



New Providence Internal Medicine Associates

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Carbohydrates



Carbohydrates are not necessarily bad, but consuming excess carbs, especially sugar and not enough fiber can raise your blood sugar and increase the risk of diabetes and pre-diabetes. We can break down carbs into good and bad. "Bad" carbohydrates include sweets, white bread, white rice, potatoes, pasta, and other starchy foods. "Good" carbs include whole grain bread and rice, high fiber/low sugar cereals, oatmeal, etc. Bad carbs are absorbed into your system quickly and raise your blood glucose level. Exercise can help to lower your blood sugar level.

In this issue, we'll focus on dietary issues. Please note that this is a very brief overview. The best opportunity to review the details would be at an office visit, physical, or visit with a dietitian. Written in collaboration with Lorri Katz, RD.

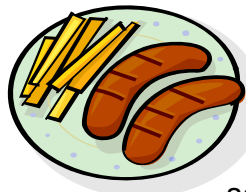
Calories



The current American tradition of expansiveness, including big plates full of lots of food, is resulting in big Americans, and fueling the epidemic of diet related illness, especially diabetes.

Most of us need to reduce portion sizes. Some easy tricks are to eat more slowly, use smaller plates, and only eat half of a restaurant portion. Also, filling up on lower calorie foods like fruits and vegetables that are high in fiber can be very helpful.

Fats



Fatty food has been linked with many serious health problems, including heart disease, stroke, and some types of cancer. It is important to understand the difference between good and bad fats. Bad fats, also known as

saturated fats, include red meat, the skin from chicken, full fat dairy products, and food that is deep fried. Good fats include olive oil, fish and certain nuts, such as almonds and walnuts. By choosing more good fats and fewer bad fats, you can lower your cholesterol and improve your cardiovascular health.

Vegetables



Vegetables are among nature's best foods. They contain plenty of vitamins and fiber and they don't have many calories. Studies

have shown fewer health problems occur in people who eat lots of vegetables. Try having a variety of "colorful" vegetables each day.