

# MyCARE

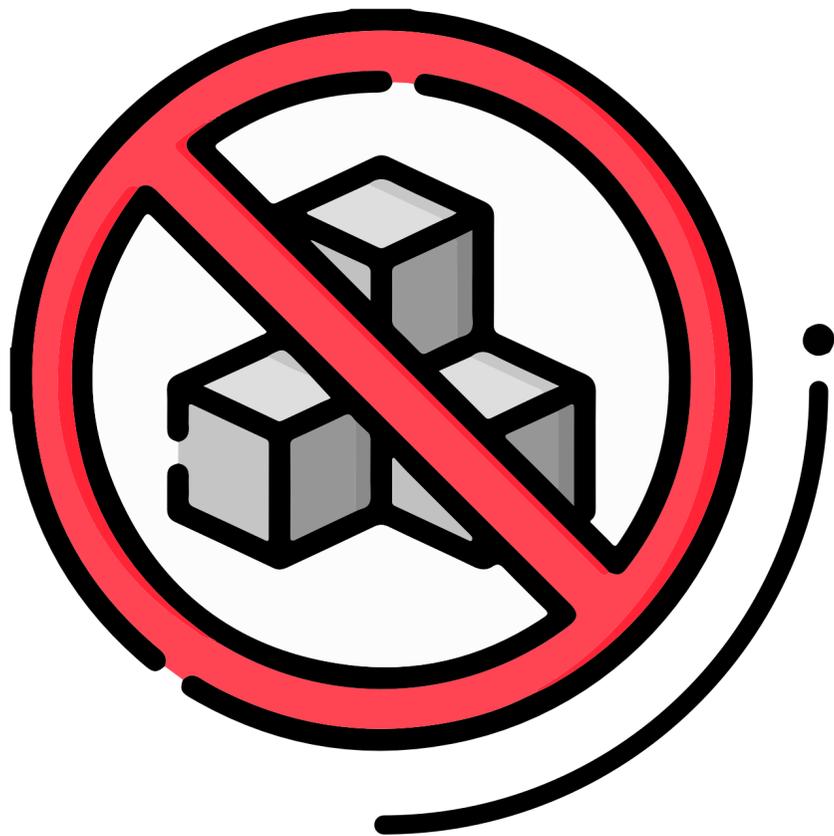
With me, every step of the way



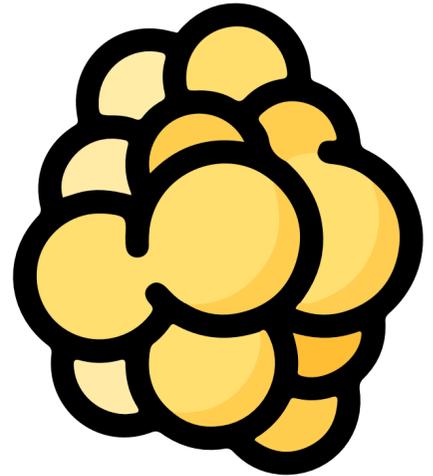
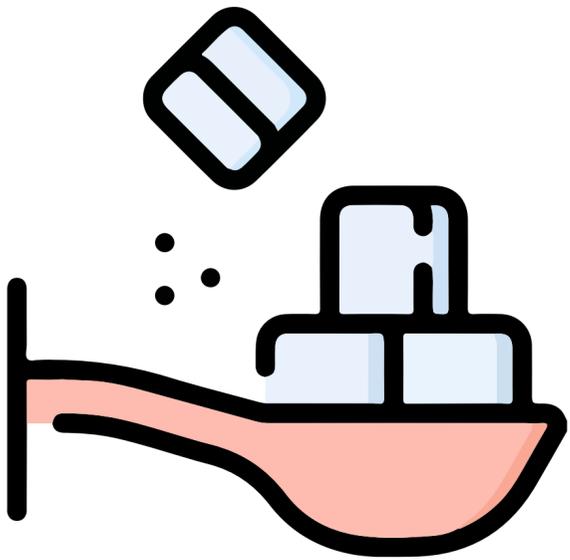
“ Let’s look closely at  
**WHAT SUGAR-FREE  
REALLY MEANS** ”



