

Sugar and Diabetes

Life is sweet.
Keep it balanced.

Carbohydrates, fat and protein are nutrients found in food and beverages that provide the body with calories. Carbohydrates affect blood glucose the most, making them an important factor in the management of diabetes. All carbohydrates are broken down in the body to simple sugars (glucose, fructose and galactose). Sugars and fiber are classes of carbohydrates.

Carbohydrates are found in dairy products, grains, fruits and vegetables. They are also present in greater amounts in starchy vegetables like beans, corn, peas, potatoes and squash.

Sweets have carbohydrates, too. These should be eaten occasionally and in small amounts within carbohydrate and calorie goals.



Portion Control

Portions for discretionary calories

It's a common myth that people with diabetes have to avoid sugar entirely. Sweets in moderation and nutritious foods with added sugars can be part of a healthy diet, as long as the total carbohydrates fit within their daily goals.¹

No measuring cups in sight? Use these everyday items instead!



1/2 cup
Ice cream



Lightbulb = 1/2 cup



1 oz
Dark chocolate



Pair of dice = 1 oz



1 tbsp
Jam, sugar, maple syrup or honey



Tip of thumb = 1 tbsp

Portion control tips

Keep portions in check with these tips and tricks!



Use smaller plates and bowls for meals and snacks.



Serve yourself using a measuring cup to know exactly how much is going on your plate.



Keep food off the counters and in your pantry. Out of sight, out of mind.

1. American Diabetes Association. Know your facts about diabetes. Available at: <https://diabetes.org/about-diabetes/diabetes-myths>. Accessed March 1, 2024.