

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

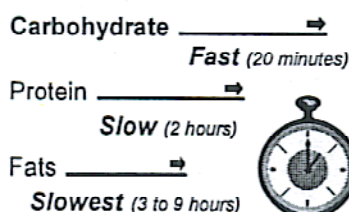
Achieve a healthy weight

Check Hemoglobin A1c (HgbA1c) every 3 months

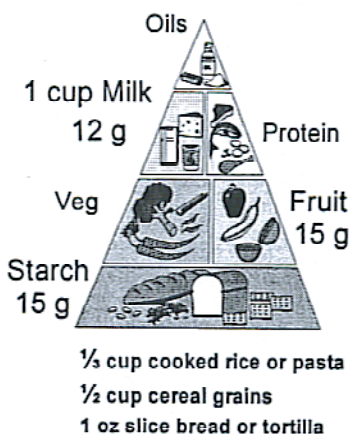
Diabetes Nutrition Principles

Control Blood Glucose

Eat Time- Released Combination Meals.



Count Carbs at Meals and Snacks.



Eat at Regular Hours.



Observe Blood Glucose for Patterns.

Does your blood glucose rise after eating certain foods?

Reach a Healthful Weight.

BMI:

Healthy goal weight:

Avoid Cholesterol Raising Saturated and Trans Fats.



Ideas

Eat less CARBOHYDRATE:

Starches

bread flour pasta potato
cereal corn chips crackers
rice root vegetables

Fruit Milk Sweets

Include PROTEIN with meals

meats chicken fish cheese
yogurt beans tofu egg
seeds peanut butter nuts

Nutrition Facts

Serving Size 1 cup
Servings per container 2

Amount Per Serving

Calories 190

Calories from fat 70

Total Fat 8 g 12%

Saturated Fat 4 g 20%

Trans Fat 0 g 0%

Cholesterol 0 mg 0%

Sodium 780 mg 33%

Total Carbohydrate 26 g 9%

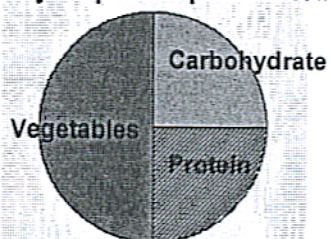
Dietary Fiber 2 g

Sugars 1 g

Protein 5 g

Action Plan

Use your plate to plan a meal.



Fill half your plate with vegetables.
Keep carbs to about 45 gms per meal — or the amount your body tolerates.
Serve "palm of hand" protein portion.

My carbohydrate plan:

Breakfast

Snack

Lunch

Snack

Dinner

Snack

How many carb grams in:
One cup of cooked rice?
A turkey sandwich?
One banana?
Three tacos?

Space meals about 5 hours apart.

Plan snacks between meals as needed.

Avoid skipping meals.

Schedule:

Target Blood Glucose:

Before meal:

2 hours after meal:

cold cereal pies syrup
applesauce juice reg soda
banana potato donut
candy grapes cake

If you need to lose weight...

- ☐ Be more physically active!
- ☐ Pay attention to behaviors.
- ☐ Record your food intake.
- ☐ Select smaller portions.

Foods high in **saturated fat**

Bacon Salami
Sausage Pepperoni
Ribs Chops
Hot dogs Hamburger
Whole milk Cream

Foods high in **trans fat**

Snack chips Coffee creamers
Cake mix Whipped topping
Margarine Packaged cookies
Taffy Caramels

- ✓ Use olive oil; vegetable oils.
- ✓ Select fish, turkey, and chicken.
- ✓ Choose lean meats such as top round or flank steak.
- ✓ Choose low fat dairy products.
- ✓ Read labels.

Partially hydrogenated fat = trans fat