

EVERYDAY MEAL IDEAS USING GREAT HARVEST BREADS

BREAKFAST: 50g carbohydrates
(carbohydrate totals are net carbs only)

- 1 slice Cinnamon Raisin Walnut bread (26g, 3g fiber)
- 1 Tbs cream cheese (0g)
- 1 cup skim milk (12g)
- 1 medium pear (15g)

LUNCH: 55g carbohydrates

- 2 slices Honey Whole Wheat bread (50g, 6g fiber)
- 2 oz turkey breast, lettuce, 1 slice low-fat swiss cheese, tomatoes, mayonnaise and mustard (6g)
- 1 cup fresh vegetables (5g)

DINNER: 54g carbohydrates

- 1 slice Spinach Feta bread (19g, 2g fiber)
- 1 piece vegetable lasagna (35g, 3g fiber)
- ½ cup green beans (5g)



Even small amounts of exercise and physical activity help improve blood glucose levels.



HEALTHY LIFE CHOICES FOR DIABETICS

- Eat meals and snacks at regular times every day.
- Eat about the same amount of food each day.
- Include high fiber foods, such as *Great Harvest* breads.
- Don't skip meals.
- Eat out less than 3 times per week.
- Accumulate 30 minutes of physical activity each day. Start slowly by taking the stairs and walking more or doing more yard work.



*Pure & Simple. Fresh & Flavorful.
Enjoy the Whole Grain Goodness!*

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*All information has been provided by
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Great Harvest™ Breads & Your Diabetic Diet



 **Great Harvest Bread Co.®**



Great taste and excellent nutrition make Great Harvest bread an unsurpassed choice in any diabetic diet. Plan to have a slice of Great Harvest whole grain bread every day!

GREAT HARVEST BREADS FIT INTO EVERY HEALTHY DIET!

Our whole grain breads are high in fiber, low in calories and fat and are absolutely delicious! Plus, you benefit from the outstanding nutrition retained in our fresh ground whole grain flour.

You don't need special food products to control your diabetes. It is more important to count your carbs and balance them throughout your day.

WHAT IS A CARBOHYDRATE?

A carbohydrate (carb) is a nutrient found in food and is the main source of energy for our bodies. *Great Harvest* breads are great sources of complex carbohydrates, which are full of nutrition and help sustain energy.

Carbohydrates are the only kind of energy used by your brain! You need at least 50g of carbs per day for your brain to function. Most *Great Harvest* breads have an average of 25g of carbohydrates per slice.

How many carbs do you need per day/meal? It's better to have equal amounts of carbohydrates throughout the day. Lots of carbohydrates at once make it harder for your body to clear them from your blood stream. You see fewer peaks and valleys with smaller, more frequent meals. To find out how many carbs you should have per meal, consult a dietitian or certified diabetes educator.

Remember, only "net carbs" should be counted into your daily total.

Net carbs are calculated by subtracting the grams of fiber from total carbohydrates.



FIBER 101

Fiber helps slow down digestion. Slower digestion allows energy from food to slowly enter the bloodstream. This decreases the high peaks in blood glucose usually seen after meals. Plus, the longer food takes to digest, the longer you feel full. As a result, you eat fewer calories. Look at the table below to see how much fiber is in some of our *Great Harvest* breads.

FIBER IN OUR BREADS*

Bread	Carbohydrates	Fiber
Honey Whole Wheat	25g	3g
High 5 Fiber	24g	5g
Caraway Rye	26g	5g
Nine Grain	28g	4g
Flax Oat Bran	22g	4g
Dakota	24g	3g

**Some recipes may vary, be sure to check your local bakery for the most accurate nutrition information. Amounts above are based on a 56g (2oz) slice.*

Ask your local bakery about other whole grain breads they bake.