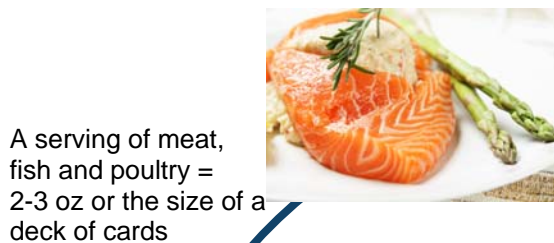


Basics of Healthy Eating for Diabetes

Follow these guidelines to feel your best!

Eat a variety of foods and use the proper portion sizes.

- It is very important to eat the correct portion sizes to stay within your appropriate calorie level.



Rice and pasta = 1/3 cup



A serving of fruit = 1/2 cup canned = 1 cup fresh = 1/2 banana = Apple/Orange the size of a tennis ball



Talk to a Registered Dietitian to find out exactly how many servings of each food group is right for you.



Eat three meals a day

- Do not skip meals.
- Eat one or two small snacks per day between meals.
 - Examples include:
 - 5-6 crackers with 1 tbsp peanut butter
 - 3 cups of unsalted popcorn
 - 1 slice of bread with 1 tbsp cream cheese
 - 1 medium apple with 1 oz of string cheese

Stay on a schedule for meals and medications

- Eat your meals and take your medications at about the same time each day.
- Take your insulin when you are ready to take your first bite of food, 15 minutes after you start eating or as directed by your doctor.



Pay attention to carbohydrate containing foods

- The total amount of carbohydrate (both starches and sugars) you eat raises blood sugar levels, whether the carbohydrate is from breads, potatoes, candy or fruit.
- Use a sugar substitute instead of sugar to make your foods and beverages sweet. Try Equal®, Sweet 'N Low®, Splenda®, or Truvia®.
- Drink artificially sweetened beverages such as diet sodas, sugar-free Kool-Aid®, Crystal Light®, or tea sweetened with a sugar substitute.
- Limit intake of very sweet foods such as jelly, honey, candy, candy bars, cookies, cakes, pies, doughnuts, honey buns, regular puddings, jellos, and popsicles.

Limit fried or fatty foods

- Buy lean meats and cook them by baking, broiling, boiling or grilling instead of frying.
- Trim all visible fat off meats and remove skin from chicken and turkey before preparing.
- Use very small amounts of heart healthy fats in cooking. These include canola, peanut, or olive oil.
- Buy low-fat or fat free dairy products, including milk, cheese, sour cream and yogurt.



Keep your plate small

- Use salad plates rather than dinner plates to help keep portions small.
- When filling your plate fill 1/4 with protein, 1/4 with starches, and the other 1/2 with non-starchy vegetables.