

Eating to Control Your Blood Sugar

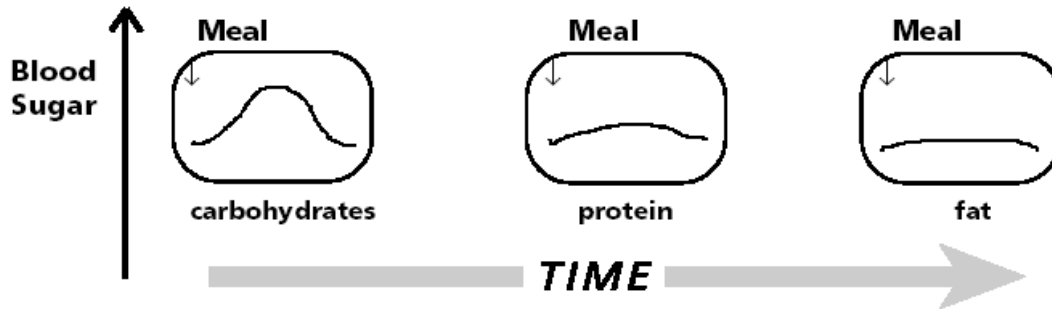
Tips for CF Patients

How can I keep my blood sugar under control and still manage to gain weight?

You need to continue to eat 3 well-balanced meals and 2-3 snacks every day. The key is to choose the foods that you eat wisely!

What foods raise your blood sugars?

As you can see from the graphs below, carbohydrates have the most effect on blood sugars. Proteins and fats have little influence on your blood sugars.



Examples of carbohydrates:

- Grains/starches – bread, rice, pasta, cereal
- Fruits – fresh fruit, canned and dried fruit, fruit juice
- Starchy vegetables – potatoes, corn, peas, legumes, and squash
- Dairy – milk and yogurt
- Sweets – desserts, candy, and sweetened beverages

Examples of proteins:

- Meats – beef, chicken, turkey, fish
- Tofu and/or soy products
- Eggs
- Cheese

Examples of fats:

- Butter, margarine, oil, and salad dressings
- Mayonnaise
- Nuts and seeds (including peanut butter!)
- Avocado and olives

Does this mean that I can't eat carbohydrates?

NO! Your body needs carbohydrates for energy and many important nutrients. The best strategy is to combine carbohydrates with either proteins or fats to slow down their absorption and limit the effect on blood sugar.

It is also beneficial to eat around the same time each day, spacing your meals and snacks so you never go more than 2-3 hours without eating. This will keep your blood sugar and energy levels steady throughout the day.

The following guidelines will help you:

- Limit all sweetened beverages (regular soda, sweet tea, Kool-Aid, Gatorade, Powerade, Vitamin Water, juices, and chocolate milk) to with meals, so the proteins and fats in your meal can balance out the sugars.
- In between meals, drink only water, flavored water (Fruit₂0 or Dasani flavored water), diet soda, Crystal Light, sugar-free Kool-Aid, low-sugar sports drinks (Propel, G2, or Powerade Zero), or tea made with Splenda.
- Eat a variety of foods at each meal and snack, especially foods high in fat and protein. Both fat and protein will keep the carbohydrates in your meal from being absorbed too quickly.
- Fruits and fruit juices contain natural sugar, and can raise your blood sugar if you drink large amounts. If you have fruits, have them as part of a meal or with other proteins or fats (such as cheese slices or peanut butter) for a snack. If you want to drink juice, have only a small amount (4-6 ounces) with a meal.
- If you want to have dessert or some candy, have it as part of a meal, rather than by itself. The other foods in your meal will keep the sugars in your treat from being absorbed too quickly.
- Try to have snacks that are high in calories, but balanced in carbohydrates, fats and proteins. Some examples:

Instead of:	Try these better snack choices:
Sugar only candy (Starburst, Skittles, Jolly Ranchers, Blow Pops, Sweet Tarts, Sprees, Runts, etc.)	Reese's peanut butter cups, Snickers, or a Butterfinger with whole milk
Popsicles or fruit bars	Ice cream sandwich or Drumstick, milkshake, or brownies or cookies with whole milk
Chips, pretzels, crackers	Chips and cheese dip, pretzels with peanut butter or Nutella, crackers with cheese, trail mix
Fruit	Peanut butter and banana sandwich, apple with cheese slices, or berries with whipped cream or ice cream on top
Dry cereal	A bowl of cereal with milk or cereal mixed into yogurt