

# The No Added Sugar Diet

---

## Tips to help you control your blood sugar levels:

- Eat 3 meals every day. Space your meals 4 to 6 hours apart. Eating at regular times will help to keep a steady blood sugar level in your body.
- Eat a variety of foods from the 4 food groups in Eating Well with Canada's Food Guide ([www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)).

The 4 food groups are:

1. **Vegetables and Fruit**
2. **Grain Products** - breads, cereals, pasta and rice
3. **Milk and Alternatives** - milk, fortified soy beverage, yogurt, cheese
4. **Meat and Alternatives** - meat, fish, poultry, peanut butter, eggs, beans, tofu

Include foods from at least 3 of the 4 food groups at each meal. This will help to make sure your meals are balanced.

- Choose portion sizes that will help you reach and maintain a healthy weight.
- Have 3 to 4 servings of fruit a day.  
**1 serving is:**
  - 1 small (size of a tennis ball) apple, grapefruit, orange, pear or peach, 1 small banana
  - ½ cup cut-up fresh or unsweetened canned fruit
- Limit unsweetened juice to ½ cup (125 ml) once a day with a meal.
- If you are thirsty, choose water.
- Do not add sugar to foods.
- If you use medication to control your blood sugars, you may need to include a small afternoon and/or evening snack with starch and protein such as:
  - 2 plain cookies plus ½ cup of milk
  - ½ cup cereal with ½ cup milk
  - 6 crackers with 1 oz cheese
  - 1 slice of bread with 1 tablespoon peanut butter or 1 oz meat or cheese

This will help maintain your blood sugar level until your next meal.

## The No Added Sugar Diet

---

OK...	Choose less often or avoid ...
Artificial sweeteners such as Equal, Splenda, Stevia, Sugar Twin, Sweet'N Low	Sugar - white, brown, icing, honey, molasses, maple syrup
Jam such as E.D. Smith No Sugar Added, PC Blue Menu – Twice the Fruit, Smuckers No Sugar Added	Regular jam, jelly, marmalade
Sugar- free puddings such as Jell-O Fat Free pudding mix, Smart Choice Light instant pudding Pudding (single serving) such as Kozy Shack - No Sugar Added, Jell-O Sugar-Free, Snackpack – No Sugar Added Gelatin such as Jell-O No Sugar Added jelly powder	Regular pudding, gelatin (Jell-O)
Diet pop, diet tonic water, club soda	Regular pop and tonic water
Drink crystals such as Crystal Light and diet iced tea Liquid water enhancers (sugar-free) such as MiO, Crystal Lite, PC	Sweetened fruit drinks and iced tea
Popsicles - Sugar-Free, Ice Pops – No Sugar Added	Popsicles - regular
Fresh fruit or unsweetened canned fruit	Canned fruit in syrup
Plain cookies such as arrowroot, social tea or digestive Cereals such as Cheerios, Special K, Shredded Wheat	Pies, cakes, pastries, iced cookies, doughnuts and sweetened cereals such as Frosted Flakes
Sugar-free gum	Candy, chocolate, regular gum

### Need more information?

Visit [www.diabetes.ca](http://www.diabetes.ca) – Canadian Diabetes Association