

# Beverages & Diabetes Management

More than 9 million Canadians live with diabetes or prediabetes.<sup>1</sup> Ninety per cent of people with diabetes have type 2 diabetes, where the pancreas does not produce enough insulin – the hormone that helps control the amount of glucose (sugar) in your blood, or the body does not effectively use the insulin that is produced.<sup>2</sup>

Proper diet and exercise can play an important role in helping to manage diabetes by keeping the amount of sugar in your blood within a target range set by your doctor.<sup>2</sup>

Diet is not only what you eat but what you drink as well. Proper hydration is just as important to the body as healthy eating.

## DIABETES AND HYDRATION

For those living with diabetes, the focus is often on accounting for carbohydrates during snack and meal times, and it's easy to forget about the important role beverages can play in a healthy diet. Proper hydration is essential for the body to function. It helps to digest food, cushion organs and joints, and carry nutrients and remove waste.<sup>3</sup>

To keep well hydrated, it is important to drink plenty of fluids at different intervals throughout the day.



## MAKING GOOD CHOICES

People with diabetes can continue to enjoy a wide variety of beverages, including water, milk, 100% fruit juices and low & zero calorie beverages.

According to the Canadian Diabetes Association, one (1) carbohydrate choice = 15 g.<sup>4</sup> Here are some beverage choices you can include in a well-balanced diet.

BEVERAGE	CARBOHYDRATE (GRAMS) <sup>5</sup> PER 1 CUP (250 ML)	NUTRIENTS
Water	0 g	Fluids
1% Milk	13 g	Calcium/Vitamin D
1% Chocolate milk	28 g	Calcium/Vitamin D
100% Orange juice	26 g	Vitamin C/Potassium/Folate
100% Apple juice	30 g	Vitamin C
Tomato juice or Vegetable Cocktail (low sodium)	16 g	Lycopenes, Vitamin C & A
Coffee (brewed) or Diet Iced Tea	0 g	Fluids and Antioxidants
Tea (brewed)	1 g	Fluids and Antioxidants
Sports Drink (fruit flavour, ready-to-drink)	16 g	Sodium & Potassium repletion after exercise
Diet soft drinks	0 g	Fluids

Hélène Charlebois, an Ottawa-based Registered Dietitian, says beverages can provide important nutrients and can be added to your diet without considerable impact on your blood sugar levels.

**“What’s key in maintaining blood sugar balance is how and when these beverages are consumed. For people living with diabetes, beverages with carbohydrate content should not be taken alone; they should be included in a well-balanced meal.”**

From PepsiCo Canada. Q3\_2011

### References

1. Canadian Diabetes Association. <http://www.diabetes.ca/diabetes-and-you/what/facts/>
2. Canadian Diabetes Association. <http://www.diabetes.ca/diabetes-and-you/living/just-diagnosed/type2/>
3. Dietitians of Canada. <http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Water.aspx>
4. Canadian Diabetes Association. Carbohydrate Counting. <http://www.diabetes.ca/diabetes-and-you/nutrition/carbohydrate-counting/>
5. Health Canada. Nutrient Value of Some Common Foods. [http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\\_value-valeurs\\_nutritives-tc-tm-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-tc-tm-eng.php)

# DISPELLING THE JUICE MYTH



Many people living with diabetes like juice but think they need to cut it from their diet completely. However, 100% fruit juice provides important fluids and essential nutrients like Vitamin C and Potassium.

The impact of the carbohydrate load on your blood sugar will be lessened due to the fibre, fat and protein content of the foods found in the total meal. Try to choose: high fibre foods with more than 4 grams of fibre per serving; unsaturated fats like soft margarines and oils; and lean proteins.

To maximize the health benefits of including 100% juice in your daily diet and to minimize its impact on your blood sugars, make sure to consider portion size and try combining it with different foods.

Hélène Charlebois, RD, recommends keeping the carbohydrate content of meals to between 45 and 60 g and to between 15 and 30 g for snacks.

## Try one of these meal or snack ideas to incorporate 100% juice:

MEAL OR SNACK IDEA		TOTAL CARBOHYDRATES*	TOTAL CARBOHYDRATES CHOICES**
<b>AT BREAKFAST</b>	175 mL large flake or quick oats (cooked with water) 125 mL raw blueberries	125 mL 100% orange juice 175 mL fat free yogurt with sugar substitute (vanilla or fruit)	52 g 3.5
<b>AT LUNCH</b>	2 slices whole wheat bread 2 slices low fat chicken breast ½ tomato (sliced) 15 mL light mayo	lettuce 4 slices cucumber (peeled) 8 baby carrots (raw) 250 mL tomato juice (low sodium)	53 g 3.5
<b>AT SNACK</b>	50 g cheddar cheese 4 whole wheat crackers 125 mL 100% apple juice		25 g 2
<b>AT DINNER</b>	120 g (4 oz) lean steak 1 sweet potato (baked, peeled after cooking) 250 mL orange juice	spinach salad: (250 mL spinach leaves ; ½ chopped tomato, raw; ½ chopped sweet yellow pepper; 15 mL non-creamy, fat free dressing)	54 g 4

\*Estimated total carbohydrate content rounded to the nearest whole number. Total dietary fibre has been subtracted from this number.

\*\*Rounded to the nearest half choice.

## PepsiCo Canada offers a range of beverages that can be tailored to fit individual needs in a balanced diet.



26 g carbs per 250 mL serving



Sweetened with (Reb A) stevia  
13 g carbs per 250 mL serving



Sweetened with sucrose, acesulfame-potassium & sucralose  
5 g carbs per 250 mL serving



Sweetened with (Reb A) stevia & Erythritol  
16 g carbs per 591 mL serving



Sweetened with sucralose  
0 g carbs per serving



0g carbs per serving



Sweetened with aspartame & acesulfame-potassium  
0 g carbs per 355 mL serving



Sweetened with sucralose & acesulfame-potassium  
0 g carbs per serving



Sweetened with aspartame & acesulfame-potassium  
0 g carbs per 250 mL serving

†Natural Health Products. Always read and follow the label.

## DID YOU KNOW?

Rebaudioside A (Reb A) is a natural, plant-derived sweetener from the leaves of the stevia plant with zero calories and zero carbohydrates. Stevia leaves contain naturally sweet compounds that are 200 to 300 times sweeter than sugar.<sup>2</sup>

If you enjoy juice as part of your daily routine, consider an option like Trop50<sup>®</sup> Vitamin Enhanced Juice Beverages, they are naturally sweetened with Reb-A – a natural sweetener derived from the stevia plant (Pure Via<sup>™</sup> Brand Natural Pure Stevia Extract). Trop50<sup>®</sup> orange has 50% less sugar and calories than the leading 100% orange juice and a 250 mL serving has 13 grams of carbohydrate, which equals 1 carb choice.



### References

- Health Canada. Nutrient Value of Some Common Foods. [http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient\\_value-valeurs\\_nutritives-tc-tm-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/nutrient_value-valeurs_nutritives-tc-tm-eng.php)
- [www.purevia.com](http://www.purevia.com)

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