

# 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.**

You don't have to read the whole label. Just look for two things:

1. Serving size
2. Total carbohydrates

## Nutrition Facts

Serving Size 2 oz (56g - about 1/7 box)  
Servings Per Container about 7

### Amount Per Serving

**Calories** 200    Calories from Fat 15

% Daily Value\*

**Total Fat** 6.5g    **2%**

Saturated Fat 4g    **0%**

Trans Fat 2g

**Cholesterol** 0mg    **0%**

**Sodium** 10mg    **0%**

**Total Carbohydrate** 41g    **14%**

Dietary Fiber 6g    **24%**

Sugars 2g

**Protein** 7g

## Carbohydrates Per Meal Breakdown

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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 as 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.

