



NO CONCENTRATED SWEETS

The following guidelines are for individuals who need to avoid sugar and those foods containing large amounts of sugar. These foods are referred to as concentrated sweets.

Limiting concentrated sweets in your diet can help to control blood sugar levels.

IMPORTANT POINTS TO REMEMBER

- Eat at least three meals, evenly spaced throughout the day. Avoid long periods without food. A snack may be needed at night.
- Try to achieve and maintain your desirable weight.
- Eat a balanced diet by including foods from each food group — fruits and vegetables, breads and cereals, meat, fish or poultry, dairy products, and fats.
- Include more high fiber foods — whole grain products, fresh fruits and vegetables.
- The following foods are sources of concentrated sweets and should be avoided:
 - Sugar, honey, jams, jelly, fruit spreads, molasses
 - Syrups (maple, corn, pancake syrup)
 - Candy, regular chewing gum
 - Regular gelatin, pudding, custard
 - Sherbet, water ice, ice cream, frozen yogurt
 - Frosted cakes, cookies, pastry, pies, sweet rolls, sweet breads, doughnuts
 - Beverages such as tonic which contain sugar or corn syrup, frappes, milkshakes
 - Chocolate or flavored milk, eggnog, fruited or flavored yogurt
 - Condensed milk
 - Fruits canned in syrup
 - Fruit drinks, fruit nectars
- Artificial sweeteners and artificially sweetened foods are available — gelatins, syrups, yogurts, jellies, jams, etc. Discuss their use with the dietitian.
- Beware of "dietetic" products. They may be lower in sodium, fat or calories, but not necessarily low in sugar.