

# Diabetes in Disguise:

## Discovering Secret Sources of Sugar

### ***How to Find Sugar on a Food Label***

On a Nutrition Facts Label, sugars will be called “carbohydrates”

The term “carbohydrates” is an umbrella term for all types of sugar

**You can find Total Carbohydrates here on the nutrition label. No need to subtract sugars. They're already in the Total Carbohydrates**



<b>Nutrition Facts</b>			
Serving Size 1 Cup Cherries (138g / 4.9oz)			
Amount Per Serving			
Calories 87	Calories from Fat 2		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 0mg	0%		
<b>Total Carbohydrates 22g</b>	<b>7%</b>		
Dietary Fiber 3g	12%		
Sugars 18g			
Protein 1g			
Vitamin A 2%	Vitamin C 16%		
Calcium 2%	Iron 3%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

### ***Why Must You Count Carbohydrates?***

Carbohydrates can cause a rise in blood sugar  
Counting carbohydrates can help normalize a diabetic's blood sugar levels

One carbohydrate choice is 15 g of carbohydrate (range: 11-20 g)

Many adults should eat between 11 and 19 carbohydrate choices per day

This is 3-5 choices at each meal with 1-2 at each snack

That's 3 meals per day with 2 snacks

### ***What Foods Have Carbohydrates?***

Buns  
Breads  
Pasta  
Fruit

Dairy products  
Nonstarchy vegetables  
Starchy vegetables

Candies  
Desserts

### ***What about Alcohol?***

Moderate amounts of alcohol with food have no immediate effect on blood sugar levels in persons with either type 1 or 2 diabetes

A person should not exceed 2 drinks/day for men or 1 drink/day for women

If alcohol intake is excessive, blood sugar levels can increase

Everyday alcohol abuse can cause a loss of glucose control

*Niagara County Office for the Aging Nutrition Education Program 438-4030*