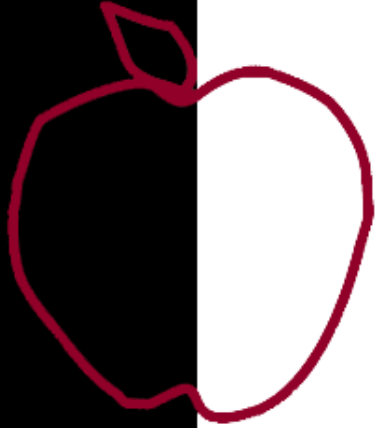


U SING SUGAR IN MODERATION



Sugars are simple carbohydrates that come in many forms. Common sources are table sugar, honey, molasses, syrup or corn sweeteners (sucrose), sugar from fruit (fructose), and sugar from milk (lactose).

Sugars and many foods containing large amounts of sugars have calories but little nutrition. These foods often contain fat, which should also be eaten in moderation. Eating sugar does not cause diabetes, but eating too much can lead to unhealthy weight gain. Sugars or any carbohydrate that sticks to the teeth can lead to tooth decay.

READING FOOD LABELS

On a food label: 5 grams of sugar = 1 teaspoon of sugar. Sugars listed under the food label's Nutrition Facts are the sugars that occur naturally in the food (fructose, lactose), along with those that are added during processing.

TIP: Carefully read labels on “sugar-free foods.” Some of these foods, such as desserts and candies, have the same amount of total carbohydrate and calories as the original product.



IF YOU HAVE DIABETES...

The key to managing diabetes is to balance your total carbohydrate intake with your insulin (what your body makes or what you take) and exercise. Carbohydrates include:

- starches (bread, cereal, rice, pasta, potatoes, dry beans, corn, peas)
- simple sugars found in fruit and milk, and
- simple sugars added to foods during processing

Foods that contain added sugars, such as cookies and cake can be substituted or exchanged for other carbohydrate foods in the diet. **It is not healthy to regularly give up foods from the starch, fruit and milk group for desserts.** Your dietitian can help you decide what is right for you.

TIP: A food containing 15 grams of carbohydrate, e.g., 1 tablespoon sugar/honey can be exchanged or swapped for 1 starch exchange, 1 fruit exchange or 1 milk exchange. Each exchange contains 15 grams of carbohydrate. When cooking with sugar, reduce sugar by 1/3 to 1/2.

The following list shows a 15 gram carbohydrate portion for several desserts that contain a moderate amount of sugar. Remember many of these also contain fat that adds additional calories.

FOOD	SERVING SIZE	EXCHANGES/SERVING
Angel food cake, unfrosted	1/16th cake	1 carbohydrate
Brownie, small, unfrosted	2 inch square	1 carbohydrate, 1 fat
Cake, unfrosted	2 inch square	1 carbohydrate, 1 fat
Cookie, fat-free	2 small	1 carbohydrate
Cookie, sandwich style with creme filling	2 small	1 carbohydrate, 1 fat
Gingersnaps	3	1 carbohydrate
Granola bar	1 bar	1 carbohydrate, 1 fat
Ice cream	1/2 cup	1 carbohydrate, 2 fats
Ice cream, light	1/2 cup	1 carbohydrate, 1 fat
Ice cream, fat-free, no sugar added	1/2 cup	1 carbohydrate
Yogurt, frozen, low-fat, fat-free	1/3 cup	1 carbohydrate, 0 - 1 fat
Yogurt, frozen, fat-free, no sugar added	1/2 cup	1 carbohydrate
Vanilla wafers	5	1 carbohydrate, 1 fat

