
Eating Healthy with Diabetes

Eating healthy is the first step in controlling diabetes.

Eat three meals a day. Eat your meals at the same time each day and do not skip meals. Eat about the same amount each day. Meals should be eaten 4-5 hours apart.



Limit sugar and sweets. Eat less candy, desserts, pastries, and jelly. Drink beverages such as diet soda, water, Crystal Light®, and unsweetened tea. Use Equal®, Sweet n' Low®, Splenda®, or Truvia® in place of sugar.

Control your intake of carbohydrate (carb). Carb is the main nutrient that affects blood glucose (sugar) levels. It is important to control the amount of carb that you eat. You should eat 45-75 grams of carb per meal based on your weight goals.

Healthy sources of carbohydrate:

- ◆ Whole fruit
- ◆ Whole grain bread, cereal, and crackers
- ◆ Starchy vegetables (corn, peas, potatoes, lentils, sweet potatoes, winter squash)
- ◆ Reduced fat or fat-free milk and yogurt
- ◆ Whole grain pasta, rice, beans



"Not So Healthy" sources of carbohydrate:

- ◆ Desserts, candy, ice cream, doughnuts, cookies, pies
- ◆ Some "Sugar-free" or "No Sugar Added" foods are made with sugar alcohol and may still raise your blood sugar

Be careful with liquid carbohydrate! Liquids that contain carb can cause seriously high glucose levels if you drink too much. Even drinks that some people think are healthy can cause major problems. Liquids with carb include: sodas, fruit juice, milk, sweet tea, energy drinks, coffee drinks, sports drinks, and some flavored waters.

Reduce your intake of high fat foods. Cutting back on your intake of high fat food can help reduce your weight and cholesterol levels. Reduce your intake of fried food, bacon, sausage, cold cuts, sour cream, cheese, egg yolks, stick margarine, butter, and whole milk.



Increase your intake of non-starchy vegetables. Vegetables are low in carbohydrates and calories, and high in fiber. Eat vegetables for variety and to help fill you up.

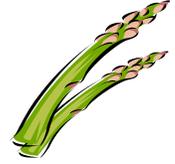
These are some of the non-starchy vegetables:

Asparagus
Green beans
Zucchini

Cucumbers
Yellow squash
Carrots

Tomatoes
Cabbage
Spinach

Broccoli
Onions
Lettuce



Eat more fiber. To get more fiber, eat at least five servings of fruits and vegetables a day, choose whole grain bread or cereal, and eat more beans or legumes.

Limit your intake of alcohol.

Drink alcohol only with permission of your doctor. Never drink alcohol on an empty stomach as it can cause a low glucose level. The limit for men is up to two drinks a day and for women is one drink a day. Do not use sweet mixers as they contain more carb.

Be more active and lose weight if you are overweight.



Regular exercise can be an important part of your diabetes care. Physical activity can help lower your blood glucose levels. The type and amount of activity that is right for you should be discussed with your doctor. Losing weight may also help improve your glucose control.

Know your blood sugar levels.

You should check your blood glucose levels on a regular basis. Blood glucose goals for most people:

| | |
|-------------------------|---------------|
| Before a meal: | 70-130 |
| Two hours after a meal: | less than 180 |
| Bedtime: | 110-150 |

To learn more, ask your provider for a consult with a Registered Dietitian.