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RELEASE

## THE BAN ON SWEETS FOR DIABETICS

by Bernadette Anderson, MD, MPH

**NO MORE SWEETS!** This has become the practical understanding of a diabetes diagnosis, but when was it officially decided that diabetics cannot eat sweets?

The issue is not whether diabetics should ban sugar, the question on the floor is how to combine foods in a way that does not send their blood glucose (sugar) spiraling out of control. The more salient matter is that diabetics—*really everyone*—must change their supersize mindset to conform to a portion size which supports better blood sugar control, thereby decreasing poor health outcomes. With the holidays fast approaching, this is good time to stop vetoing the foods you enjoy

and get the key facts to help you eat more responsibly.

### ***What Is Diabetes?***

Before moving on to the details about how diabetics can have some cake and eat it too, it is essential to understand some fundamental points.

Diabetes simply means there is an excess of sugar in the blood. The body is either not producing enough insulin to process this sugar, or the cells are not responding to the insulin that is being produced. How do you know if you have too much sugar in your blood? You may experience increased urination, increased thirst, unexplained

weight loss, blurred vision, frequent infections, fatigue, or irritability.

According to statistics published by the Centers for Disease Control (CDC) in the National Diabetes Statistical Report 2014, there are over 29 million diabetics and 86 million adults who are pre-diabetics in the United States. With these staggering numbers steadily increasing, there is no more time for filibustering. Diabetics must be proactive in preventing the life-threatening complications of diabetes. However, there is a positive note. The solution does not require diabetics to prohibit sweets, but to cultivate a lifestyle that allows them to live well with diabetes.

## What Is The Debate About?

Let me be clear on my position: *I am under no circumstances advocating that diabetics should regularly consume a diet that is high in sugar (not even for the holidays)*—that would be unhealthy for all individuals and a catalyst for many disease processes.

Another point of clarification is that *all sugar does not taste sweet*—bread, potatoes, rice, and pasta, for example. However, these are carbohydrates and must be combined with caution to minimize spikes in blood sugar.

Before attempting to ban all sweets from your diet, educate yourself on carbohydrates and how to manage your diabetes without eliminating all of your favorite treats.

### Debunking The Myth About Carbohydrates...

Carbohydrates (also referred to as carbs) breakdown sugar in the body, which is the primary source of energy. They are divided in two categories:

- **Simple carbs** digest quickly and include most fruits, sugars and processed grains; like white rice or flour, sweets and alcohol.
- **Complex carbs** digest slowly, are usually higher in fiber, and include berries, green or starchy vegetables, whole grains, beans and lentils.

Although carbohydrates are often a source of criticism, they are a part of a healthy diet and supply other nutrients, especially complex carbs. Yes, consuming too many can cause blood sugar to rise. However, women can have approximately 45 grams of carbs with each meal and men about 60 grams—they have all the luck—and still maintain good blood sugar control.

*Here is my holiday gift to you: a slice of cake, a piece of pie, or a chocolate or two are not absolutely off-limits.*



Dr. Bernadette Anderson has devoted the past 20 years to developing, teaching and educating others on the principles of health and lifestyle transformation. Her approach is to provide simple tools to allow people to be champions of their own healing, health, and happiness. Visit her at [www.lifeinharmonynow.com](http://www.lifeinharmonynow.com) today!

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### Simple Strategies To Lessen The Influence Of Sweets On Your Blood Sugar

The following platform reduces the negative effects of carbohydrates on blood sugar, so it will not be necessary for you to pass on your favorite sweets.

**1. Know where you stand.** To be a frontrunner against diabetes, diabetics should keep their A1C—three month blood sugar average—below 7.0%. Before meals, the blood glucose should be in the range of 70 mg/dL to 130 mg/dL and less than 180 mg/dL two hours after meals. Eating high sugar foods without knowledge of where your health stands and not monitoring your carbohydrate consumption, not only can adversely impact your blood sugar, but poses a threat to your health.

#### 2. Establish a plan.

- **Do not skip meals.** Frequent small meals are a better option than saving all your calories for the main course.
- **Choose your favorite treats**—the specific few that have been dancing in your head all year—rather than overindulging in all of them.
- **Quench your thirst with water.** Save the majority of your carbohydrates for meals and snacks.
- **Do not abandon your workout.** Adjust your exercise regimen to remain active during the holiday season, do not totally withdraw.

*The polls are closed and the all the votes have been cast... It is no longer necessary for diabetics to starve their sweet tooth!*