Complementary Blog Post: 4 Foods to Avoid For Diabetics

Subject: Learn to Find Hidden Sugar When You’re Diabetic

[firstname],

Being Diabetic isn’t a life sentence to boring meals for the rest of your life. It means that you’ve got to be more aware of what you eat and the packaging that it comes in.

If you’re used of eating fast food and ready made freezer meals you might have to change your approach to dinner. These types of food contain hidden sugar and salt.

In order for companies to keep their products on the shelf they have to preserve it. How do you think that is done? Usually preserving means adding more sodium to the meals. They don’t want to put food out there is tastes like salt and so that is where sugar comes in. They need to mask the taste of the preserving and so they add sugar.

By making the same exact meal that came in the box you’ll be reducing both your sodium and sugar. Not only that, but it’ll taste a lot better. You can change it up to include ingredients that you like or take ones out that you don’t care for.

You might not even be aware that you are eating sugar because sometimes it won’t say sugar on the label. You need to learn how to spot when any type of sugar is added.

Here are a few other ways companies add sugar to your diet: maple syrup, high fructose corn syrup, cane juice, honey, corn syrup and anything with the “ose” at the end. These can include Sucrose, Dextrose, Lactose, Fructose, Glucose and Maltose.

Sugar isn’t just in the cookies, cakes and donuts that you buy. You can also get them in canned products like soups, spaghetti mixes and many boxed items. Dairy can also have sugar, so keep on the lookout for it in there. Yogurt is a great example.

You’ll also want to be aware of the sugar substitutes or sugar alcohol. Even though products say that they are sugar free or low sugar, does not mean they don’t have a sweetener of some type in them. Usually this is sugar alcohol and there are people whose systems do not do well with these substitutes.

We’ve complied a few more foods to avoid when you’re a diabetic in our blog post. Check it out here.

LINK

You might be surprised by a few of the items on the list.

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