



100

WORST FOODS

if you have Diabetes

Largest collection of high
glycemic foods in Diabetes,
compiled by an award-winning
Medical Doctor

DR SHARON BAISIL MD

100 Worst Foods When You Have Diabetes

Written by Dr Sharon Baisil MBBS MD

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Glycemic Index

The Glycemic Index is a rating system for foods where any type of carbohydrate has a numerical value assigned to it based on its components and how each food affects the body's sugar levels.

Basically, as food breaks down in our digestive system, many of the food's components, like sugar or vitamins and minerals are absorbed into our blood stream and immediately affect our system. Foods that break down quickly and have high glucose or sugar levels will give us a "spiked" feeling of energy and euphoria. This feeling is commonly referred to as a "sugar high". Other foods break down more slowly and release their sugars, starches and nutrients over a longer period of time, which avoids any sudden increases to our sugar levels and keeps our insulin levels low.

The Glycemic Index uses pure glucose (or in some cases, white bread) as its control food and rates all other carbohydrates in relation to it. The control food or standard, either the glucose or the white bread, is given a rating of "100" and all other foods are tested as to how they affect a person's blood sugar, insulin and lipid levels compared to the standard.

Each tested food is given a number rating and defined as either "High", "Medium" or "Low" on the Glycemic Index. Foods fall into the High Glycemic Index when they are rated at 70 or above. If the Glycemic Index for a food is at 55 or lower, it is considered to be a Low Glycemic Index food item. This means that Medium Glycemic Index foods are those that after being tested, fall into the range of 56 to 69.

This book features 100 High Glycemic Index foods, that can drastically increase your blood sugar levels, if you consumed as part of daily diet, especially if you have diabetes.

White rice



GI value – 73 ± 4

White rice is so rich in starch and carbohydrates. It hurts your blood sugar level.

White bread



GI value – 72 ± 2

Being made of flour, oil, and water, white bread has a negative effect on your blood glucose levels. The presence of refined carbohydrates will release a ton of glucose into your system, which is dangerous. Instead of white bread, have Ezekiel or whole grain bread.

White sugar



GI value – 65

Usually, all kinds of sugars contain sucrose, which is a major component that can quickly spike up your blood sugar level leading to many health problems if consumed over a long period of time.

Trans fats



GI value – high

Trans fats, in general, are not a healthy thing to eat. They have high cholesterol content and can make you very susceptible to developing risky, harmful heart diseases, diabetes, liver failure, and even Alzheimer's.

Soda



GI value – 59

Frequent consumption of soda is not good if you have type 2 diabetes. The presence of artificial sweeteners in the soda can pose serious harmful effects by producing increased insulin and vicious gut bacteria.

Packaged juices



GI value – 70 and above

There a quantity of added sugars and other artificial flavors in packaged juices is significant. Those extra refined sugars are harmful to people with diabetes.

Maple syrup



GI value – 68

Maple syrup contains no good ingredients to make it a good item for people with diabetes to eat. The lack of fiber in it makes the sugar content rush into your bloodstream, which is trouble-causing.

Sweetened sugary beverages



GI value – 70 and above

The intake of more sweetened sugary beverages causes more damage to people with type 2 diabetes. It increases weight and lowers the production of insulin in the body.

Milk tea



GI value – under 55

Milk is a regular diet, but the carbohydrates/sugars present added to it have adverse effects on blood sugar. Lactose is a predominant source of carbohydrates in milk.

Flavored yogurt



GI value – 54

It appears that the seemingly healthy yogurt models are concealing a disappointment of some kind. Many fruit-flavored yogurts contain little precious fruit and are sweetened with sugar. The problem lies beyond fruit-flavored yogurts. Cinnamon-flavored Thick & Creamy Vanilla yogurt has 28 grams of sugar and 2.5 grams of fat, and 7 grams of protein.

Flavored coffee



GI value – not known

Enhanced coffees and espressos contain more preservatives and artificial flavors, which are harmful to health. The goodness of real coffee is wholly lost. It also contains more sugar content making it the worst beverage for diabetes.

White pasta



GI value – 61

The principal constituent of white pasta is white flour. It contains many sugar molecules, refined starches, and hikes the blood sugar level as soon as they are ingested.

Honey



GI value – 61

Don't be deceived by honey's all-natural status. It remains pure fructose, a sugar. It will cause the same spike in blood sugar as conventional sugar and is still metabolized in the liver. The granulated sugar present in the honey will sequentially lower the production of insulin in your body.

