

Good Carbs

Your doctor has told you that you have diabetes. When you have diabetes, certain foods cause your blood sugar to be high. These foods are called carbohydrates or carbs. So how do you know which carbs are good?

To pick the right carbs you will need to read food labels. Make sure that all bread and cereal products are made with “whole wheat” or “whole grain.” Skip anything simply labeled “wheat” or “brown.” And don’t eat food made with white flour.

Fruit and vegetables are always good options. You should try to limit how much fruit you eat. Fruit has natural sugar in it. Pick fruit that is high in fiber or water. Apples and berries are high in fiber. Melons are low in calories and full of water. Try an avocado or a tomato. These fruits are packed with vitamins. Peaches and citrus fruit are loaded with natural sugars and should be lower on your list of fruits you choose.

Vegetables are a perfect snack and meal option. They are high in fiber and naturally low in calories and sugars. There is an exception! This exception is starchy vegetables, such as corn and potatoes. Stay away from those or eat them in small portions once in awhile.

Use whole wheat flour when baking. If you like bagels, pick a whole grain bagel. If you like rice, pick brown rice or wild rice. Oatmeal is always good too. If you like pancakes, try making oatmeal pancakes with whole wheat flour.

Try food that mixes protein and carbs like chick peas, black beans, even fat free vegetarian refried beans.

If you’re really out to cut carbs from your diet, try adding some protein to any snack. Use a slice of cheese. Add a tablespoon of peanut butter. Grab a slice of turkey.

Always be sure to watch your portion size. Portions should not be larger than your fist.

Source: American Diabetes Association