Diabetes and Nutrition

Diabetes management is all about keeping blood sugar levels (BSL) in check!



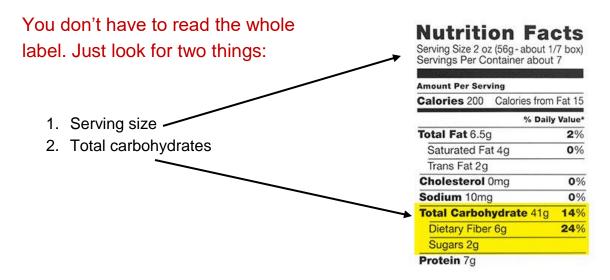


Eating carbohydrates makes BSL go up

Exercise makes BSL go down



- Carbohydrates (sugars) aren't bad; we need carbohydrates to fuel our bodies.
 - With diabetes, it is just important to be *mindful* of how many carbohydrates you consume and when.
- You don't have to give up your favorite foods!
 - You can still eat cake! But if you have a slice of cake at lunch, make sure you lower your carb intake later in the day...
- Nutrition Labels can help us understand how many carbohydrates are in the food we eat.



Carbohydrates Per Meal Breakdown

Breakfast and lunch: 30-45 grams of carbohydrates
Snack (1-2 per day): 15-30 grams of carbohydrates
Dinner: 45-60 grams of carbohydrates

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Quick Guide to a Healthy Diet

Vegetables are great!

- Choose fresh or frozen, raw or lightly steamed.
- Go for a variety of colors: dark greens, red or orange (think of carrots or red peppers), whites (onions) and even purple (eggplants). The 2015 U.S. guidelines recommend 2.5 cups of veggies per day.
- Remember, potatoes and corn are high in carbohydrates. Count them as starches.
- Avoid canned vegetables with lots of added sodium.

Fruits provide many great nutrients.

Most are naturally low in fat and sodium.

But they tend to have more carbs than vegetables do.

 Choose fresh fruits and avoid canned fruit or fruit juice drinks.

Choose **Starches** that provide great nutrients in addition to carbs:

- Try brown rice, oatmeal, quinoa, millet, or other whole grains. Baked sweet potato is also great.
- Avoid processed grains like white rice or white bread, cereals with lots of sugar, and french fries.







For **Protein**, you have lots of choices, including beef, chicken, fish, pork, turkey, seafood, beans, cheese, eggs, nuts, and tofu.

 Avoid fried meats, higher-fat cuts of meat (such a ribs, pork bacon), regular cheeses, poultry with skin, beans prepared with lard.



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Choose low-fat Dairy products.

- If you want to splurge, keep your portion small.
- Choose low-fat and fat-free products



Fats, Oils, and Sweets. They're tough to resist. But it's easy to get too much and gain weight, which makes it harder to manage your diabetes.

- Cook with plant-based oil like canola or olive oil
- Keep portions small if you splurge on a sweet treat, and remember to limit carb intake at later meals.

Drinks. When you down a favorite drink, you may get more calories, sugar, salt, or fat than you bargained for. Read the labels so you know what's in a serving.

- Chose water, unsweetened tea, light beers, small amounts of wine, and black coffee or coffee with low-fat milk and sugar substitute
- Avoid regular sodas, regular beer, fruity mixed drinks, and sweet tea.