Raisins



GI value – 50

The concentration of sugar increases as the fruits dries up, and they still have the potential to spike up your blood sugar.

French fries



GI value – 75

The amount of oil, carbohydrates, and trans-fat present in French fries makes it one of the worst foods for people with diabetes to consume. It can also increase cholesterol problems.

Potato chips



GI value – 56

One of the most addicting junk meals is potato chips. They're mashed, dipped in fat, then salted. Because they are a carb and fat bomb, potato chips are particularly bad for diabetics.

Cracker snacks



GI value – 63

Most cracker snacks have sugar crystals and powdered sugar in them. They serve as a direct source of sugar which will hike your blood glucose level.

All-purpose flour (Maida)



GI value – more than 70

All-purpose flour is nothing but a significant source of carbohydrates and refined substances. These have higher chances of increasing your diabetes and disrupt your health.

Carb-rich cereals



GI value – 69

The cereal grains are rich in carbohydrates, and they likely will increase your blood sugar level. It quickly breaks down into glucose that is not good for people with diabetes.

Pickles



GI value – 62

The preservatives and other additives added to the making of the pickles make it the worst food to be taken by people with diabetes. Though it not much harmful, it is always better to avoid it.

Deep-fried fish



GI value – 58 to 74

The quantity of oil present in the fried fish makes it very unsuitable for people with diabetes. It is high in calories and hiked weight gain, which makes it hard to control diabetes.

Ice cream



GI value – 61

Besides all the sweetness, ice cream tends to be high in saturated fat and refined sugar. Mindless eating is another issue. Ice cream activates pleasure areas of the brain, overshoots dopamine receptors, and leaves you wanting more and more.

Cottage cheese



GI value – 35

The level of fat present in the cottage cheese is much higher when compared to others. It is always better to stay cautious of such food products.

Alcohol



GI value – 0

The carb content of alcohol accounts for zero. Yet, alcohol causes harm to the liver and other organs, which further worsens diabetes.

Beer



GI value – 66

High alcohol content present in the beer may cause or intensify hyperglycemic conditions in your blood. Overconsumption can also decrease it to hazardous levels.

Sweet Cocktails



GI value – 59+3

It is best to stay out of touch with cocktails when you have diabetes. Fruits-infused tropical cocktails are even worse to have.

Sports drinks



GI value – 60 to 70

Those who work out a lot should not drink sports beverages like Gatorade, even if they work out frequently. They're unneeded sources of calories, added sugars, and sodium, which all those with diabetes should avoid. Your best bet to stay hydrated when working out using cold water or with a sports drink like HALO Sport.

Frozen foods



GI value – 50 to 60

Frozen foods are also not a better option for people with diabetes. It also contains amounts of trans-fat and preservatives, which are also equally harmful.

Pretzels



GI value – 80

Pretzels are a significant source of carbohydrates and sugar. They are so bad for health as its combination of high sodium content and simple carbs can cause a spike in blood sugar.

Candies



GI value – 51 and above

Candies are very bad for people with diabetes. They are the chief source of sugar and will increase the rate of blood glucose level.

Muffins



GI value – 79

Look: A freshly prepared blueberry muffin has as many carbs as five slices of bread! It's also fat and calorie-mine, containing over 520 calories and a third of the day's fat. Additionally, foods high in carbs, fat, and sugar are difficult to stop eating once you've started. A study by the University of Montreal discovered that rodents fed diets with high quantities of those very nutrients showed withdrawal symptoms and were more susceptible to stressful situations after a better diet.

Butter biscuits



GI value – 55

Butter biscuits are higher in calories and will lead to rapid weight gain. Sudden weight gain is so very advisable for people with diabetes.

Jams/jellies



GI value – 60

Ninety percent of jams and jellies are made of sugar and sweet ingredients, which are not the best items for people with diabetes to consume. Jam and jelly wreak havoc on diabetics, as they are usually added to slices of bread made of refined carbs. It's just a means of adding sugar to something that is already sweet and doesn't provide any added nutrients.

