

# Blood Glucose and Food Choices



Macronutrients (fat, carbohydrates, protein) are essential food components that our bodies require to generate energy and regulate blood glucose levels.

## Nutrition Facts

8 servings per container  
Serving size 2/3 cup (55g)

Amount per serving  
**Calories 230**

% Daily Value\*

**Total Fat 8g 10%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 160mg 7%**

**Total Carbohydrate 37g 13%**

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein 3g**

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Balanced food choices have the best effect on blood glucose.

A diet excessively high in **fat** can reduce insulin sensitivity over time. Meals high in fat can also cause delayed glucose spikes.

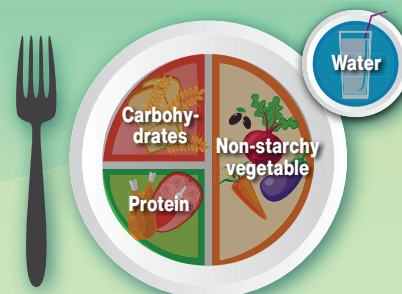
- Choose foods high in **unsaturated fats** as they support heart health and can improve insulin sensitivity.
- Saturated fats**, found in animal products and certain plant oils, should be consumed in moderation.
- Trans fats**, often found in processed foods, should be minimally consumed as they can negatively impact insulin sensitivity.

**Carbohydrates**—are a body's main source of energy and have the biggest impact on glucose.

- Simple carbs (**sugars**)—are digested quickly; can cause rapid spikes in glucose; good for low blood glucose.
- Complex carbs (**starch**)—are digested slowly; gradual rise in glucose.
- Dietary fiber**—especially soluble fiber, slows digestion and helps prevent blood sugar spikes by reducing the rate at which glucose enters the bloodstream.

**Protein**—helps stabilize blood glucose levels and keeps you feeling full longer.

- Choose lean protein to avoid excess saturated fat.



Category	Low GI Foods (<55)	High GI Foods (>76)
Grains	Steel-cut oats, quinoa	White bread, instant rice
Vegetables	Broccoli, spinach	Parsnips, pumpkin
Dairy	Greek yogurt	Ice cream
Beverages	Water	Soda, fruit juices

The glycemic index (GI) ranks foods on a scale from 0 to 100 based on how much they raise blood sugar levels after eating. Lower numbers indicate foods that cause a slower, more gradual rise in blood glucose.

Note: This list is not comprehensive.

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