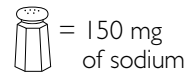


HIDDEN SALTS AND DIABETES

How much salt do you eat?



The popular foods shown in this chart have a lot of salt. Your body only needs about a teaspoon of salt a day to keep you healthy. Many of us eat much more than this.

Eating too much salt makes blood pressure go up. High blood pressure can cause major health problems – especially if you have diabetes!

To avoid health problems from eating too much salt:

- Don't use table salt.
- Avoid or limit eating fast-foods. They may be cheap and tasty, but they often have a lot of "hidden salt."
- Use spices, onions, or garlic to flavor foods.

Look for food labels that say "10% or less sodium" when you shop.

No-salt and low-salt foods are good for the whole family!

Macaroni and cheese , 1 cup 1,340mg of sodium	
Canned chili with beans , 1 cup 1,340mg	
Canned chicken noodle , 1 1/2 ounces 1,320mg	
Corned beef brisket , 3 ounces 960mg	
Canned sauerkraut , 1 cup 940mg	
Pickle , 1 large 830mg	
Chicken bouillon , one 4-gram cube 740mg	
Deli ham meat , 2 ounces 740mg	
Hot dog (beef) , one 580mg	
Fresh Baked Biscuit , 3 inches 540mg	
Cup-A-Soup (chicken) , one 540mg	
Pasta sauce , 1/2 cup 520mg	
American cheese , 1 ounce 410mg	
Canned peas , 1 cup 430mg	


* All numbers are rounded to the nearest whole number.










Source: Pennington, Jean A. Bowes & Church Food Values of Portions Commonly Used. Lippincott Williams & Wilkins. © 1998.

HIDDEN SUGARS AND DIABETES

Many foods contain more sugar than you think. Eating foods high in sugar makes it harder for you to manage your diabetes, which may cause serious health problems.

Here is a list of commonly eaten foods that are high in sugar.*

 = 1 teaspoon of sugar or 4 carb grams

Regular “Cola” drinks (12 ounces) 152 calories, 39 grams carb	
Kool-aid (12 ounces) 150 calories, 38 grams carb	
Honey (1 Tbsp.) 64 calories, 17 carbs	
Gelatin (1/2 cup) 83 calories, 20 grams carb	
Hard candy (3 pieces - butterscotch type) 66.6 calories, 16 grams carb	
Sweetened Cereals (1/2 cup to 1 cup)	Many of these cereals are HIGH in calories, HIGH in carbs, and HIGH in sugar.
Jelly (1Tbsp) 51 calories, 14 grams carb	
Canned fruit with heavy syrup (1 cup) 189 calories, 51 grams of carb	
Natural Fruit Juices (orange, grape, etc.) (8 ounces) 112 calories, 26 grams carb	
Ginger ale (12 ounces) 124 calories, 32 grams carb	

*Carbs and calories shown are averages. All numbers rounded.

Your goal with diabetes is to keep your blood sugar levels as close to normal as possible. One way to do this is to avoid eating foods high in sugar.

Read food labels carefully when you shop. They are there to help you!