

Brother, can you spare a sweet treat?

Yes, people with diabetes can indulge, as long as you set limits and know the signs of something gone wrong

ANCHOR LEDE

If you have diabetes, you've probably heard "Watch your sweets!" or "Watch your carbs!" often.

But we're all human. We all crave a treat from time to time. So rather than avoiding things like candy and chips and just craving them more, health care providers have tips to be happy and keep your diabetes in check.

TAKE VO

- First, be honest with your provider about what you're eating and drinking.
- Practice moderation. Don't have sweet and salty treats around you all the time. Avoid impulse buys at the store.
- And remember: Not all sweets are created equal.

SOT

Jennifer Adcock

OSF HealthCare diabetes educator

"Anything that's highly concentrated in just sugar and has zero nutritional value. Even fruit juice – that's kind of a 'sugar bomb.' While it does have some nutrients, you'd be better off eating the fruit in its whole form." (:20)

VO TAG

So, pick things like berries, melons, grapes or dark chocolate instead. You could also pair chips with carrots to get that "crunch" feeling without downing a whole bag of chips.