

Diabetes Myths or Truths?



The fat in foods raises your blood sugars.

It's False!

Fat does not raise your blood sugar.

The fat in foods does not directly raise blood glucose. A large amount of fat in a meal can slow the rise of your blood sugar. When eating a lower-fat meal, you might see the peak in blood sugar **1 to 2 hours** after you start eating. When eating a high-fat meal, you might see the peak in blood sugar **3 to 4 hours** after.

Everyone should watch how much “**Bad**” fat they eat, as it can affect their heart health. But, people with diabetes should especially be watchful. Eating foods high in **saturated** and **trans fats** can put you at risk of having heart disease. It is best to eat more healthy fats – such as **monounsaturated** and **polyunsaturated**--they provide you with the “**Good**” fats. Still, you should watch that you limit how much fat, **Good** or **Bad**, you take in. So, be careful not to go overboard with good fats.

Monounsaturated fats are found in **olive oil, canola oil, some nuts and seeds, avocados, and peanut butter.**



Polyunsaturated fats are found in the healthy omega-3 and omega-6 fatty acids, which is found in fish and some nuts. Polyunsaturated fats are found in fish such as **salmon, trout, flaxseed, walnuts** and **sunflower seeds**. It is best to eat more monounsaturated **and** polyunsaturated fats instead of the “bad” fats -- saturated and trans fats.



Saturated and trans fats raise the “**bad cholesterol**”, or **LDL**, and lower the “**good cholesterol**”, or **HDL**. They are found in foods that come from animals -- **lard, butter, cheese, meat**. They are also in the plants like **palm oil**. Our daily caloric intake should contain **less than 10 % saturated fat**.



Trans-fats are put into processed foods so they last longer and include **partially hydrogenated oils**. Today, you see labels marketing “**no trans fats**.” The closer to **zero trans fats** you eat, the better off you will be.



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Cinnamon lowers blood sugar.

It's a Maybe! It's a possibility that cinnamon lowers blood sugar.

Regular ground cinnamon and cinnamon sticks were used in studies to test if cinnamon lowered blood sugars. The

studies found that having 1/2 teaspoon a day **may** lower your blood sugar. There is still more research to be done, and as of right now the use of cinnamon has not become part of medical use and treating diabetes. But it sure is tasty to use.



People with diabetes can eat pasta.

It's true! People with diabetes **can** eat pasta.

Some pastas are healthier than others. **Whole grain pasta** can keep your blood glucose from spiking up due to the **fiber** it has. It also has more nutrition

than regular refined flour pasta.

Whole grains move through the digestive tract slower compared to refined pasta and can keep you full longer.

When buying whole grain foods, check the label carefully: The **first ingredient** should be a **whole grain**, such as whole wheat or whole semolina.

One Serving equals to **15 grams** of carbohydrate. Remember to read the label for the **Serving Size**. **One serving** of cooked pasta will be about $\frac{1}{3}$ cup.