**MANY FOOD PRODUCTS**  
**TODAY CLAIM** to be 'sugar  
free, 'zero sugar' or 'no added  
sugar'.



**But SUGAR-FREE DOES NOT  
MEAN** carbohydrate-free,  
fat-free or calorie-free!



Labels like "sugar-free,"  
"reduced sugar," or "no sugar  
added" are **NOT GUARANTEES**  
**THAT THE PRODUCT IS FREE**  
**OF CARBOHYDRATES** or has  
low carbohydrates.



While sugar-free products can be incorporated into your diet, it is also **CRUCIAL TO CONSIDER TOTAL CARBOHYDRATES.**

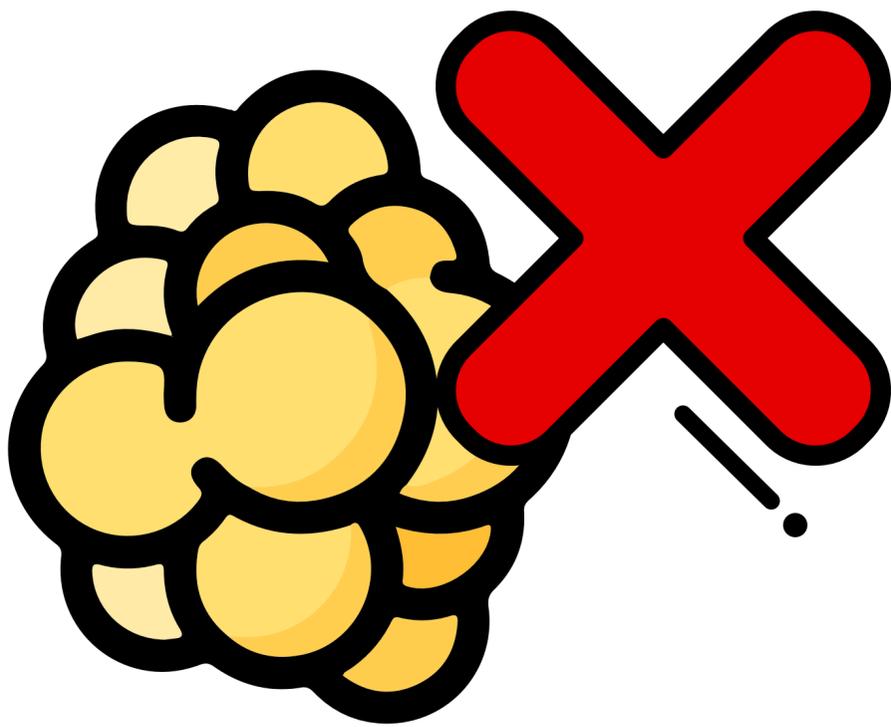


# **THE PRODUCT MAY STILL CONTAIN CARBOHYDRATES**

from refined flour or other sources, which will impact blood sugar levels.



**IT MAY ALSO HAVE A  
HIGH-FAT CONTENT** and  
would not necessarily mean it  
is a healthy choice





## **CAUTION**

It is advisable to check the food label to understand how many carbs and calories are actually there before making a decision between conventional products and sugar-free alternatives.

“ For more information,  
contact your doctor or your  
**MyCARE Diabetes Educator** ”



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## Reference

- Get to Know Carbs | ADA. Diabetes.org. Retrieved 5 August 2022, from <https://www.diabetes.org/healthy-living/recipes-nutrition/understanding-carbs/get-to-know-carbs#:~:text=Carbohydrates%20or%20%E2%80%9Ccarbs%E2%80%9D%20get%20a,starch%2C%20fiber%2C%20and%20sugar.>
- Salis S. (2020) Diet in Diabetes Simplified (2 nd ed.). Chennai: Notion Press

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