



Instructions

- Hand activity form to participant
- Instruct participant to circle foods they believe raise blood glucose levels
- If participant has difficulty reading, read the foods out loud.
- Explain that foods with carbohydrate raise blood glucose levels the most
- Indicate that large servings of protein foods may increase blood glucose levels in most people with Type 1 while it might not have a significant effect on Type 2s. However, most protein foods also contain fat and fat delays absorption blood glucose (sugar) response

Caribbean Hispanic *Activity Form*

Circle the foods you believe raise blood sugar levels

Rice
Beans (Red, Pink, Pigeon Peas or
Guandules), Roman, Black, Chick
peas, lentils
Bread
Whole wheat bread
Saltines
Spaghetti
Oatmeal, Farina, Cold Cereals
Viandas (root vegetables) or
Viveres
Plantains (Green/Yellow),
Green bananas,
Taniers (Yautia),
Chayote Squash,
Cassava,
Manioc,
Breadfruit,
Malanga,
Calabaza/Ahuyama (local
pumpkin),
Cornstarch
Flour
Casabe(flat bread made of cassava
flour)

Broccoli
Cabbage
Cucumbers
Eggplant
Lettuce
Tomato
Okra (Quimbombó)
Onions
String beans (vainitas, habichuelas
tiernas, or habichuelas)
Watercress (berro)
Carrots
Beets
Cheddar cheese (queso de papa)

Gouda cheese
White cheese.
Whole milk
2% Low-fat milk
1% Low-fat milk
Skim Milk
Yogurt

Avocado
Banana
Breadfruit (pana or panapen)
Chirimoya.
Chico zapote (nispero)
Grapefruit
Guava (guayaba)
Mamey.
Mango
Orange
Papaya (lechoza fruta bomba
Parcha (maracuyá).
Pineapple
Queneps (kenepas, limoncillos,
mamoncillos)
Soursop (guanábana
Star fruit..
Tamarind

Coffee
Fruit Juice
Tang
Malta
Beer
Rum
Regular soda
Diet soda
Gingerale/Seven Up

Beef
Goat
Blood sausage (chorizo or morcilla)
Chicken
Codfish (bacalao)
Salmon
Eggs
Fried pork rind (chicharrón).
Oxtail
Salami (salchichón)
Shredded beef (carne ripiada or
ropa vieja)
Tripe (mondongo, tripas, panza, or
menudo)
Pork

Ham

Peanuts
Almonds
Ajonjolí
Olive oil
Corn oil
Vegetable oil
Canola oil

Dulce de leche,
Flan
Majarete
Tembleque
Arroz con leche
Ice Cream
Frozen Yogurt
Cookies
Sugar Free Cookies
Cake

Caribbean Hispanic Answers

The foods that are circled raise blood sugar levels because they have carbohydrates

Rice
Beans (Red, Pink, Pigeon Peas or Guandules), Roman, Black, Chick peas, lentils
Bread
Whole wheat bread
Saltines
Spaghetti
Oatmeal, Farina, Cold Cereals
Viandas (root vegetables) or Viveres
Plantains (Green/Yellow), Green bananas, Taniens (Yautia), Chayote Squash, Cassava, Manioc, Breadfruit, Malanga, Calabaza/Ahuyama (local pumpkin), Cornstarch
Flour
Casabe (flat bread made of cassava flour)

Broccoli
Cabbage
Cucumbers
Eggplant
Lettuce
Tomato
Okra (Quimbombó)
Onions
String beans (vainitas, habichuelas tiernas)

Watercress (berro)
Carrots
Beets

Cheddar cheese (queso de papa)
Gouda cheese
White cheese.

Whole milk
2% Low-fat milk
1% Low-fat milk
Skim Milk
Yogurt

Banana
Breadfruit (pana or panapen)
Chirimoya.
Chico zapote (nispero)
Grapefruit
Guava (guayaba)
Mamey.
Mango
Orange
Papaya (lechoza fruta bomba)
Parcha (maracuyá).
Pineapple
Queneps (kenepas, limoncillos, mamoncillos)
Soursop (guanábana)
Star fruit..
Tamarind

Fruit Juice
Tang
Malta
Regular soda
Diet soda
Coffee
Beer
Rum

Gingerale/Seven Up

Beef
Goat
Blood sausage (chorizo or morcilla)
Chicken
Codfish (bacalao)
Salmon

Eggs
Fried pork rind (chicharrón).
Oxtail
Salami (salchichón)
Shredded beef (carne ripiada or ropa vieja)
Tripe (mondongo, tripas, panza, or menudo)
Pork
Ham

Avocado
Peanuts
Almonds
Ajonjolí
Olive oil
Corn oil
Vegetable oil
Canola oil

Dulce de leche,
Flan
Majarete
Tembleque
Arroz con leche
Ice Cream
Frozen Yogurt
Cookies
Sugar Free Cookies
Cake

If you have diabetes, foods with carbohydrates, not just *sugar* will raise your blood sugar levels. You can still EAT foods with carbohydrates. Eat half of the amount that you normally eat. For example, if you eat two serving spoons of rice, eat one.