

Eating Healthfully with Diabetes

Learning how to eat right is an important part of controlling your diabetes. While it is important to eat from all food groups, some foods affect the blood glucose (blood sugar) more than others. Here are some tips to help you eat right with diabetes.

What healthy food choices should you make?

Carbohydrates raise your blood glucose more than any other foods. Carbohydrates are found in grains, fruits, starchy vegetables, milk, and sweets (such as candy, cake, ice cream, desserts, etc). The body needs carbohydrate foods every day to function at its best; however it is a good idea to try to space the carbohydrate foods so that you eat about the same amount of carbohydrate foods at each meal. This will help the blood glucose remain consistent in the body.

The Diabetes Plate Method is a good way to plan consistent meals and snacks. When planning your meals, think in terms of a plate or a place setting. Half of your plate should contain non-starchy vegetables. One fourth of the plate should be grains/starchy veggies and one fourth should be a protein source. Add one serving of fruit and one serving of dairy foods and you will have a balanced meal that contains about four servings (or 60 grams) of carbohydrate for that meal. At the breakfast meal, vegetables are not typically served. Check with your medical provider or a registered dietitian/diabetes educator for a customized meal plan for your specific needs.

Use the information on the back of this sheet to help plan your healthy meals. Some simple guidelines to eating healthier with diabetes are:

- *Eat smaller portions
- *Learn what a serving size is for different foods; read food labels
- *Eat **less** fat, especially saturated fat. Choose fewer high-fat foods and use less fat for cooking. You especially want to **limit** foods that are high in saturated fats or *trans fat*, such as fried foods, whole milk, and sweets.
- *Eat **more** fiber by eating more whole-grain foods.
- *Eat less candy, baked desserts, sugar-sweetened beverages
- *Eat fewer processed foods such as lunch meats, canned soups, and prepared foods

Adapted from University of Arkansas Cooperative Extension "Living Well With Diabetes" curriculum; Myplate.gov; Centers for Disease Control and Prevention, <http://www.cdc.gov/diabetes/managing/index.html>

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PLATE METHOD MEAL PLANNING

Remember carbohydrate-containing foods, such as grains, fruit, dairy foods, and starchy veggies raise blood sugar more than foods that do not contain carbohydrate. Use the examples listed in the boxes and the plates below to guide you to make a healthy, diabetes plate!

Fruit List:

1 small apple or banana
 ½ cup canned fruit
 (peaches or pears) juice
 packed
 ¼ cup raisins or dried fruit
 ½ c 100% fruit juice

Grains List:

1 slice whole grain bread
 or small roll/biscuit/muffin
 ½ cup oatmeal or grits
 ¾ cup cold cereal
 1/3 c rice or pasta or rice

Dairy List:

1 cup low fat milk
 2/3 cup yogurt

Starchy Veggies:

½ c potatoes, beans, peas,
 or corn
 1/3 c baked beans
 1 small baked potato

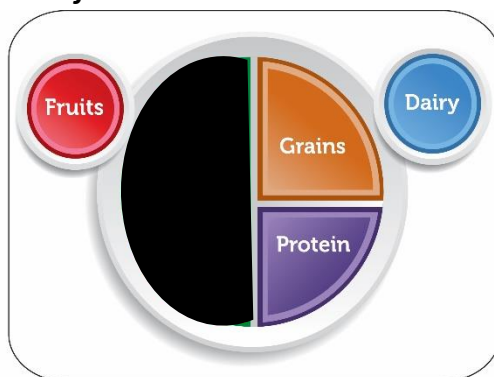
Protein List:

1 egg or 2 egg whites
 3 ounces venison, rabbit,
 chicken, fish (baked or broiled)
 3 ounces beef sirloin, or ground
 chuck
 3 ounces fresh ham or pork
 tenderloin

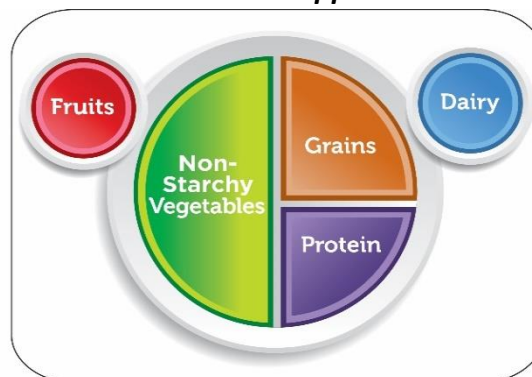
Freebies:

**Green beans, cucumber,
 greens, okra, spinach,
 squash, tomato**
 Salsa, low fat broth, sugar
 free gelatin, fat free whipped
 topping, unsweet tea, sugar
 free sodas

Breakfast:



Lunch or Supper



Sample Menus: Choose one of each color (may choose two or more of green).

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|--------------------------|----------------------------------|---------------------------------|-------------------------------------|---------------------------|
| 1 banana | ½ c orange juice | 1 small apple | ½ c grapes | ½ c applesauce |
| ¾ cup cereal | 1 slice whole wheat toast | 2 slices bread | 1 small roll, ½ c potatoes | small sweet potato |
| 1 cup milk | 6 oz low fat yogurt | Milk or yogurt | Milk or yogurt | Milk or yogurt |
| 1 hard boiled egg | 1 slice turkey bacon | ¾ tuna salad | 3 oz beef roast | 3 oz tenderloin |
| | | Side salad/carrot sticks | 1 cup broccoli & carrots | large side salad |