Consistent Carbohydrate Diet

This program was created with the following key considerations in mind:

Carbohydrate Spacing

The [macronutrient distribution](https://guidelines.diabetes.ca/docs/cpg/Ch11-Nutrition-Therapy.pdf) as a percentage of total energy in this plan ranges from 45% to 50% for carbohydrates daily and provides similar amounts of carbohydrates at each meal and snack to promote a more even and stable blood sugar response.

Sugar-Free & Low Glycemic Index Foods

In addition to the amounts of carbohydrates eaten, having the proper type of carbohydrate is important to help balance [insulin levels](https://www.sciencedirect.com/science/article/abs/pii/S0261561416312481). This meal plan is sugar-free and uses low glycemic foods with a [score below 55](https://www.diabetes.ca/managing-my-diabetes/tools---resources/the-glycemic-index-%28gi%29) to optimize [blood sugars](https://link.springer.com/article/10.1007/s13197-011-0497-7) and energy levels. Carbohydrate sources are paired with fats and protein to create a steady release of energy throughout the day.

High Fiber

Getting enough dietary fiber intake is associated with several health benefits including [lower blood pressure](https://pubs.rsc.org/en/content/articlelanding/2016/fo/c5fo00950b/unauth#!divAbstract), [blood cholesterol](https://www.mdpi.com/2072-6643/11/5/1155/htm), and [weight management](https://journals.lww.com/co-clinicalnutrition/Fulltext/2020/11000/Dietary_fibers_reduce_obesity_related_disorders_.12.aspx?casa_token=ONyBkSU5luUAAAAA:woNuMlQVDEzFMXIhLRf_I0eM2sVJkeAtzgw74-RPPNEMbpW-LcKkxPcLw7TjQq3T-y1EsXfs5cuCOp2MQTakiOx3RCo). [Guidelines](https://guidelines.diabetes.ca/docs/cpg/Ch11-Nutrition-Therapy.pdf) for adults with diabetes recommend 30 to 50 grams of dietary fiber daily. This plan meets the requirement of fiber from fruits, vegetables, legumes, and whole grains.

Heart Health

[Guidelines](https://www.ahajournals.org/doi/pdf/10.1161/CIR.0000000000000678) recommend restricting sodium to less than 2000 milligrams per day to prevent or treat [hypertension](https://www.nature.com/articles/nrcardio.2017.214) and reduce the risk of stroke and [cardiovascular disease](https://link.springer.com/article/10.1007/s10654-017-0354-8). This program provides less than 1500 milligrams of sodium daily. Total fat is kept to the [recommended level](https://guidelines.diabetes.ca/docs/cpg/Ch11-Nutrition-Therapy.pdf) of <35% as a percentage of daily calories.