 57<br>Canned peaches, heavy syrup 58<br>Mini shredded wheats 58<br>Bran Chex 58<br>Blueberry muffin 59<br>Bran muffin 60<br>Cheese pizza 60<br>Hamburger bun 61<br>* Ice cream 61<br>Kudos Whole Grain Bars (chocolate chip) 61<br>Beets 64<br>Canned apricots, light syrup 64<br>Canned black bean soup 64<br>Macaroni and cheese 64<br>Raisins 64<br>Couscous 65<br>Quick-cooking oatmeal 65<br>Rye crispbread 65<br>* Table sugar (sucrose) 65<br>Canned green pea soup 66<br>Instant oatmeal 66<br>Pineapple 66<br>Angel food cake 67<br>Grape-Nuts 67<br>Stoned Wheat Thins 67<br>American rye bread 68<br>Taco shells 68<br>Whole wheat bread 69<br>Life Savers 70 | Golden Grahams 71<br>Bagel 72<br>Corn chips 72<br>Watermelon 72<br>Honey 73<br>Kaiser roll 73<br>Mashed potatoes 73<br>Bread stuffing mix 74<br>Cheerios 74<br>Cream of Wheat, instant 74<br>Graham crackers 74<br>Puffed wheat 74<br>Doughnuts 75<br>French fries 76<br>Frozen waffles 76<br>Total cereal 76<br>Vanilla wafers 77<br>Grape-Nuts Flakes 80<br>Jelly beans 80<br>Pretzels 81<br>Rice cakes 82<br>Rice Krispies 82<br>Corn Chex 83<br>Mashed potatoes, instant 83<br>Cornflakes 84<br>Baked potato 85<br>Rice Chex 89<br>Rice, instant 91<br>French bread 95<br>Parsnips 97<br>Dates 103<br>Tofu frozen dessert 115 |

| Low GI Value  | Intermediate GI Value            | High GI Value |
|---|----------------------------------|---------------|
| Pineapple juice 46<br>Banana bread 47<br>Long-grain rice 47<br>Parboiled rice 47<br>Bulgur 48<br>Canned baked beans 48<br>Grapefruit juice 48<br>Green peas 48<br>Oat bran bread 48<br>* Chocolate bar, 1.5 oz 49<br>Old-fashioned oatmeal 49<br>Cheese tortellini 50<br>* Low-fat ice cream 50 | Melba toast 70<br>White bread 70 |               |

**What does this mean for me?**

As you keep track of what you eat, use this chart to find out whether the carbohydrates you choose have a low, intermediate, or high glycemic index. Look for ways to substitute carbohydrates with low glycemic indices for those with high glycemic indices.