

# Carbs and Fats: The Good, The Bad & The Ugly

# What's on Your Plate?

- Chicken wings
- Macaroni & Cheese
- Collard Greens
- Peach Cobbler
- Waffles

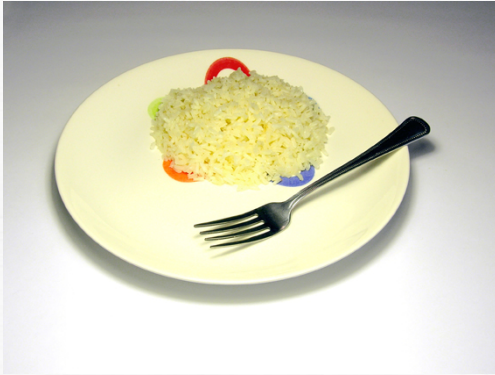


# Which Foods Raise Blood Sugar Levels the Most?

- Foods with **CARBOHYDRATES**



# Foods with CARBOHYDRATES





# Foods with CARBOHYDRATES



# Question #1

- 1 slice of whole wheat bread has the same amount of carbohydrates as 1 slice of enriched wheat bread (Tip: both slices have the same weight)
- TRUE or FALSE?

# Answer #1

- 1 slice of whole wheat bread has the same amount of carbohydrates as 1 slice of enriched wheat bread (Tip: both slices have the same weight)
- TRUE!



# Carbohydrates on my Plate

- **HOW MUCH?**

# Carbohydrates



0

94

4

13

83

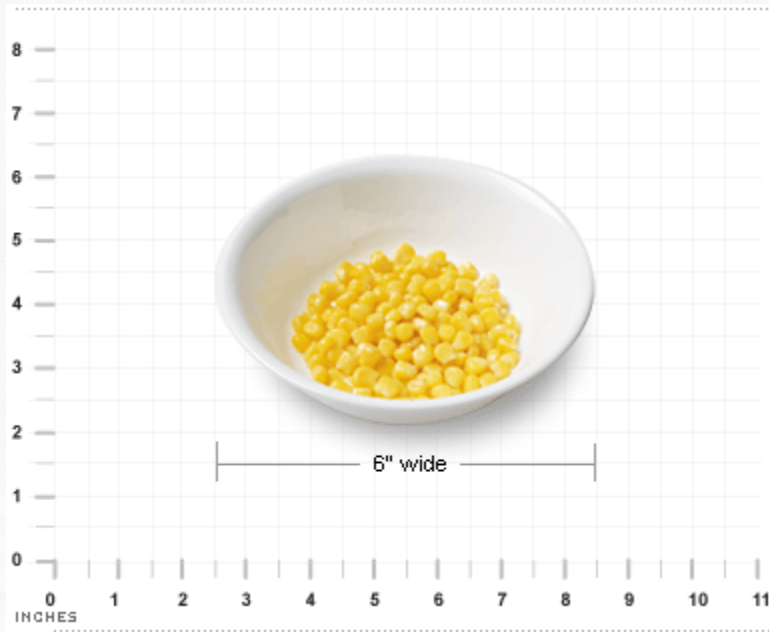
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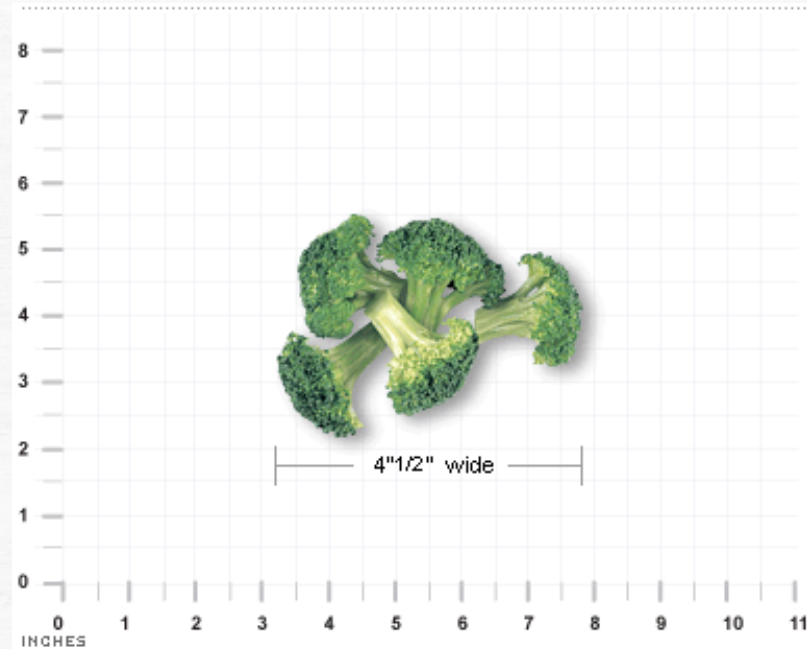
# Three Tips to Control your Blood Sugar Levels when Eating Foods with Carbohydrates



