

SUGAR SWAPS

Sugar is a carbohydrate. There are 2 main types:

- **Natural** – fruit and milk
- **Added** – in the manufacturing process. This type of sugar is not necessary for a healthy diet and causes a high spike in blood glucose (BG). Therefore, foods containing added sugar makes diabetes very difficult to manage. Foods include: sweets, ice cream, biscuits, cakes, drinks etc

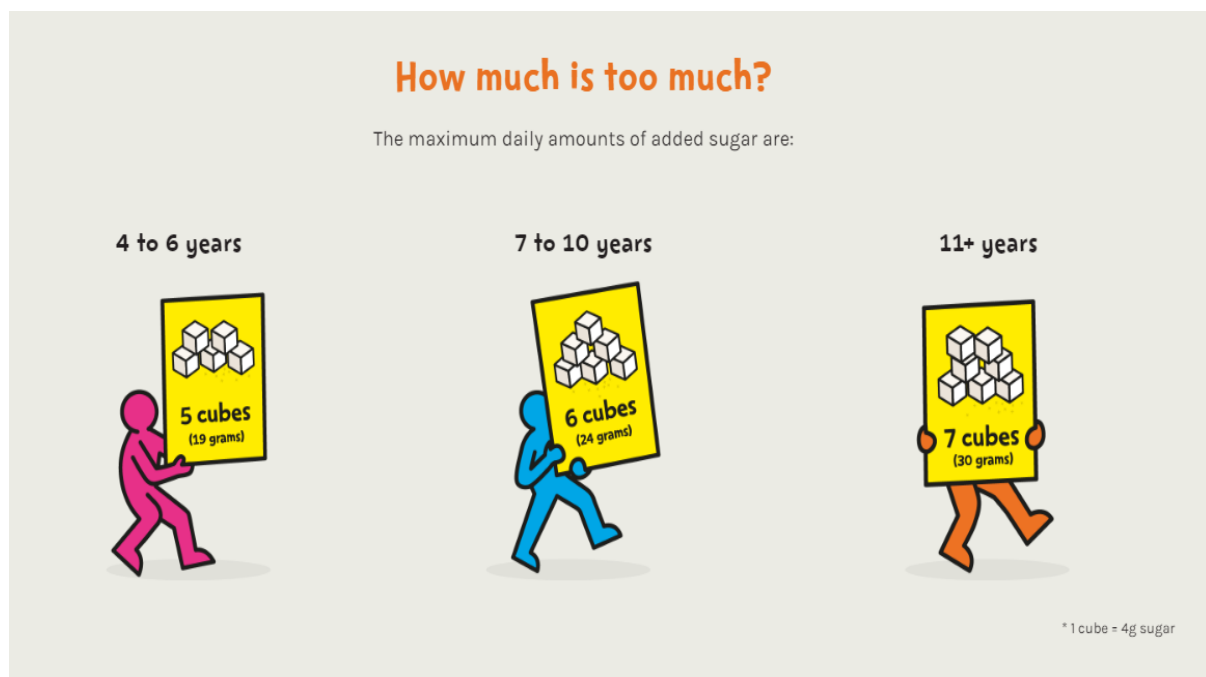
Added sugar is not always labelled as 'sugar'. Common names for added sugars include:

Glucose, maltose, fructose, molasses, sucrose, dextrose, honey, jaggery, invert sugar, syrups (glucose, corn, fructose, maple)

A diet high in added sugar can increase the risk of:

Obesity - Sugar is good at giving us energy (calories) but contains no other nutritional goodness, (vitamins, mineral, fibre). If we eat a high sugar diet but do not use the calories, this can cause weight gain. This may, in turn, increase the risk of Type 2 Diabetes.

Tooth decay – high sugar attacks the enamel that protects teeth. For more information, speak to your dentist.



Sugar in Breakfast cereals

- Waking up hormones and growth hormones are both high at this time of the day.
- Both can make the insulin work harder.
- You may need **more** insulin than you would at other times of the day and your insulin could work **slower** too.
- This means that foods that digest faster will more likely cause a rapid rise in blood glucose (BG) which we call a 'breakfast spike' so the type of foods you choose are important - slowly digesting carbohydrates are the best choices.

Please see our leaflet 'Reduce the Spike' and this video:
<https://www.digibete.org/strike-the-breakfast-spike/>

Juice or not to juice?

- Pure fruit juices and smoothies contain free sugars, and it's easy to consume a lot of fast digested carbohydrates all at once which causes your BG to rise very rapidly, even if you have carb counted and given insulin
- It's better to eat whole fruit as it contains more fibre and is unprocessed so it digests slower. Try fresh or dried fruits on your cereal or pancakes



















Beware of the breakfast bar/biscuit

- Breakfast cereal bars/biscuits are not always the healthy option -they are often full of added sugar which will cause a sharp rise in blood glucose - ask the team for a copy of our healthier breakfast bar swap.
- For a healthier 'on the go' breakfast, grab some fresh fruit and a handful of nuts instead

New Ideas:

- Topping wholegrain or seeded toast with scrambled eggs, poached egg or egg bhurji (spicy scrambled egg)
- Mashed avocado, cottage cheese, grilled tomatoes and mushrooms are also great choices on toast or with pitta
- Overnight oats with fresh fruit, natural yoghurt and nuts or no added sugar nut butters
- Homemade granola (<https://www.digibete.org/strike-the-breakfast-spike/>)
- Use fresh/dried fruit to sweeten high fibre breakfast cereal instead of honey or sugar

Breakfast Swaps

Old Breakfast Choice		New Breakfast Choice
<p>Jam, Honey etc</p> 		<p>Mashed banana or no added sugar nut butters, cream cheese</p> 
<p>Nutella</p> 		<p>Meridian/Pip & Nut choc spread</p> 
<p>White bread/toast etc</p> 		<p>Wholemeal, granary & seeded breads and rolls</p> 
<p>White rotis/chapattis</p> 		<p>Wholemeal (make with wholemeal flour)</p> 
<p>Granola's</p> 		<p>Homemade granola with nuts and seeds (see link above)</p> <p>And low sugar granola</p> 
<p>Sugary cereals</p> 		<p>High fibre/wholemeal cereals eg porridge, overnight oats, shredded wheat, ready brek</p> 

Sugar content of cereals and effect on blood glucose (BG)

- Choose a cereal that has the least effect on BG.
- Avoid all the breakfast cereals that cause a high spike in BG
- 4g = 1 teaspoon

Cereal	No. of teaspoons in 50g bowl	Effect on BG spike
Weetabix	0.5	LOW
Porridge	less than 1	LOW
Alpen No Added Sugar Alpen	2	LOW

Ready Brek	less than 1	MEDIUM
Shredded Wheat	less than 1	MEDIUM
Bran Flakes	nearly 2	MEDIUM
Mornflake Classic Muesli	2.5	MEDIUM







Cornflakes	1	HIGH
Rice Krispies	1	HIGH
Rice Krispies – Multigrain/Special K	2	HIGH
Cheerio's	2.5	HIGH
Alpen Original	2.5	HIGH
Crunchy Nut Granola/ Cheerio's Honey Loops/Cookie Crisp	nearly 3	HIGH
Fruit and Fibre	3	HIGH
Golden Grahams	over 3	HIGH
Krave	3.5	HIGH
Coco Pops	over 4	HIGH
Crunchy Nut Cornflakes	4.5	HIGH
Frosties	nearly 5	HIGH











Sugar in drinks

- In liquid form, sugars are absorbed into the bloodstream extremely fast causing rapid spikes in blood glucose. Even when insulin is given with these drinks, your blood glucose will still rise rapidly.
- Fruit juices contain natural sugars which will still cause a rapid rise in your blood glucose
- We do not recommend fruit juice drinks or drinks containing added sugar (unless treating a hypo)
- Milk should not cause such a spike in blood glucose but will still require insulin when consumed as a drink or on breakfast cereals etc.
- Water is the best choice and can be flavoured with slices of lemon, orange, fresh mint leaves, cucumber or ginger.

Drinks swaps

Tsps = teaspoons

PRODUCT	SWAP TO	PRODUCT
	<p>Milkshakes (McDonald's, medium) to Crusha no added sugar</p> <p>17 tsps → 4 tsps (from milk)</p>	
	<p>Monster to zero version (500ml)</p> <p>15 tsps → 0 tsps</p> <p>(16yrs+ only – not recommended due to very high caffeine levels)</p>	
	<p>Coke and other fizzy pop brands, eg Fanta, 7Up, Lucozade etc to diet/zero version (500ml)</p> <p>13 tsps → 0 tsps</p>	

	<p>Hot chocolate (bought from coffee shop or full sugar powdered versions to Highlights or Options – make with water)</p> <p>10 tps → 1 tps</p>	
	<p>Ribena to Ribena light (500ml)</p> <p>6 tps → ½ tps</p>	
	<p>Latte coffee to Americano coffee (medium size)</p> <p>4 tps → 0 tps (black)</p> <p>4 tps → 1 tps (from milk)</p>	
	<p>Fresh fruit juice to sugar free cordial (150ml)</p> <p>3 tps → 0 tps</p>	
	<p>Flavoured water to sugar free versions (500ml)</p> <p>3 tps → 0 tps</p>	

Yoghurt and Dessert Swaps

- You can still enjoy desserts and other sweet foods when you have diabetes
- It is always useful to check your blood glucose 2 hours after eating a sweet food to see how your body responds.
- Some desserts will raise blood glucose very quickly and should be avoided where possible, eg cakes, biscuits, puddings, sweets, chocolate and pastries
- Fruit is a healthiest sweet treat at the end of a meal – don't forget to carb count it though!

Tip:

Low sugar food: 5g or less per 100g

High sugar food: 22.5g or more per 100g

Sugar per 100g	Suggested
5 -10g	Best choice
10 -15g	Occasionally
15g+	Avoid

Dessert swaps to benefit all the family!

Dessert	Swap to	Dessert
	Yoghurt desserts eg fruit corners, chocolate yoghurt etc – plain low fat yoghurt with fresh/frozen or dried fruit to sweeten	
	Jelly to sugar free jelly	
	Ice cream to frozen yoghurt	
	Ice cream bars/lollies to homemade sugar free cordial lollies	
	Milk chocolate to dark chocolate – try with nuts	
	Sweeten homemade cakes/biscuits with fruit or xylitol	

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