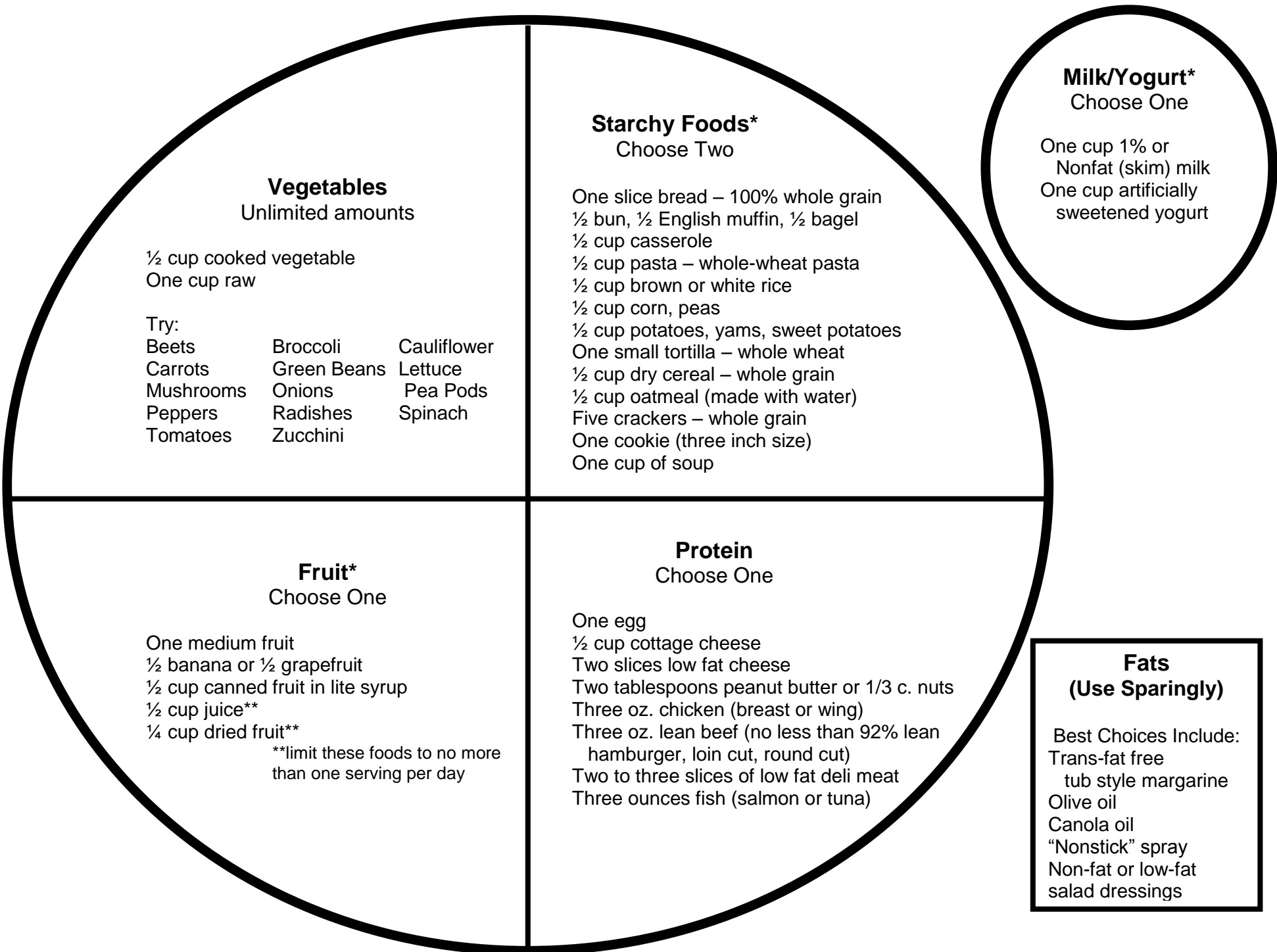




## Diabetes

### “What Should I Eat?”

- 1. Eat three meals a day.** How often you eat is just as important as what you eat. We use food to fuel the work we do every day. Without this fuel, we cannot function at our best and our blood sugars (and work) suffer. This means eating three times daily approximately three to five hours apart.
- 2. Use your plate to guide you.** Eating a variety of foods is important – whether you have diabetes or not. See the plate diagram on the reverse side of this sheet to help you determine the right amount and types of food to choose at each meal.
- 3. Choose fiber.** Fiber can help in blood sugar control, blood pressure, weight management, improve your cholesterol profile, and help prevent cancer. Fiber is found in whole grains (100% whole wheat bread, brown rice, whole wheat noodles, whole grain cereal), fruits, dried beans, and vegetables.
- 4. Choose low fat dairy.** Dairy products are a good source of calcium and also high in fat, especially saturated fat. Choose nonfat (skim) or 1% milk, low fat yogurt, low fat cream cheese, and low fat sour cream. Limit low fat ice cream and cheese.
- 5. Choose fat carefully.** Saturated fat raises blood cholesterol. It is found in dairy and meat. Choose low fat meats; look for the words “loin” (sirloin, tenderloin) or “round” on labels. Eat less butter, cheese, ice cream, bacon, sausage, and breaded meat. Choose fish, such as salmon or tuna, and unsaturated oils like canola or olive.
- 6. Limit trans fats.** Trans fats are in foods that have “partially hydrogenated oil.” They raise your bad cholesterol and lower your good cholesterol! Limit foods that may have trans fat such as French fries, commercial baked goods such as donuts, pastries, cookies and crackers, shortening, and stick margarine.