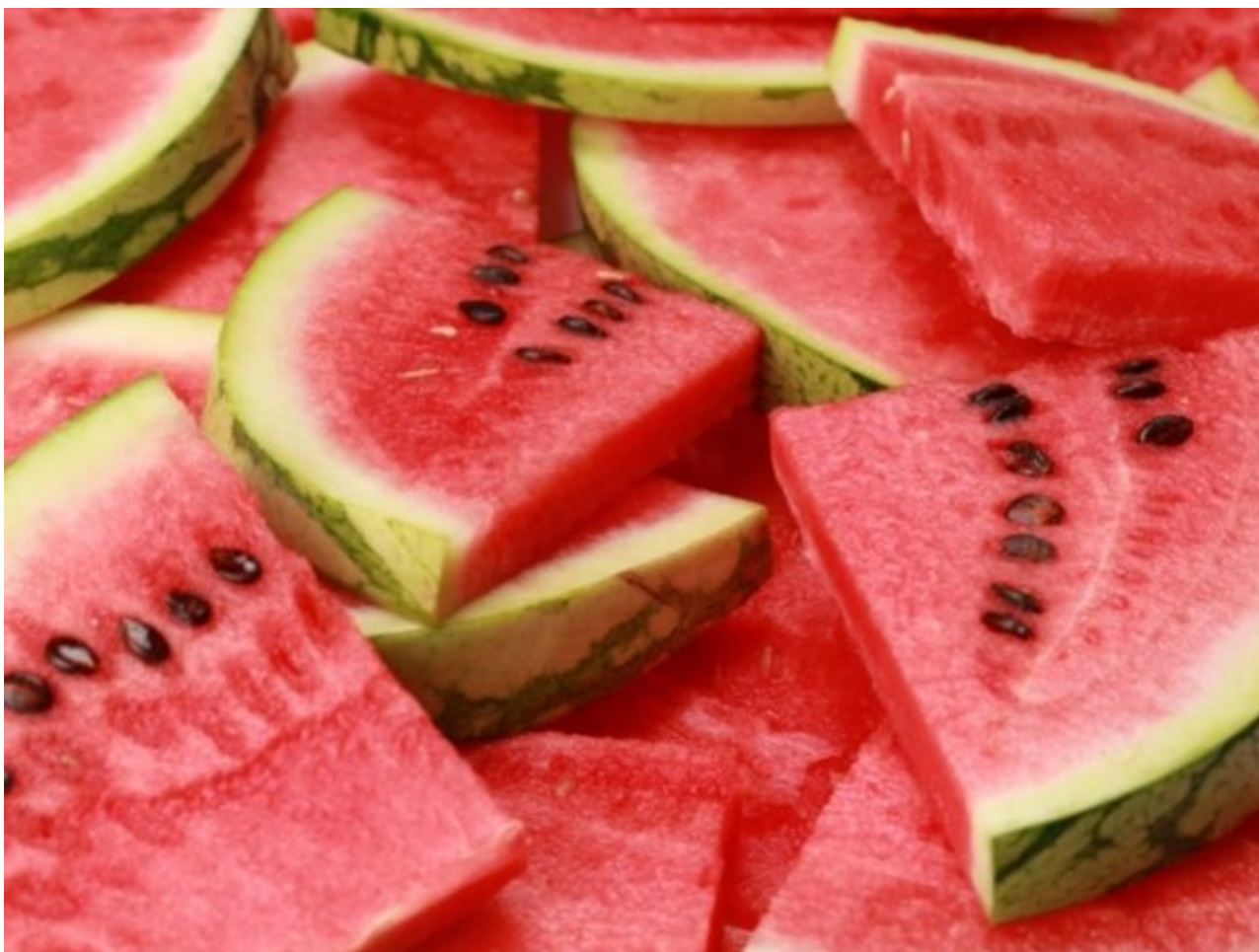
Cakes and pastries



GI value – 59

Cakes and pastries have the illest effect on people with diabetes. The icing has a significant source of sugar, and the cake has the majority of carbohydrates.

Watermelons



GI value – 76

Being a fruit with such a high glycemic index, it won't spare your blood sugar levels from getting dangerously high. Be wise. Avoid it.

Sweetened Cranberries



GI value – 64

Avoid sweetened cranberries in your diet to improve your blood glucose response. A high GI score can be the source of trouble for you.

Dates



GI value – 55

Keep dates out of your diet to gain better control over your blood glucose levels, as they can cause sudden rise in sugar levels.

Dried Fruit



GI value – 61

Beware! All dried fruits are naturally produced, but they're definitely not harmless. Real fruit has nutrients like water and fiber, which fill you up. Raisins and figs have varying carb counts when dried, but they still have about 34 to 74 grams of carbs per 1.5-ounce serving.

Pineapple



GI value – 59 + 8

The moderately high GI score of pineapples makes them be categorized as 'bad' for diabetes. The GI range varies upon the time, variety, and location.

