

Diet and Lifestyle for Diabetes

Diet

Carbohydrates:

No fruit juice or drinks of any kind (including smoothies, sweetened drinks, sports drinks.) **No soda** (diet soda OK, and diet drinks with *0 grams of carbohydrates* OK.) Instead, just drink water and milk. Also, unsweetened tea and coffee are OK. Use artificial sweeteners, like Equal, Splenda, etc. if you like.

Avoid all refined or processed (white) carbohydrates (including white bread, white rice, white or no/low fiber cereals, cookies, cakes, muffins, bagels, chips, crackers, tortillas, waffles, pancakes, sweetened yogurt, etc.) Also avoid starchy vegetables like potatoes, corn and peas.

Instead choose high fiber carbohydrates *in moderation* (like high fiber cereals, beans and legumes, whole grain/low-carb bread, brown rice, whole oats, high fiber/low-carb tortillas, and low-carb yogurt.

Eat 3-5 servings of fresh or frozen vegetables a day (but potatoes, corn and peas do not count!) Make sure to include dark leafy greens daily.

Eat 2-3 serving of fresh or non-sweetened frozen fruits a day (but no juice, dried or sweetened fruits!)

Protein:

Eat lean meats like chicken and turkey breast, lean cuts of beef and pork in moderation, eggs, fish (not fried!), tofu, low fat or nonfat cottage cheese, low-carb or plain yogurt, and nuts.

Fats:

Include heart-healthy fats, like nuts (walnuts and almonds), avocados, fish, olive oil and canola oil to cook with, and ground flax seeds or flax oil.

Sample Diet - Balance each meal and snack with protein, healthy fat & carb choices

Breakfast	Lunch	Snack	Dinner
Eggs with grilled vegetables and 1 oz cheese OR Fiber One Cereal with milk	Large green salad with vegetables and grilled chicken topped with Balsamic vinaigrette dressing 1 piece of fruit (orange)	Low-carb yogurt and 1 piece of fruit (apple) OR ¼ cup almonds or walnuts and 1 piece of fruit	Grilled Fish Grilled vegetables ½ cup brown rice or ½ cup beans

Lifestyle

Exercise 5-7 times a week

Achieve a healthy weight

Check Hemoglobin A1c (HgbA1c) every 3 months

