

MyCARE

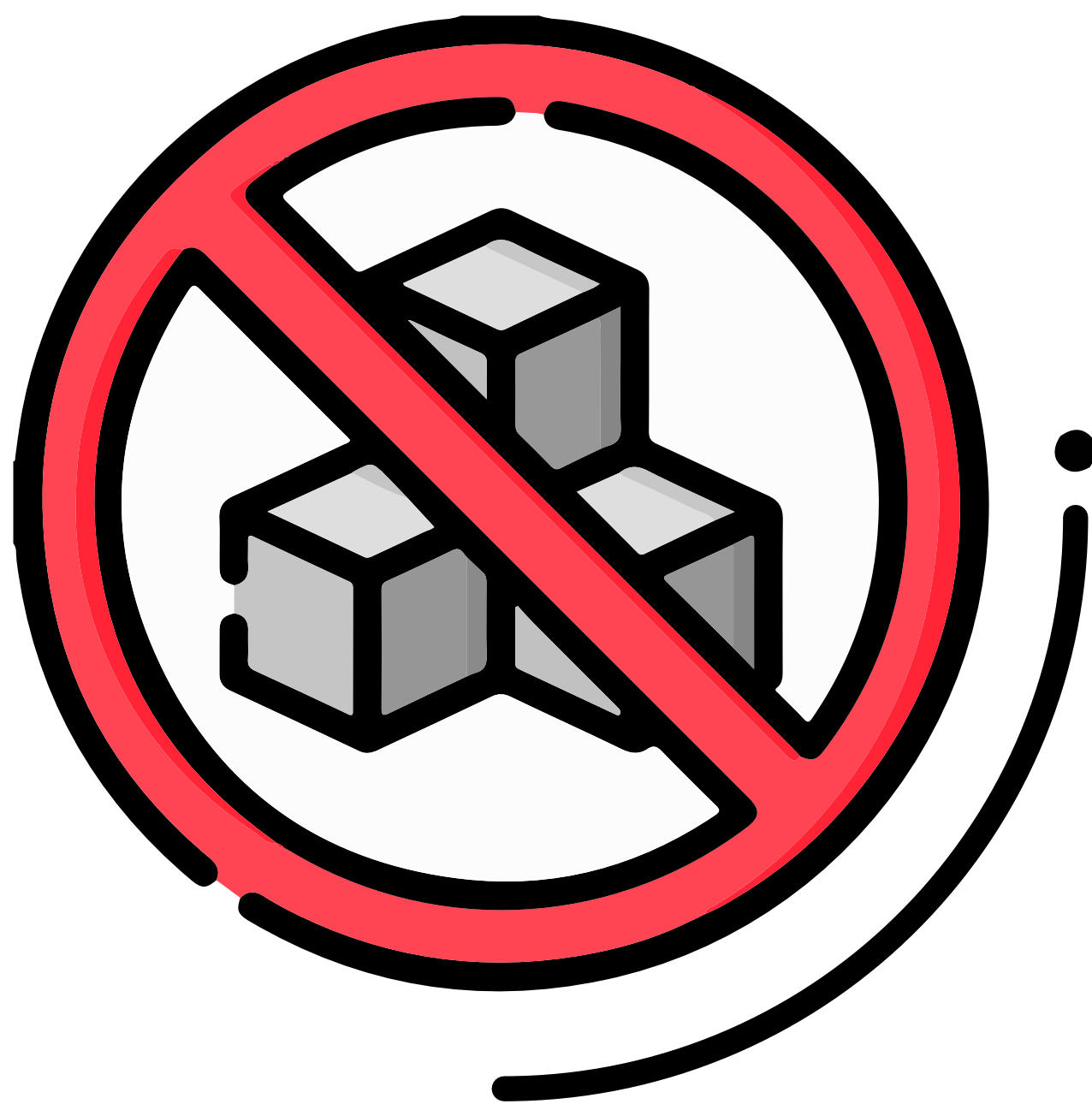
With me, every step of the way



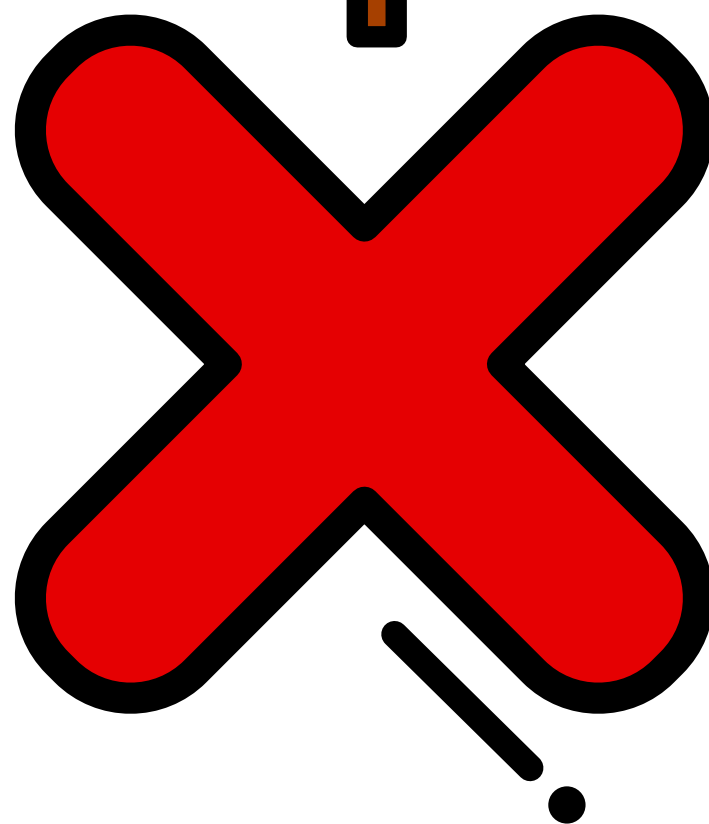
