

A Guide to Sugars and Diabetes

Understanding the impact of different sweeteners on blood sugar levels is crucial for people with diabetes. It's important to understand how different sweeteners uniquely impact your own glucose levels.

Natural Sugars

Found in fruits, honey, maple syrup, and milk.

- **Impact on Blood Sugar:** Can raise blood sugar levels, especially when consumed in excess.
- **Tips for Consumption:** Consume in moderation and pair with fiber-rich foods to slow sugar uptake.

Artificial Sweeteners

- **Common Types:** Aspartame, sucralose, saccharin, and stevia.
- **Impact on Blood Sugar:** Generally, artificial sweeteners do not impact blood sugar levels.
- **Considerations:** While artificial sweeteners can be a helpful tool for people with diabetes, it's important to consume them in moderation and be aware of potential side effects.

Tips for Choosing Sweeteners

- **Read Food Labels:** Pay attention to the ingredient list and nutrition facts to identify added sugars.
- **Opt for Unsweetened Options:** Choose unsweetened beverages, yogurt, and other products.
- **Use Natural Sweeteners in Moderation:** While natural sugars are less processed than refined sugar, they still affect blood sugar levels.
- **Consult with a Healthcare Provider:** Discuss your specific dietary needs and any concerns with your doctor or registered dietitian.

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