Low Concentrated Sweets Diet

The low concentrated sweets diet limits the amount of sugar in the foods you eat. This can help control your blood sugar so that levels do not get too high. This diet can be used for people with diabetes or anyone with high blood sugar.

SERVING SIZES

Measuring foods and serving sizes helps to make sure you are getting the right amount of food. The list below tells how big or small some common serving sizes are.

1 ounce (oz) of cheese	4 stacked dice
2-3 oz cooked meat	Deck of cards
1 teaspoon (tsp)	Tip of little finger
1 tablespoon (Tbsp)	Thumb
2 Tbsp	Golf ball
½ Cup	Half of a fist or a computer mouse
1 Cup	A fist

FOODS TO INCLUDE IN A BALANCED DIET

The number of servings needed in each food category may be determined by your dietitian.

Grain and Starches

- 1 slice bread.
- ½ English muffin.
- ½ bagel.
- ½ cup cooked cereal.
- ¾ cup unsweetened cold cereal.
- ½ hamburger or hotdog bun.
- 1/3 cup cooked pasta.
- ½ cup mashed potatoes.
- 1/3 cup sweet potato.
- 1 small baked potato (the size of a computer mouse).
- ½ cup corn or 1 med cob of corn.
- 1 small dinner roll.
- 1/3 cup cooked rice.
- ½ cup peas or beans.
- 1 6-inch tortilla (corn or flour).
- 3 cups popped popcorn.
- Three 2 ½ inch graham crackers.
- 1 cup winter squash.

Dairy

- 1 cup milk, non-fat, 1% or 2%.
- 1 cup lowfat buttermilk.
- 3/4 cup sugar free yogurt.

Vegetable

- 1 cup raw or ½ cup cooked.
- 1 cup vegetable juice.

Fruit

- 1 small apple or orange.
- ½ medium grapefruit.
- ½ cup mango.
- 2 small tangerines.
- ½ cup canned pineapple, in its own juice, ¾ cup raw pineapple.
- 1 cup melon or raspberries.
- 1 ¼ cup whole strawberries.

Meat/Protein

- 2-3 oz lean meat, poultry, fish.
- 1 egg.
- ½ cup cottage cheese.
- ½ cup tofu.
- 1 oz mozzarella cheese.
- 2 Tbsp peanut butter.
- ½ cup tuna, chicken, turkey canned in water.

Fat

- 1/8 medium avocado or 2 tablespoons.
- 1 tsp margarine, butter, or oil.
- 1 Tbsp reduced fat mayonnaise or salad dressing.
- 1 Tbsp regular cream cheese or 1 1/2 tbsp reduced fat cream cheese.
- 1 Tbsp cashews.
- 6 almonds.
- 2 whole pecans.
- 2 whole walnuts.
- 10 whole peanuts.

Foods to limit

- Baked goods such as cakes, muffins and cookies.
- Donuts.
- Pies.
- Baked beans.
- Flavored milk.
- Pasta or pizza sauce.
- Pancakes.
- Fruit and soft drinks.
- Ice cream.
- Candy.
- Pudding.
- Ketchup.
- Syrups such as chocolate and maple.
- Honey.
- Jelly and jam.
- Canned fruit in syrup.
- Barbecue sauce.
- Teriyaki sauce.

All packaged foods carry a list of ingredients in descending order according their volume by weight. Check the Nutrition Facts panel on the wrappers of foods you eat and limit your sugar intake by avoiding those foods listing sugar or any of its other names in the first three ingredients. These names include sugar, brown sugar, honey, dextrose, glucose, fructose, sucrose, maltose, molasses, maple syrup, corn syrup and high fructose corn syrup.

You may want to include foods sweetened with artificial sweeteners to decrease your intake of concentrated sweets and still satisfy your sweet tooth. Sweeteners such as saccharin (Sweet'N Low®), aspartame (Nutrasweet®), sucralose (Splenda®) or acesulfame K (Sweet One®) can be sprinkled on cereal and fruit or added to drinks. These sweeteners have the advantage of adding sweetness without raising your blood sugar.

Information from www.diabetes.org and www.fda.gov

Document Released: 12/18/2006 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.