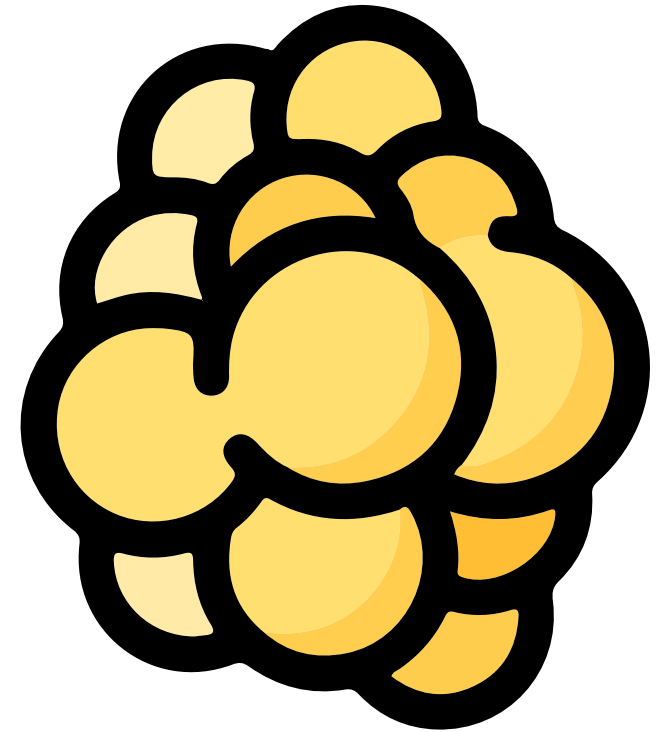
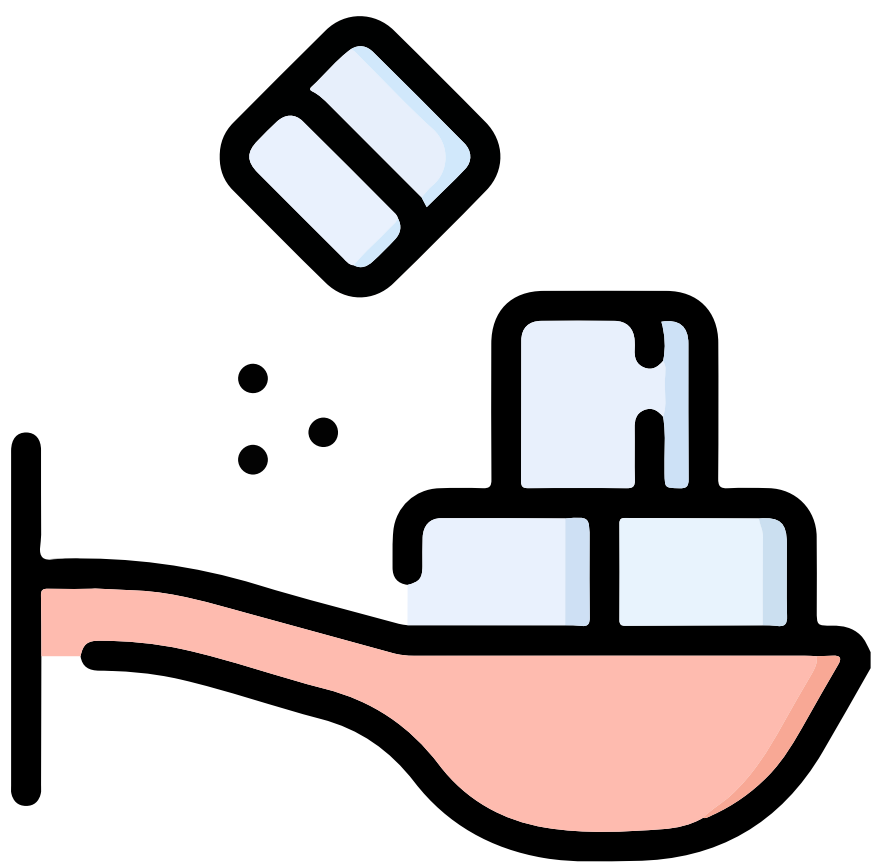
“ Let’s look closely at
**WHAT SUGAR-FREE
REALLY MEANS** ”



