

DIY FAST FOOD GUIDE

People with diabetes can enjoy a fast-food treat once in a while—as long as their blood sugars are in check.

Here are the calorie, carbohydrate, fibre and total carbohydrate counts, as well as the Glycemic Index ratings, of many fast foods. Encourage your loved one to stick with foods that are lower in calories, high in fibre and low on the Glycemic Index.

FOOD	CALORIES	CARBOHYDRATES	FIBRE	TOTAL CARBOHYDRATES	GI
Cheeseburger	535	39	2	37	66
Medium fries	427	50	5	45	75
Medium cola	201	52	0	52	63
Hot dog	240	19	1	18	40
2 pieces fried chicken	494	20	0	20	95
4 chicken nuggets	190	10	1	9	46
Pepperoni pizza slice	591	55	2	53	36
Donut	239	30	1	29	76
Breakfast burrito	212	28	1	27	37
Ice cream cone	150	23	0	23	57

* These are generalized values and should not be used to replace the nutrition data provide by restaurants.