Semolina Pani Puri



GI value – 66

Pani puris are hard to resist. But, as they are generally made from *sooji* which ranks high on the glycemic index scale, we recommend limiting them for your health's sake.

Lychees



GI value -57

Though allowed to eat in moderate amounts, lychees are found to heighten the blood glucose when eaten after meals or at night.

Mangoes



GI value – 51 – 56

Eat no more than two-slice from a medium-sized mango. Consumption in excessive quantity will put you in trouble.

Overripe bananas



GI value – 52

While unripened green bananas are beneficial for diabetes, ripened ones have high amounts of fructose sugar, which certainly elevate sugar levels in your body as well.

Doughnuts



GI value – 76

The refined carbs and empty calories do no good and all the harm to you. Why invite unwanted problems? Avoid them.

Pizza



GI value – 60

The above value corresponds to regular size pizza comprising four slices. Make sure you are eating two slices at maximum, and that too with less frequency.

Coconut Milk



GI value - 97

This is probably the highest GI score among all kinds of milk so far. Always stick to low-fat milk during diabetes.

Potatoes



GI value – 70

Potatoes are high in starch and carbohydrates. Therefore, the key is to consume them within restricted portions.

Chinese foods



GI value – 55- 85

If you have been a fan of Chinese foods, you might have noticed that most of them are prepared with rice or meat. In such foods, sodium, calories, carbs, everything is high. Further, most of the dishes are served with a sugary sauce which is not suitable for diabetes.

Jaggery



GI value – 84.4

Don't fall into the trap of "natural sweeteners." Jaggery or '*gur*' affects your blood glucose levels just the way table sugar, and other sweet food entities do.

Nachos



GI value – 63

The high sodium and fat that go into the making of nachos end up declining your health status. Keep them out of your diabetic diet list.

Hamburgers



GI value – 61

All that hamburgers can provide you is high cholesterol, harmful saturated fats, obesity, and health issues. There is nothing good in going for them.

Country Sausage Gravy



GI value – high

Sausages and gravy are not healthy options. Neither they add good carbs to your body, nor they are a good source of proteins,

Cookies



GI value – 51-57

Loaded with white flour, sugar, preservatives, and dried fruits (in some cases), cookies deliver a lot of unhealthy calories to your body.

Waffles



GI value – 76

Waffles are again highly processed and refined foods. In a nutshell – they are bad for diabetes.

Milk Shake and Fruit Smoothies



GI value – 70

When you prepare a milk shake, you are likely to add table sugar, sweetening agents, or flavoring agents, that robs away all the good qualities of milk, leaving behind the bad ones. Carbs and sugar are common in smoothies because they work as a "binder" to slow digestion and keep blood sugar levels from rising.

Corn Flakes



GI value – 81

Never choose corn flakes as your breakfast cereals. They top the list of worst food for diabetes.

Porridge/Kheer

GI value – 78

Porridge made from both rice as well as oats is likely to deteriorate your health. Porridges include ingredients like rice, table sugar, dry fruits, all of which lead to heightening blood sugar levels.

Popcorn

GI value – 85

It is time to replace your favorite movie-time snack with healthier alternatives. Popcorns shouldn't be entertained much during diabetes. This snack is frequently topped with fake butter, caramel sauce, or other harmful foods; yes, even stovetop popcorn is a carbohydrate-laden snack

Idli

GI value – 80

The primary ingredient to make idli is rice. Since rice itself rules out from the list of good food for diabetes, we can't expect idli to be there. Since the idlis are steambaked, they are digested at a faster rate and has a higher glycemic load, which can cause a sudden rise in sugar levels. Adding powdered oats to the traditional idli batter and prevent this sugar soikes and slow down the rate of absorption.

Upma



GI value – 75

Upma is prepared from *semolina* or *sooji*, which itself a moderately high GI food. Furthermore, the GI value of *upma* rockets to 75. This number is worth concerning, making *upma* less preferred food choice from a diabetes perspective.

Macaroni



GI value – 64

Macaroni is an amalgamation of white flour which is often served with cheese on the top. The results – rising blood sugar levels. Don't include macaroni in your diabetic routine.

Sweetened Muesli



GI value – 66

Be careful which muesli you choose. Many of them come with honey, added sugar, or other agents that may lead to harmful consequences. If you are consuming unsweetened muesli with unsweetened almond milk, your sugar levels will stay stable.

Spaghetti



GI value – 76

Eating spaghetti can result in high blood sugar levels. Try healthier pasta substitutes instead.

