Complementary Blog Post: 5 Desserts for Diabetics

Subject: Ways to Find Desserts That Diabetics Can Eat

[firstname],

One major difference when you’re a diabetic diet versus other diets is the fact that you have to watch the sweets and sugars that you consume. You can’t let your blood sugar get too high otherwise there could be consequences. That doesn’t mean you have to give up all desserts and treats though. You’ve just got to learn which ones you can eat.

When you’re buying desserts that are made in the store or pre-packaged you’ll have to read the label. Companies use sugar to preserve the foods, so even if whatever you are buying isn’t a sweet you’ll still need to read the labels to make sure there isn’t any hidden sugar.

Also take a look and see if the cookies, cake or donuts have a sugar-free, reduced sugar or no sugar added option. There are some companies that do offer desserts – you’ve just got to look for them.

Here are a few desserts or treats that you can indulge in if you’re diabetic. Try some granola with fruit. The fruit will help your sweet tooth. Nut butter and graham crackers, angel food cake or no sugar added ice cream. Like anything you’ll have to eat all of these in moderation, but that doesn’t mean you’ll never be able to have dessert again.

Another way to get sweets and desserts is to make them. You’ll know exactly what goes into the dish that way. You can find tons of recipes on the internet.

You can also experiment with your favorite dessert recipes and add sugar substitutes. Doing it this way might be fun, but it’ll be a long process to get it just right.

Check out our blog post that has five different recipes that you can try. They are all diabetic friendly.

LINK

Do your research and find sites that are specifically for diabetics. This will help you transition from other diets to one that has restrictions.

Over the last twenty years food has change dramatically. Gone are the days of boring foods if you didn’t eat a steak and potato diet. You’ll find yummy food no matter what your current diet is.

[Sign off]