

Diabetes Food Myths

True or False?



Eggs automatically raise your cholesterol

False! Eggs do not automatically raise cholesterol.

People with diabetes can safely eat a few eggs a week. Aim for

no more than one egg a day, and no more than four eggs per week.

Prepare eggs healthfully: The best way to cook is to scramble eggs in a nonstick pan, using a healthy liquid oil or oil spray, or poach them in water. If you fry an egg in butter, you will be adding saturated fat. Consider instead frying an egg with a bit of vegetable, olive or coconut oil.

Consider how eggs fit with your other food choices. If you're a meat eater, you have to consider eggs as another "meat," in terms of cholesterol. The cholesterol is in the egg yolk, so you can eliminate cholesterol by eating just the egg white. Scramble the egg white or make an egg white omelet with vegetables. Also, you can safely use egg substitutes in baking recipes or to make an omelet.

Mayonnaise is another source of cholesterol. It is made with the egg yolk. If you like to prepare your

sandwiches or salads with mayonnaise look for **reduced-fat** varieties or **try other low-fat options** such as mustard. As always, remember to **practice portion control** and eat a balanced diet.



Sherbet is a healthier choice than ice cream or frozen yogurt.

False! Sherbet is not necessarily better than ice cream or frozen yogurt.

Low-fat Frozen yogurt and ice cream are both dairy products, so they have bone-building calcium, as well as, protein. However, they can also contain a lot of sugar and fat.

Sherbet can fool us because we think that it's made from fruit, but sherbet is basically sugar -- there's very little of anything else in it.

Your best choices for frozen treats are **low-fat** frozen yogurt, **no-sugar-added** ice cream, or **light** ice cream, which tend to be lower in carbohydrate and fat.

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High-fructose corn syrup causes diabetes

False! High-fructose corn syrup does not cause diabetes.

Consuming high-fructose corn syrup is not the only factor in the development of type 2 diabetes. However, it is used to sweeten many prepared and commercial foods and regular sweetened beverages. Consuming too many foods with high-fructose corn syrup will likely cause weight gain. It is excess weight, along with your family history and few other risk factors that can cause pre-diabetes and type 2 diabetes.

Check the ingredients to see if a food contains high-fructose corn syrup to help limit the amount of you take in. Also, check to see how far down on the ingredient list it is. Ingredients are listed in order of quantity used. It is best **NOT** to have it be one of the first ingredients.

High-fructose corn syrup is often used as a sweetener in:

- regular soda
- candy
- pancake syrup (that is not pure maple syrup)
- sweetened cereals
- fruit-flavor yogurt
- frozen treats
- pasta sauces



People with diabetes can't drink alcohol

False! People with diabetes can drink alcohol **in moderation**.

However, if you take medications and have other medical issues that might interact with alcohol, check with your health care provider as a precaution.

Moderation is defined no more than two drinks a day for men and one drink a day for women. One drink is defined as:

- 12 ounces of beer
- 5 ounces of wine
- 1.5 ounces of hard liquor (distilled spirits)

The biggest concern about alcohol intake is the possible low blood sugar (hypoglycemia) several hours after drinking, if you take one or more blood glucose-lowering medications that can cause low blood sugar. To prevent hypoglycemia when you drink alcohol, eat some food along with it.

Remember: **People who should not drink alcohol at all** include pregnant women and people with medical problems such as:

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True or False?

- high levels of triglycerides
- advanced diabetes nerve problems
- current or past alcohol addiction
- pancreatitis