

Diabetic Meal Planning

A healthy diet and lifestyle are your best weapons to manage diabetes. It's not as hard as you may think! Remember, it's the overall pattern of your food choices that counts. Start including the recommendations below into your lifestyle to help manage your blood sugar control.

Include healthy carbohydrates.

- During digestion, sugars (simple carbohydrates) and starches (complex carbohydrates) break down into blood glucose.
- The healthiest carbohydrates include vegetables, whole grains, legumes (beans, peas and lentils) and low-fat dairy products.

Focus on fiber-rich foods.

- Dietary fiber includes all parts of plant foods that your body can't digest or absorb. Fiber moderates how your body digests and helps control blood sugar levels.
- Foods high in fiber include vegetables, fruits, nuts, legumes (beans, peas and lentils), whole-wheat flour and wheat bran.

Eat heart-healthy fish.

- Fish can be a good alternative to high-fat meats. For example, cod, tuna and halibut have less total fat, saturated fat and cholesterol than do meat and poultry.
- Fish such as salmon, mackerel, tuna, sardines and bluefish are rich in healthy omega-3 fats.
- Aim to consume fish at least once or twice per week.



Go for “good” fats.

- Foods containing monounsaturated and polyunsaturated fats can help lower your cholesterol levels.
- These include avocados, almonds, pecans, walnuts, olives, and canola, olive and peanut oils. But don't overdo it, as all fats are high in calories.

Limit sugary beverages and sweets.

- Sugar sweetened beverages like regular soda and juice are digested quickly so cause your blood sugar to rise very fast. It's best to avoid them completely.
- Other sweets like cookies, cakes, ice cream, and candy should be saved for special occasions since they also cause your blood sugar to rise very quickly.

Carbohydrate Counting

Foods that Contain Carbohydrates

- Breads, crackers, and cereals
- Pasta, rice, and grains
- Starchy vegetables, such as potatoes, corn, and peas
- Beans and legumes
- Milk, soy milk, and yogurt
- Fruits and fruit juices
- Sweets, such as cakes, cookies, ice cream, jam, and jelly

Meal Planning Tips

- In diabetes meal planning, one serving of a food with carbohydrate has about 15 grams of carbohydrate.
- It's important to read the Nutrition Facts on food labels to find out how many grams of carbohydrate a food contains.
- For many adults, eating 3 to 5 servings of carbohydrate foods at each meal and 1 or 2 carbohydrate servings for each snack works well.

One Serving of Carbohydrate Foods

Starches	Fruit	Milk	Sweets & Desserts
<ul style="list-style-type: none">• 1 slice bread• 1 tortilla (6 inch)• 1/4 large bagel• 3/4 cup cereal (unsweetened)• 1/2 cup oatmeal• 4 to 6 small crackers• 1/3 cup pasta or rice (cooked)• 1/2 cup beans, peas, corn, lentils, potatoes• 3/4 oz pretzels, potato chips, tortilla chips	<ul style="list-style-type: none">• 1 small fresh fruit (3/4 to 1 cup)• 1/2 cup canned or frozen fruit• 2 tablespoons dried fruit• 17 small grapes• 1 cup melon or berries• 1/2 cup juice	<ul style="list-style-type: none">• 1 cup fat-free or reduced fat milk• 1 cup soy or almond milk• 2/3 cup unsweetened nonfat yogurt	<ul style="list-style-type: none">• 2-inch square cake (unfrosted)• 2 small cookies• 1/2 cup ice cream or frozen yogurt• 1/4 cup sherbet or sorbet• 1 tablespoon syrup, jam, jelly, table sugar or honey