DIFFERENCE BETWEEN CARBOHYDRATE (CARB) CHOICES OF FOODS WITH SUGAR VERSUS COMPARABLE SUGAR-FREE FOODS

INSTEAD OF...	CARB CHOICES	CAL	TRY...	CARB CHOICES	CAL
SWEETENERS					
Sugar, honey, molasses (1 Tbsp)	1	50	Sugar substitute (aspartame or saccharin or acesulfame K), such as Sweet 'n Low®, Equal®, Sunette®	free	0
Regular pancake syrup (2 Tbsp)	2	100	Artificially sweetened dietetic syrup (less than 20 cal/2 Tbsp)	free	0
Light pancake syrup (2 Tbsp)	1	50			
Regular or fruit spread jam, jelly, preserves, marmalade (1 Tbsp)	1	50	Dietetic/Low sugar jam, jelly (2 tsp)	free	0
SWEETENED DRINKS					
Regular soft drink (12 oz)	3	150	Diet soft drink	free	0
Sweetened drink mix (12 oz), such as lemonade, tea	2	120	Sugar-free tea, lemonade	free	0
DAIRY PRODUCTS					
Chocolate milk (8 oz)	2	150	Sugar-free chocolate milk mix (1tsp) (free) + 1 c skim milk	1	100
Regular hot chocolate (1 pkt)	1 1/2	100	Sugar-free hot chocolate (1 pkt)	1/2	50
Regular pudding (1/2 c)	2	140	Sugar-free pudding (1/2 c)	1	70
Regular sweetened yogurt (8 oz)	3	250	Light yogurt sweetened with Nutra-Sweet™ (8 oz)	1	100
Instant Breakfast Mix	2	130	Sugar-free Instant Breakfast Mix (pkt-no milk)	1	70
CEREALS					
Sugar-coated cereal (3/4 c)	1 1/2	120	Unsweetened cereal (3/4 c)	1	80
FRUIT					
Sweetened canned fruit (1/2 c)	1 1/2	90	Juice-packed canned fruit (1/2 c)	1	60
GELATIN					
Regular flavored gelatin (1/2 c)	1	80	Sugar-free flavored gelatin (1/2 c)	free	0

EXAMPLE OF WAYS TO SUBSTITUTE LOWER SUGAR FOODS FOR SUGAR SWEETENED FOODS*

SUGAR SWEETENED FOODS			LOWER SUGAR FOODS		
FOOD	CARB CHOICES	CALORIES	FOOD	CARB CHOICES	CALORIES
BREAKFAST			BREAKFAST		
Regular fruit yogurt (8 oz)	3	250	Light yogurt sweetened w/ Nutra Sweet® (8 oz)	1	100
Frosted Flakes (1c)	2 1/2	150	Corn Flakes (1c)	1 1/2	100
Toast (1)	1	70	Toast (1)	1	70
Jelly, regular (1 Tbsp)	1	50	Jelly, low sugar (1 Tbsp)	1/2	25
Milk, 2 % (1/2 c)	1/2	60	Milk, 2 % (1/2 c)	1/2	60
Coffee w/ 1 Tbsp sugar	1	50	Coffee w/ artificial sweetener	free	
MEAL TOTAL	9	630	MEAL TOTAL	4 1/2	355
SNACK			SNACK		
Coffee w/ 1 Tbsp sugar	1	50	Coffee w/ artificial sweetener	free	
LUNCH			LUNCH		
Ham, lean		140	Ham, lean		140
Mayonnaise, fat-free (1 Tbsp)		10	Mayonnaise, fat-free (1 Tbsp)		10
Bread (2 slices)	2	160	Bread (2 slices)	2	160
Fruit, syrup packed (1/2 c)	1 1/2	90	Fruit, juice packed (1/2 c)	1	60
Ice cream, vanilla (1/2 c)	1	130	Sugar-free Popsicle (1.75 fl oz)	1/4	20
Cola (12 oz)	3	150	Diet Cola (12 oz)	free	
MEAL TOTAL	7 1/2	680	MEAL TOTAL	3 1/2	420
SNACK			SNACK		
Cola (12 oz)	3	150	Diet Cola (12 oz)	free	
DINNER			DINNER		
Regular flavored gelatin (1/2 c)	1	80	Sugar-free flavored gelatin (1/2 c)	free	
Chicken Breast (3 oz)		165	Chicken Breast (3 oz)		165
Potato, baked (1 medium)	2	160	Potato, baked (1 medium)	2	160
Carrots (1/2 c)		25	Carrots (1/2 c)		25
Roll (1)	1	80	Roll (1)	1	80
Diet margarine (2 Tbsp)		90	Diet margarine (2 Tbsp)		90
Sugar sweetened lemonade (12 oz)	2	120	Sugar-free lemonade (12 oz)	free	
MEAL TOTAL	6	720	MEAL TOTAL	3	520
SNACK			SNACK		
Regular pudding (1/2 c)	2	140	Sugar-free pudding (1/2 c)	1	70
TOTAL CHOICES	28 1/2	2370	TOTAL CHOICES	11	1335

** This day example demonstrates how selecting sugar-free foods will save approximately 1000 calories (18 carb choices), which could result in a 2 pound per week weight loss.*