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.**

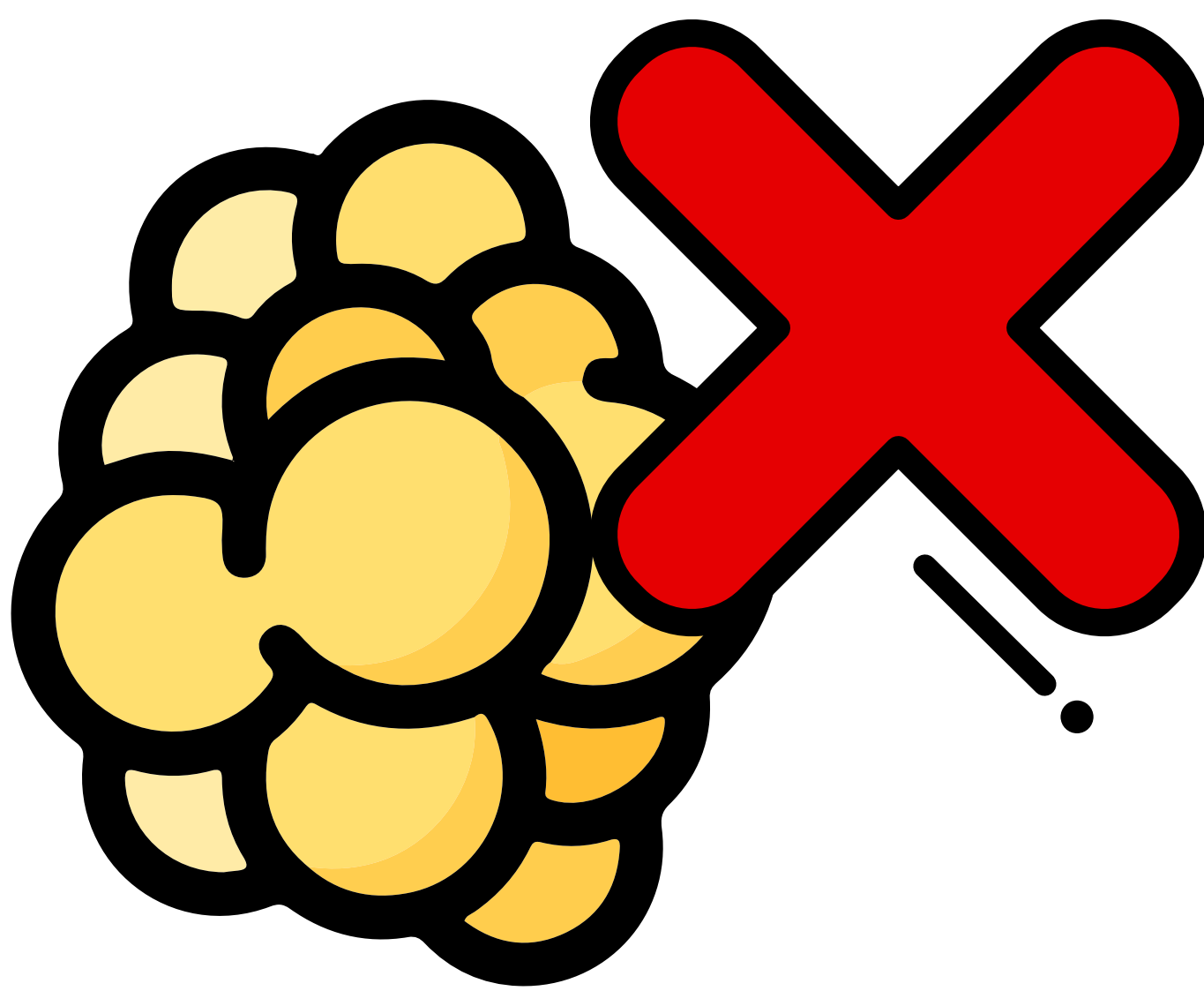


THE PRODUCT MAY STILL CONTAIN CARBOHYDRATES

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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