

Transcript

From A for avocado to Z for zucchini, and everything in between, food choices today are endless.

The three basic nutrients found in foods are protein, fat and carbohydrate. Your body needs all three to remain healthy and strong. But the nutrient that has the greatest effect on your blood glucose is carbohydrate.

When you have diabetes, your goal is to keep your blood glucose in a healthy range. One important skill to help you reach that goal is to learn to recognize carbohydrates.

Carbohydrates can be found in a wide variety of foods such as starches, like breads, bagels, cereals, pastas, rice and whole grains; fruits and fruit juice; vegetables and beans; dairy products including milk, yogurt and ice cream; candy; desserts like cakes, cookies, pies and pastries; and snack foods including crackers, chips and pretzels.

Here's a pretty typical meal you may have had. Can you pick out the food choices that will raise your blood glucose? If you chose the glass of milk, brown rice, side salad, and piece of cake, you know your carbohydrates.

The chicken breast is a protein. The oil and vinegar salad dressing is a fat. Neither of these will raise your blood glucose.

Now, what if you choose to eat a fruit salad for dessert instead of cake and a diet soda instead of milk? Diet soda contains no carbohydrates so it will not raise your blood glucose. But it doesn't give you any nutrients either. The fruit salad will still raise your blood glucose because, although healthier than the cake, fruit contains carbohydrates.

Your blood glucose will rise whenever you eat carbohydrates, whether the carbohydrates are found in fruit, or cake, or bread, or cereal or potato chips. But how much can depend on the food, so enjoy all the possibilities carbohydrates have to offer, while treating yourself to the nutritious choices more often.