# Choose Healthy Carbohydrate Foods (whole grains/vegetables) in adequate portions

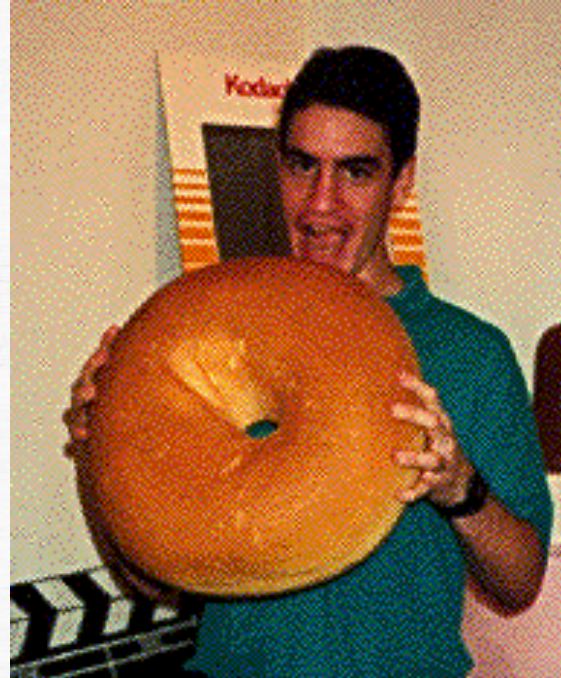


$\frac{1}{2}$  cup corn  
15 grams of carbohydrate



$\frac{1}{2}$  cup cooked broccoli  
5 grams of carbohydrate

# Eat **SMALL** Portions of Carbohydrate Foods



with little nutritional value (i.e refined grains)

# Give your Plate a **Makeover**

Skinless  
Chicken Wings

Smoked Turkey

$\frac{1}{2}$  cup  
Peach  
Cobbler

$\frac{1}{2}$  cup Mac  
& Cheese  
OR  
1 cup  
MODIFIED





# Before and After Calories and Carbohydrates

FOOD	Calories	Carbs
Meal Before	1931	240
Meal After	1049	130

# How Much Food with **Carbohydrate** Can I eat?

- **RULE OF 50**
- **50 Breakfast**
- **50 Lunch**
- **50 Dinner**

## Question #2

- Which of these foods has the most saturated fat?
- A. 2 slices of American cheese
- B. 2 hard boiled eggs
- C. 2 glasses of whole milk



## Answer #2

- Which of these foods has the most saturated fat?
- A. 2 slices of American cheese

# SMALL portions of these foods DO NOT Raise Blood Glucose Levels



- Some people with Type 1 diabetes experience high blood glucose levels after eating large (more than 4 ounces) amount of protein foods (meat, chicken, fish)
- In Type 2, large portions may result in high blood glucose levels a few hours after a meal

# These Foods **DO NOT** Raise Blood Glucose Levels but



- Fats such as oils, margarine, butter, and others do not have a major impact on blood glucose levels
- Meals high in fat may slow down the absorption of carbohydrates resulting in high glucose levels a few hours after a meal



# Two Important Facts about Fats

- Not ALL Fats are Created Equal
- Healthy Vs. Unhealthy

# Too **Much** Saturated Fat Increases your Risk of Heart Disease

# Saturated Fat





# Before and After

FOOD	Calories	Carbs	Total Fat	Sat Fat
Meal Before	1931	240	79	24
Meal After	1049	130	22	9

# Saturated Fat: HOW Much?

- Daily Budget: Between 12 to 16 grams
- Amount of Saturated Fat in Common Foods
- 1 ounce of American cheese 6
- 1 ounce low-fat Cheddar 3
- 3 ounces of skinless drumstick 2.5
- 3 ounces of chicken breast 1
- 1 glass of whole milk 5
- 1 glass of 1% milk 1.5
- 1 egg 1

# Oils: Which one is BEST?





# Question #3

- Foods with \_\_\_\_\_ raise blood sugar levels the most
  - Protein
  - Carbohydrate
  - Fat

# Question #4

- Too much \_\_\_\_\_ fats is associated with high blood cholesterol levels
  - Monounsaturated
  - Polyunsaturated
  - Saturated

# Question #4

- **Two tips to manage your blood sugar levels**
  - Choose \_\_\_\_\_ **HIGH** carbohydrate foods
  - Eat \_\_\_\_\_ **LARGE** portions of high carbohydrate foods



# Summary

- Foods with \_\_\_\_\_ raise blood sugar levels the most  
CARBOHYDRATE
- Too much \_\_\_\_\_ fat raises blood cholesterol levels  
SATURATED

**Thank you very much!!!**