

# Sugar Myth Busters and a Low-Sugar Dessert

**Bust the Myth! Let's stay informed with research-backed evidence.**

## **Myth #1: Eating sugar causes diabetes.**

**Debunked:** Sugar does not directly cause diabetes.

There is not just one cause of diabetes. People can develop diabetes for different reasons, like their genes, family history, background, or lifestyle choices. The type of diabetes also makes a difference when answering this myth, as type 1 and type 2 diabetes happen for different reasons. Most of the time, it is a mix of several factors. However, diets high in processed sugars and low in fibre can increase the likelihood of developing risk factors for diabetes, such as type 2 diabetes.

## **Myth #2: People with diabetes cannot eat carbohydrates**

**Debunked:** People with diabetes can and should eat carbohydrates in balanced amounts.

Carbohydrates are the body's main energy source, and healthy carbohydrates like whole grains, fruits, and vegetables provide essential nutrients and fibre. The key is portion control and choosing high-quality carbs more often than refined carbohydrates and artificial sweeteners.

## **Myth #3: All carbohydrates are bad.**

**Debunked:** Not all carbohydrates are created equal; some are more nutritious.

Refined carbohydrates, such as white rice and sugary snacks, can spike blood sugar, but complex and whole-grain carbohydrates, like oats, quinoa, and legumes, are an excellent source of fibre, helping to keep blood sugar levels stable. It is more about the type of carbohydrate and less about avoiding carbohydrate altogether.

## **Low-Refined-Sugar/High Fibre Lemon Custard Square Recipe:**

Prep Time: 10 mins    Cook Time: 30 mins    Calories: 178 per square    Serving Size: 1 square (60g)

### **Crust Ingredients:**

- 3/4 cup (175 mL) ground almonds
- 3/4 cup (175 mL) whole grain quick oats
- 2 Tbsp (30 mL) avocado oil
- 1 Tbsp (15 mL) honey
- 1 Tbsp (15 mL) ground flaxseed
- 2 tsp (10 mL) chia seeds



### **Lemon Filling Ingredients:**

- 3 large eggs + 1 egg white

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- Zest of 1 lemon
- 3/4 cup (175 mL) lemon juice
- 1 1/2 Tbsp (22 mL) ground almonds
- 1 Tbsp (15 mL) erythritol or stevia blend sweetener (or to taste)

## Instructions:

1. Preheat the oven to 325°F (160°C).
2. Line an 8x8-inch square baking pan with parchment paper.
3. Blend ground almonds, oats, flaxseed, and chia in a food processor for 30 seconds. Add oil and honey, and blend for 1 minute until a dough forms. Press into the pan.
4. In a bowl, whisk eggs, lemon zest, lemon juice, sweetener, and ground almonds.
5. Pour the mixture over the crust and bake for 25–28 minutes, until set but still slightly jiggly in the centre.
6. Cool thoroughly, refrigerate, and cut into 12 squares.

## Nutritional Information (Per Square):

Calories ~178 kcal

Protein ~7.1 g (14%)

Carbohydrates ~15 g (5%)

Total Fat ~11.4 g (15%)

Saturated Fat ~1g (5%)

Fibre ~3.2 g (11%)

Sodium ~23 mg (1%)

*Recipe adapted from Diabetes Canada.*

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