





## Fibre

Fibre does not raise blood sugar levels. High-fibre foods, such as whole grain breads, some cereals, legumes and many fruits and vegetables, help to slow the rise in blood sugar after a meal and thus are beneficial for blood sugar control. Fibre-rich foods also lower blood cholesterol levels, reduce the risk of heart disease and are useful for weight control since they contribute to you feeling full.

## Fat

Fat is found in foods such as oils, butter, margarine, nuts and seeds as well as in meats, some milk products and some snack foods. Dietary fat does not raise blood sugar levels. But that doesn't mean a high-fat diet would be appropriate for diabetes management and overall health. In fact, a high-fat diet can increase your cholesterol levels and raise your risk of heart disease, which is already higher if you have diabetes. Eating a high-fat diet often contributes to extra calories and might also make it more difficult to lose weight and maintain a healthy body weight.

## Protein

Protein does not raise blood sugar levels. In fact, protein has an important role in blood sugar management. Protein-rich foods, such as meat, seafood, poultry, cheese, eggs, peanut butter and nuts, help to slow down the release of carbohydrate-rich foods into the blood stream, thereby preventing fast surges in blood sugar. Protein is also helpful in weight control since protein-rich foods are slow to digest and contribute to the feeling of fullness.

## Top 3 nutrition strategies for managing healthy blood sugars:

1. Marry carbs and protein together
2. Eat every three to five hours
3. Get picky about portions

## Consider the following serving-size suggestions:

- Fruits and grains/starches, such as cereal, pasta, rice and potatoes: choose an amount up to the size of your fist at a single meal.
- Protein, such as meat, chicken and poultry: choose an amount up to the size of the palm of your hand and the thickness of your little finger at a single meal.
- Vegetables: choose as much as you can hold in two hands.

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