









# How Nutrients Affect Your Blood Sugar

Food Groups	Food Examples	Effect on Blood Glucose
Low-fiber starch	White rice Pasta 	<b>FAST</b> rising in after-meal blood glucose.
High-Fiber Starch	Pumpkin Brown rice Whole grain bread Potato with skin Sweet potato with skin 	<b>SLOW</b> rising in after-meal blood glucose because of high content of fiber.  How fiber helps to slow down the rising of blood glucose: 1. Fibers slow the breakdown of carbohydrates and absorption of sugar 2. Fibers tend to be more filling, so people are more likely to eat less and stay satisfied longer
Fruits	Bananas Apples Blueberries Grapes 	<b>SLOW</b> rising of blood glucose due to high content of fiber and water. The skin of fruit has high fiber content, so it helps to <b>SLOW DOWN</b> the rising of after-meal blood glucose if fruits and skin are consumed together.
Dairy	Milk Almond milk 	<b>SLOW</b> rising in after-meal blood glucose due to high content of other nutrients such as protein and fat.
Starchy Vegetables	Beets Pea Corn 	<b>SLOW</b> rising in after-meal blood glucose due to high content of other nutrients such as fiber and vitamins.
Non-starchy Vegetables	Lettuce Cabbage Broccoli 	Non-starchy vegetables contain small amounts of carbohydrate; blood glucose will not increase if consumed on its own. When consumed with other food that contain carbohydrates, it helps to <b>SLOW DOWN</b> the rising of blood glucose for the whole meal.
Meat	Chicken Beef 	Meat do not contain any carbohydrates; blood glucose will not increase if consumed on its own. When consumed with other food that contain carbohydrates, it helps to <b>SLOW DOWN</b> the rising of blood glucose for the whole meal.
Fat	Nuts Seeds 	<b>SLOW</b> rising in after-meal blood glucose due to high content of other nutrients such as fiber and fat.



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