Instant Oatmeal



GI value – 82

Instant oatmeal is labeled as one of the worst oatmeal for diabetes. However, there are other healthy oatmeals which you can opt for, such as steel cut oats.

Bran Flakes



GI value – 74

Just like corn flakes, bran flakes are not at all a wise choice for diabetics to consume. Always choose fiber-rich whole-grain cereals over these empty calorie foods.

Cornflour



GI value – 87

This flour doesn't suit the health condition of diabetic patients. The fewer fibers and more carbohydrates make it an unhealthy food choice.

Marshmallows



GI value – 75

Marshmallows are one of the most unhealthy things you can ever eat as a diabetic. These are just an amalgamation of sugar, syrup, gelatin, and whipped cream.

Rye flour



GI value -70

We give a thumbs down to rye flour in case of diabetes. Instead, opt for wholewheat or bajra flour

Skittles



GI value – 85

These fruit-flavored candies might be a toast to the tongue, but they will surely harm you later. It is better to avoid them.

Char-Grilled Meats



Seasoned grilled and burned meats are abundant in advanced glycation end products (AGEs), inducing damaged cell receptors and perpetuating insulin resistance. According to the American Diabetes Association, if sections of the food are very blackened, chop them off before digging in.

Country-Fried Steak



This is a pan-fried Southern dish made with tenderized cube beef and white flour. Combining beef with starch-rich breading causes this burger to be doubly terrible news for people with diabetes, particularly for their heart health.

Frozen Dinners



Diabetes is often referred to as something to do with sugar or carbohydrate. However, dietary salt can influence diabetes health. Cutting back on salt will help reduce your blood pressure, and in turn, your chance for heart attack or stroke, which are often related to diabetes. The more frequently one consumes frozen dinner meals, the greater the risk of health problems related to excess sodium consumption.

Artificial Sweeteners



Popular perception notwithstanding, fake sweeteners do not benefit people with diabetes. Diabetes Care found that daily consumption of artificially-sweetened beverages raised the risk of metabolic syndrome and type 2 diabetes by 36% and 67%, respectively. Artificial sweeteners are between 180-20,000 times sweeter than table sugar, according to experts.

Frequent ingestion changes your sweet taste bud receptors, making fruits and vegetables taste bitter instead of sweet. If you consume more sweet meals, you will also overlook other foods.

Coffee Creamer



Whether you see it or not, your coffee creamer could be laden with added sugar you don't think about. Choosing a low-sugar or sugar-free creamer will help you keep your glucose levels in check.

Processed Lunch Meat



One of those thinly sliced deli meat slices has more sodium than a bag of pretzels. That's over 680 mg! (In addition, who only uses two slices?) Diabetes patients who eat a lot of sodium are at an increased risk for high blood pressure and heart disease.

Bottled Tea



Bottled tea is a great weight loss ally. However, not all teas are equal—especially those bottled varieties. Instead of drinking an antioxidant-rich elixir, you're just sipping on a sugary beverage. Let's use Arizona Iced Tea as an example. to guzzle down 25 grams of carbs: 24 grams of this is refined sugar

Orange Juice



It's naturally bursting with vitamin C, but it's filled with sugar and devoid of any nutrients to moderate the sugar increase. A glass contains roughly 36 grams of sugar, which is equivalent to eating four Krispy Kreme glazed donuts in a blender. Fructose is another name for sugar, and it's linked with belly fat formation.

Cereal Bars



It's generally better for you to rethink your on-the-go supper if you have diabetes. Some granola and cereal-based bars are covered in many grams of syrups and sugars to keep them bonded. Cereal bars, in particular, can include approximately 30 grams of carbohydrate, of which 16 are sugar. One gram of fiber increases your blood sugar by elevating your blood sugar.

Pancakes



Pancakes are virtually completely devoid of nourishment. Pancakes are generally filled with harmful toppings such as sweet syrup and saturated fat-laden butter. In combination, sugar and saturated fat prolong the sugar rise.

Fat-free Frozen Yogurt



Frozen yogurt appears like the healthier option to ice cream, except for all the fat. Raising blood sugar is a simple solution. A yogurt store typically has fro-yo with lots of sugary toppings, including candies, syrupy fruit, and hot fudge.

Parfaits



While they might sound like a healthy meal, most yogurts are laden with added sugar and calories. Most parfaits are carbohydrates. To increase blood sugar, this recipe utilizes sweetened granola, flavored yogurt, and high-sugar fruit puree. You'll do better with unflavored plain Greek yogurt, with chia seeds and blueberries added.

