

Living Well with Diabetes

How food affects blood sugar

Our bodies convert food into energy. Our main source of energy is glucose, a type of sugar. We get glucose from the carbohydrate, protein, and fat in the food we eat.

Many foods contain a combination of carbohydrate, protein, and fat. The amount that's in the food will affect how quickly our bodies change that food into sugar. This is how different foods affect our blood sugar.

Carbohydrate

Our bodies change 100% of the carbohydrate we eat into sugar. This affects our blood sugar levels quickly, within an hour or 2 after eating. The main sources of carbohydrate in our diet are foods such as bread, rice, pasta, potatoes, vegetables, fruit, sugar, yogurt, and milk.

Protein

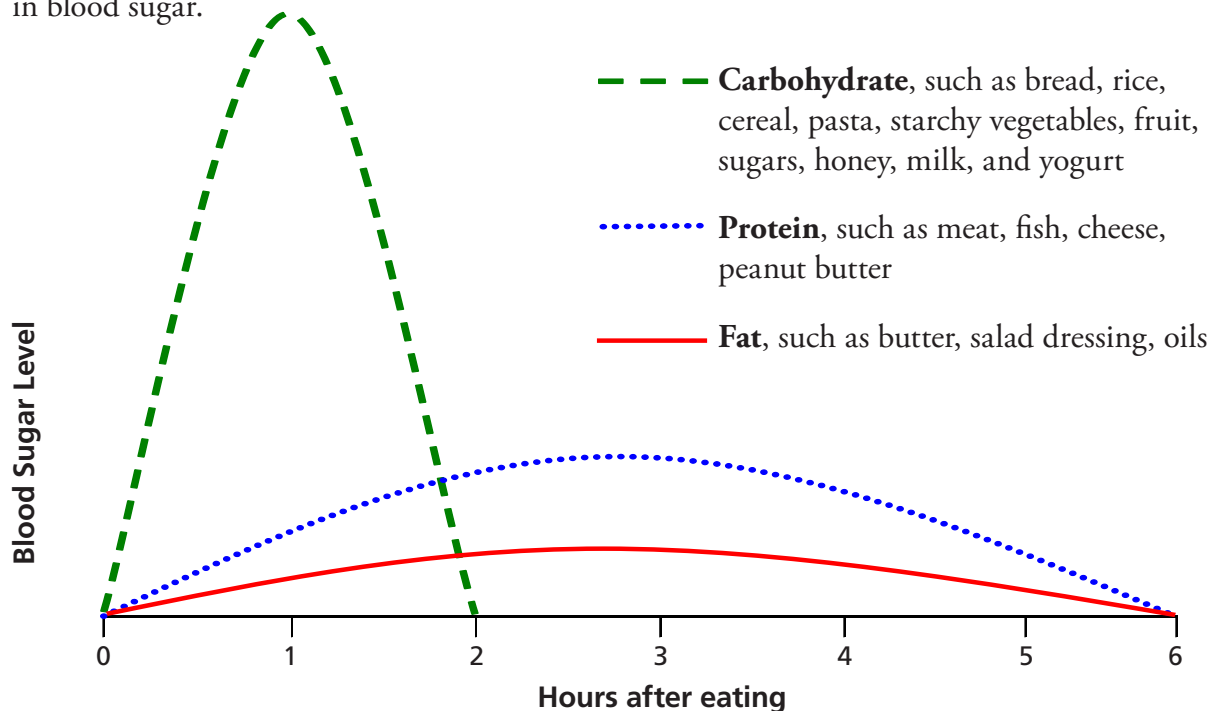
Our bodies change some of the protein we eat into sugar. Most of this sugar is stored in our liver. Eating protein usually has very little affect on blood sugar. Protein sources in our diet include fish, meat, cheese, and peanut butter.

Fat

We turn less than 10% of the fat we eat into sugar. Fat slows down digestion, causing a delayed rise in blood sugar levels. Fat in our diet comes from sources such as butter, salad dressing, avocado, olive oil.

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This graph shows you the different rates that carbohydrate, protein, and fat each affect the rise in blood sugar.



For more information about diabetes and other health topics, visit the Health and Wellness Resources section on our website at kp.org/wa.