

EatSmart By JEAN CARPER

Be friendly to your blood sugar



CARBS that spike blood sugar raise your risk of diabetes, weight gain, heart disease — and maybe even cancer, acne and Alzheimer's, according to the latest science.

World-renown nutrition researcher Jennie Brand-Miller and her team at the University of Sydney have surprising advice about these foods:

CHOCOLATE. Despite its high sugar, chocolate has a low glycemic index and doesn't cause blood glucose to surge. Even diabetics need not eat reduced-sugar chocolate. But note that high-calorie chocolate is a weight gain risk.

BREAD. Beware: Some whole-grain breads spike blood sugar as much as white bread. Smart choices: coarse, dense bread with visible grainy bits;

■ Carbs LEAST APT to spike blood sugar:

legumes (like the soybeans at right), fresh or frozen fruits and vegetables, milk, yogurt, ice cream

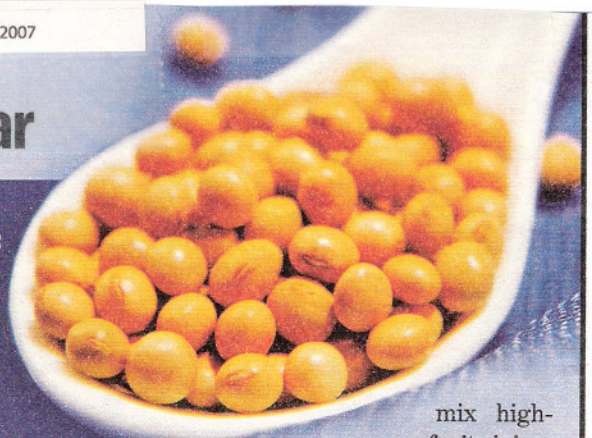
■ Carbs MOST APT to spike blood sugar:

most bread, bakery products, rice, breakfast cereals (your best bet: oatmeal that's not instant)

■ **Complete lists:** Go to www.glycemicindex.com.

and sourdough, pumpernickel, soy or fruit breads.

JUICE. Unsweetened fruit juices have a low glycemic index but are hazardous when overdone. Restrict a serving to $\frac{1}{2}$ cup, dilute with water, or



mix high-sugar fruit juices with low-sugar vegetable juices. Better yet, eat the whole fiber-packed fruit.

VEGETABLES. Despite the claims of many diet books, carrots (raw, cooked or juiced) do not increase blood sugar. All fruits and veggies, except potatoes, have a low glycemic index.

SALAD DRESSING. All types of vinegar and lemon juice in salad dressings suppress blood sugar rises.

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