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.
**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**

<table>
<thead>
<tr>
<th>Starches</th>
<th>Fruit</th>
<th>Milk</th>
<th>Sweets &amp; Desserts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice bread</td>
<td>1 small fresh fruit (3/4 to 1 cup)</td>
<td>1 cup fat-free or reduced fat milk</td>
<td>2-inch square cake (unfrosted)</td>
</tr>
<tr>
<td>1 tortilla (6 inch)</td>
<td>1/2 cup canned or frozen fruit</td>
<td>1 cup soy or almond milk</td>
<td>2 small cookies</td>
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<tr>
<td>1/4 large bagel</td>
<td>2 tablespoons dried fruit</td>
<td>2/3 cup unsweetened nonfat yogurt</td>
<td>1/2 cup ice cream or frozen yogurt</td>
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<tr>
<td>3/4 cup cereal (unsweetened)</td>
<td>17 small grapes</td>
<td></td>
<td>1/4 cup sherbet or sorbet</td>
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<tr>
<td>1/2 cup oatmeal</td>
<td>1 cup melon or berries</td>
<td></td>
<td>1 tablespoon syrup, jam, jelly,</td>
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<tr>
<td>4 to 6 small crackers</td>
<td>1/2 cup juice</td>
<td></td>
<td>table sugar or honey</td>
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<tr>
<td>1/3 cup pasta or rice (cooked)</td>
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<td></td>
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<tr>
<td>1/2 cup beans, peas, corn, lentils, potatoes</td>
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<tr>
<td>3/4 oz pretzels, potato chips, tortilla chips</td>
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