Skimmed Milk



Because fat has been removed, people assume skimmed milk is better. However, when you take off the fat, this is a carbohydrate beverage. Milk at night often results in an elevated blood glucose level in the morning.

Fat-Free Vinaigrettes

Salads seem healthier until you add calorie dressings to them. You have to look everywhere for dressings that are suitable for diabetics. But there are other fat-free choices. The flavor and mouthfeel have to be added after removing the fat. Typically, there will be some starch and sugar. Instead of using packaged dressings, drizzle your salad with olive oil and balsamic vinegar.

Vegetable Oils



Partially hydrogenated oils are trans fats, and they are very inflammatory. Palm and soybean oils are blended with partially hydrogenated oils and have small levels of trans fats. Alternatively, Use extra virgin olive oil, avocado oil, or grapeseed oil.

Fruit Snacks



These aren't actual fruit gummies; they're just sugar bombs. These don't have any fruit juice and will cause blood sugar to spike. Instead, use alternatives, such as blueberries, raspberries, or an apple.

Biscuits



Commercial biscuits (store-bought or fast-food joint) can be laden with harmful ingredients. Flour and saturated fat bombs cause inflammation throughout the body and brain, additionally to diabetes. Inflammation has been linked to obesity and cancer.

Sandwich Crackers



Raw, unsweetened peanut butter is a better choice for diabetics than processed peanut butter found in prepackaged sandwich crackers. These crackers include a highly refined recipe with highly processed peanut butter, which increases blood sugar and blood pressure.

Mac & Cheese



In most cases, macaroni and cheese are made with white flour and refined noodles coupled with high-fat milk and cheese, resulting in inflammation in the body and brain. Mac and cheese have a high glycemic load, too.

Flavored Instant Oatmeal



Oats, along with several other nutrients, comprise a fiber called beta-glucan is known to have an anti-diabetic impact. Flavored oatmeal is prepared and may contain added sugar and other sweeteners. Oats are readily absorbed, and adding extra sugar makes it into sugar.

Saltines



Even though saltine crackers were a common childhood snack served with chicken noodle soup, they have no purpose in a diabetes diet. Consider these to be highly refined flour products that are absorbed extremely instantly.

Instant Noodles



Instant noodles, such as ramen and Cup-o-Noodles, are not only a source of refined carbs; they can also contain up to a day's worth of sodium. This can result in a blood sugar increase.

Mixed Drink Cocktails



Alcohol should be avoided with diabetes, as this can trigger a hypoglycemic reaction. Avoid drinking high-sugar cocktails or sweetened mixers, and instead, choose a glass of red wine occasionally if your doctor says it's OK.

Grilled Cheese



Grilled cheese is commonly made from white bread enriched with heavy cheese. Grilled cheese is nothing but refined flour and saturated fat, leading to inflammation of the body and elevating blood sugar levels.

Sweetened Cereals



Sure, cereal is a simple, fast meal. Even healthy cereals can be a risk for diabetes. A carb-filled meal that supplies both protein and fiber. Also, sugary cereals have more sugar than candy per serving. Instead, consume a more filling meal, such as eggs and sauteed greens, and avocado.

Pop-Tarts



Pop-Tarts are simply packaged and prepared pastries. They're made with refined fake flour and a sugar square, which will spike your blood sugar in the morning.

Chocolate Milk



For diabetics, chocolate milk is a bad post-workout recovery drink. Although it has milk and lactose, chocolate milk also has sugar added to cause a twofold surge in blood sugar.

Ripe Jack fruit



Though raw jack fruit and the flour made from it is now considered as a miracle food for lowering blood sugar levels, its ripe version is just the opposite. The fruit is very low in fiber and high in carbs that will raise your blood sugar due to its high glycemic index. It is important to eat this exotic fruit only in moderation, such as 1/2 cup (75 grams) — which would provide just 18 grams of carbs.

Packaged Baked Goods



Baked goods commonly include an excess of sugar in more than one form. Artificial additives and partially hydrogenated oils also make these biscuits trans-fatty. These processed sweets cause inflammation and will spike blood sugar.

Deep-fried Chinese entrees



Deep-fried orange chicken and white rice is packed with contents having high glycemic load. This breaded chicken and its sugary sauce typically comes in at more than 400 calories and 43 grams of carbohydrates per serving and is one of the bad Chinese dishes for diabetics.

Chocolate Hazelnut Butter



Sugar and palm oil are the major ingredients in this, instead of hazelnuts, which can result in high blood sugar and inflammation. The protein content is also really low at 2 grams per 2 tablespoons.