

Diabetes: I Can Have Cake?!

Carbohydrate counting is the “new” method for eating well with diabetes. It has been taught for the past 10 years to both experienced and new diabetics. And yes, you can have cake!

Studies have found that all carbohydrates raise your blood sugar equally. Usually cake, rice, pasta, and bread come to mind first. However, carbohydrates are naturally found in fruits, milk, and some starchy vegetables (peas, corn, potatoes & beans). This natural sugar provides the sweetness and starchy texture.

Carbohydrate counting is similar to balancing a checkbook. Each person learns how much they have to spend as an individual per meal. How you spend it is *your* decision. There are no forbidden foods—cake, potatoes, real pudding are all options. However, everything has a price tag based on the amount of carbohydrates it has. This is not a license to eat whatever you want. It is a license to make *your own choices* and keep your diabetes in control.

Avoiding certain foods still works best for some people. If you have a hard time saying “no” to that second or third cookie, then not even starting may be the best choice for you. As the general rule of thumb, knowing yourself is the best place to start.

Our menus now show the total number of carbohydrate choices at the bottom of each day. Each carbohydrate choice is worth 15 grams of carbohydrate. If you need the total grams of carbohydrates, multiply by 15. This is not the amount of sugar; it is the amount of total carbohydrates, including fiber, starches, and sugar.

Carbohydrate counting is the new standard for managing diabetes through proper nutrition. If you would like to learn carbohydrate counting or how to improve your blood sugar levels, call 231-755-0434 to make an appointment with Lisa Roosien, the Registered Dietitian. Appointments are on an individual basis and are at Nutritional Services, 1540 W Sherman Blvd, Muskegon MI 49441. Call for more details.