

# Diabetes – Friendly Desserts



Robert Brooks, BS  
Graduate Student  
Dietetics and  
Nutrition Therapy



Madison Powers, BS  
Graduate Student  
Dietetics and  
Nutrition Therapy



UNIVERSITY OF  
CENTRAL  
ARKANSAS™

---

COLLEGE OF HEALTH AND  
BEHAVIORAL SCIENCES  
NUTRITION AND FAMILY SCIENCES

# Objectives

## Learners will:

- ... be able to create tasty desserts that are accessible to people with diabetes
- ... be able to identify potential substitutes for sugars found in foods
- ... understand what the glycemic index is and how to use it for determining food selection

# Glycemic Index and You

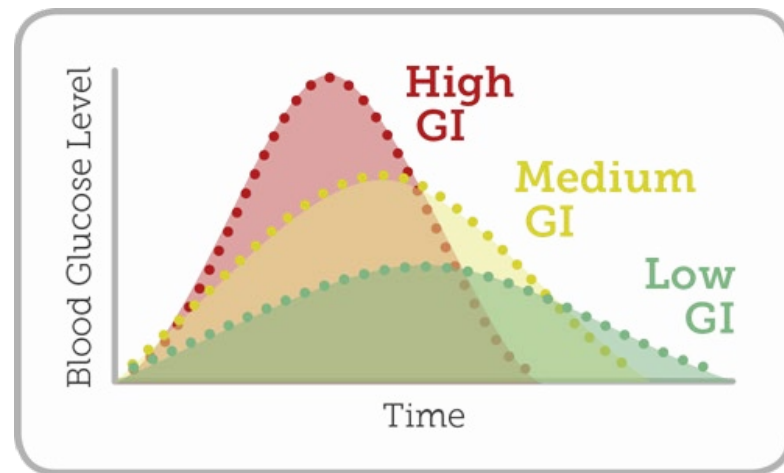
Glycemic Index - “Fancy” word for effects blood sugar

- High G.I. : Pure glucose, refined grains, sweets and “junk” foods
- Medium G.I. : Some fruits, pastas, honey, table sugar
- Low G.I. : High fiber foods, complex carbs, non-starchy vegetables

Foods with zero-G.I. are meats, fish, and oils



Scan the QR Code for more information on Glycemic Index and related food options



<https://www.knowdiabetes.org.uk/be-healthier/nutrition-hub/glycaemic-index/>

# Sugar in Foods

Sugar takes many forms:

- Table sugar
- Refined sugars
- Dextrose
- Dextrin
- High fructose corn syrup
- Honey
- Crystalline fructose
- Lactose
- Invert sugars
- Glucose
- Maltose
- Concentrated fruit juices
- Caramel

# Food Demonstration

- Apple Pie with Splenda

- Mini-Berry Cream Pies

# Artificial Sweeteners

- Saccharin (Sweet'n low)
- Neotame (Newtame)
- Acesulfame K (Sunett, Sweet One)
- Aspartame (NutraSweet, Equal, Sugar Twin)
- Sucralose (Splenda)
- Advantame
- Stevia
- Luo han guo (monk fruit)



# Artificial Sweeteners (cont...)

Great for Consumer Cooking/Baking

- Splenda (sucralose)
- Stevia
- Sweet One (acesulfame-K)
- Sweet'n Low with caution

Do NOT use for Cooking/Baking

- Equal/Nutra-Sweet (aspartame)
- Sugar Alcohols\*



# Cautions for All Artificial Sweeteners

- Like all things, moderation is key
- If dessert is the plan, plan for it
- Sugar Alcohols (Stevia) “may have a laxative effect”
- Saccharin & Aspartame have bitter aftertastes
- Aspartame’s composition makes it dangerous for people with PKU
- Recent studies find overindulgence on A.S. can lead to metabolic issues





# Let's Make a S.M.A.R.T. Goal

## S.M.A.R.T. Goals Worksheet

*Small changes now lead to big changes later. Believe in yourself!*

<b>Name:</b> Me!	<b>Goal:</b> Use Artificial Sweeteners to allow myself more dessert options without creating a severe risk to my health
<b>S – Specific</b>	Use Splenda as my artificial sweetener
<b>M – Measurable</b>	Using 1 cup of splenda for 1 cup of sugar in the pie recipe
<b>A – Actionable</b>	Substituting Splenda:Sugar at 1:1 ratio
<b>R – Real</b>	Occurring on one dessert
<b>T – Time Based</b>	The next pie I make, which will be within 2 weeks

Using Artificial Sweeteners does  
not an Artificial Dessert Make!

Any Questions?