

## **Concentrated Sweets**

These foods are high in simple sugars. They must be substituted for other foods in the diet and in limited amounts.

### **DAIRY**

- Condensed milk
- Chocolate milk
- Hot chocolate
- Instant breakfast
- Sweetened yogurt
- Yogurt with fruit
- Milkshake

### **ICE CREAM**

- Ice milk
- Sherbet
- Popsicle

### **BAKERY/CEREAL**

- Sweet rolls
- Danish
- Doughnut
- Sweetened cereals

### **DESSERTS**

- Cake
- Cookies
- Candy
- Jell-O
- Pudding

### **DRINKS**

- Tang
- Hawaiian punch
- Pre-sweetened kool-aid
- Sweetened fruit juice
- Regular soft drinks
- Sweetened tea or coffee

### **CONDIMENTS**

- Jelly
- Jam
- Syrup
- Honey
- Sugar

### **MISCELLANEOUS**

- Chewing gum
- Mints
- Syrup-based medicines

There are sugar free products for some of these foods. They must still be worked into the diet.

## It's Not Just the Sugar

You may have thought, "If I just don't eat sweet stuff, I'll be OK." But that is not really the answer in diabetes. Good nutrition in diabetes means balancing out the food you eat and your exercise at every meal and every snack every day.

What does that really mean? That means eating the same kinds of food at each meal and the same amount. For example, if your usual lunch is a ham sandwich and an apple, you could also choose spaghetti and meatballs and a glass of juice. Spaghetti is the same kind of food as bread and meatballs are the same as ham. Juice is the same as an apple. There are lots of other possibilities. But, all of these will work best if you keep the amount the same from day to day.

This is called **consistency**. Keeping things the same from day to day. This is one of the most important things in diabetes. **Consistency** in food groups (bread or spaghetti), **consistency** in amount (one piece of ham or one meatball), and **consistency** in timing (having dinner at the same time each night). This will keep the balance between food and insulin.

But, children often have different amounts of exercise from one day to the next. One day it's beautiful outside and everyone is riding bikes all afternoon. The next day it rains and everyone watches television. Monday, Wednesday and Friday its desk-work in the classroom and Tuesday and Thursday its PE class. With different amounts of exercise, the amount of food must be adjusted. More exercise means more food. Less exercise means less food.

With this type of eating, sugar and sweets can be WORKED into the diet. This does not mean having a treat on top of your usual meal or snack, but rather SUBSTITUTING the treat for part of the meal or snack. Keeping your food consistent and balanced with your exercise is still the key to good blood sugar control.

You are an individual. Whether you eat big meals or small meals, whether you eat you meals early or eat your meals late, whether you eat meat or are a vegetarian, **consistency** in all you do related to your diabetes will help you the most!