- 7. Meet with a registered dietitian.** Registered dietitians are trained professionals who will teach you how foods affect your blood sugar levels, and many other health issues. They will help you learn how your favorite foods can fit into a healthy diet and help you develop a meal plan that is right for you.



**Vegetables**  
Unlimited amounts

½ cup cooked vegetable  
One cup raw

- Try:
- |           |             |             |
|-----------|-------------|-------------|
| Beets     | Broccoli    | Cauliflower |
| Carrots   | Green Beans | Lettuce     |
| Mushrooms | Onions      | Pea Pods    |
| Peppers   | Radishes    | Spinach     |
| Tomatoes  | Zucchini    |             |

**Starchy Foods\***  
Choose Two

- One slice bread – 100% whole grain
- ½ bun, ½ English muffin, ½ bagel
- ½ cup casserole
- ½ cup pasta – whole-wheat pasta
- ½ cup brown or white rice
- ½ cup corn, peas
- ½ cup potatoes, yams, sweet potatoes
- One small tortilla – whole wheat
- ½ cup dry cereal – whole grain
- ½ cup oatmeal (made with water)
- Five crackers – whole grain
- One cookie (three inch size)
- One cup of soup

**Milk/Yogurt\***  
Choose One

- One cup 1% or Nonfat (skim) milk
- One cup artificially sweetened yogurt

**Fruit\***  
Choose One

- One medium fruit
  - ½ banana or ½ grapefruit
  - ½ cup canned fruit in lite syrup
  - ½ cup juice\*\*
  - ¼ cup dried fruit\*\*
- \*\*limit these foods to no more than one serving per day

**Protein**  
Choose One

- One egg
- ½ cup cottage cheese
- Two slices low fat cheese
- Two tablespoons peanut butter or 1/3 c. nuts
- Three oz. chicken (breast or wing)
- Three oz. lean beef (no less than 92% lean hamburger, loin cut, round cut)
- Two to three slices of low fat deli meat
- Three ounces fish (salmon or tuna)

**Fats**  
**(Use Sparingly)**

Best Choices Include:

- Trans-fat free tub style margarine
- Olive oil
- Canola oil
- “Nonstick” spray
- Non-fat or low-fat salad dressings