

Q: Some days I am much more active than others. Does that make a difference?

A: Yes! The more physically active you are, the more carbohydrates you use for fuel. In addition, the faster the pace of activity, the more carbohydrates you use.

Q: Can I save all of my carbohydrates for dinner?

A: If you have type 2 diabetes, it's better to distribute your carbohydrates throughout the day. Your body is still making insulin; you are just using it less effectively. Lots of carbohydrates at once will tax your body's ability to clear the blood sugar. Smaller, more frequent amounts of carbohydrates are recommended. If you have type 1 diabetes, the most important point to remember is to match the insulin you take with the amount of carbohydrate at a meal.

Q: So, portion control is the right answer, rather than abstaining from carbohydrates?

A: Yes! Learn how many carbohydrates are right for you, based on your usual dietary intake, your preferences and your blood sugars.

Q: Do whole grain breads have any benefits over breads made with refined white flour?

A: Yes again! Research indicates that whole grains may help with weight loss, and help prevent colon cancer and heart disease. In addition, whole grains naturally provide micronutrients such as the B vitamins, iron and zinc. They also contain phytochemicals, which may be part of the reason they help prevent chronic disease.

DO YOURSELF A FAVOR!

If you have diabetes, consult with a certified diabetes educator or dietitian familiar with your disease. An educator can help design a meal pattern for you that will contain a healthy, balanced diet, which can include delicious and nutritious Great Harvest bread.

Here is an example of a low carbohydrate food plan using Great Harvest bread:

BREAKFAST

- 1 orange
- 1 slice of Nine Grain bread with peanut butter
- Meal total \approx 42 grams of carbohydrate*

LUNCH

- 2 slices of Honey Whole Wheat with sliced turkey, tomatoes, lettuce, onions and sprouts
- $\frac{1}{2}$ cup carrot sticks with light ranch dip
- Meal total \approx 42 grams of carbohydrate*

DINNER

- Grilled halibut with carrots and green beans
- Large green salad with oil and vinegar
- Enjoy a handful of granola for dessert
- Meal total \approx 18 grams of carbohydrate*

*Remember to subtract the grams of fiber from the total grams of carbohydrates.



This brochure has been written with the help of Carla Cox, Ph.D., registered dietitian, certified diabetes educator, and nutrition consultant for Great Harvest Bread Co.

Great Harvest Bread Co.®

I have

DIABETES

CAN I EAT Great Harvest BREAD?



..... **YOU BET!**

DIABETES is a disease diagnosed when a fasting blood sugar is greater than 126 mg/dl. Pre-diabetes is becoming a more common diagnosis, and is diagnosed when a fasting blood sugar is greater than 110 mg/dl, but less than 126 mg/dl.

When carbohydrate-rich foods are eaten, blood sugars rise. (Foods rich in carbohydrates include fruit, milk, yogurt, potatoes, rice, whole grain breads and desserts.) In an individual with diabetes, high carbohydrate diets can overwhelm the body's ability to move sugar from the blood stream into tissues where it is used to help perform the work of the cell. Some people can have high blood sugars even with a low carbohydrate diet, because the body can make glucose even without carbohydrates. Chronically high blood sugars can damage the heart, kidney, eyes and nerves, so they need to be treated.

What complicates the food recommendations for an individual with diabetes is that everyone needs some carbohydrates. Carbohydrates are used by the brain and are important in the function of the working muscle, particularly when the work is intense (lifting, running, sprinting).

2 COMMON QUESTIONS FROM PEOPLE DIAGNOSED WITH DIABETES:

Q: How many carbohydrates can I eat?

A: Since each person is unique, that question is best answered by a certified diabetes educator or dietitian that frequently works with individuals diagnosed with diabetes. However, here are some general guidelines:

If you have type 2 diabetes or pre-diabetes:

- Everyone should obtain at least 100 grams of carbohydrates per day.
- Individuals who are younger, more active or male, should consume more carbohydrates per meal. It may be appropriate for some to eat 60g-75g or more carbohydrates per meal! (And a slice of Great Harvest bread can certainly fit here... read on.)
- A small, older female who is not very active would need the least number of carbohydrates per meal (30g for breakfast, 30g for lunch and 40g for dinner would be a good estimate).

If you have type 1 diabetes or are taking insulin at each meal:

- Your insulin should be matched to the amount of carbohydrate you are eating at each meal and snack. Talk to your diabetes educator about using a scale of units of insulin to grams of carbohydrate.

Q: How many grams of carbohydrates are in a slice of Great Harvest bread?
A: Since the size and shape of the loaves vary, ask for a handout that lists all the breads made at Great Harvest Bread Company, and the quantity of carbohydrates per serving. A typical slice of Great Harvest bread weighs 45g - 50g (that is a little more than 1.5 ounces). You'll need a small scale at home to be really accurate! (One slice of store bought bread is usually 30g by weight and contains 12g-15g of carbohydrates; a bagel may be as many as 150g by weight and contain 72g of carbohydrates.) Some examples are:

[Bread Variety] [Carbohydrates] [Fiber]

Honey Whole Wheat	22g	3g
Cranberry Orange	25g	3g
Nine Grain	23g	3g
Flax Oat Bran	21g	4g
Raisin Whole Wheat	24g	3g
High 5 Fiber	21g	5g
PER 50-GRAM SERVING SIZE		

Carbohydrates (grams) - Fiber (grams)
 = Total Carbohydrates