



WHAT SHOULD I EAT?

Knowing what to eat and when to eat it can be confusing when you have diabetes. The good news is meal planning with diabetes follows the same principles as eating a healthy and balanced diet, a concept that everyone, with diabetes or not, should follow.¹

Eating habits to adopt¹:

- Begin a meal routine, and stick to it
- Think portion and balance at each meal
- Include a wide variety of foods
- Avoid highly processed foods
- Choose foods that are high in fiber

Carbohydrates, Proteins & Fats

Carbohydrates are the primary foods that affect glucose levels. Carbohydrates are important because they provide energy and essential vitamins and minerals. Protein and fats also contain calories, vitamins and minerals but do not contain carbohydrates. Proteins and fats take longer to digest and are slower to affect blood glucose.^{2,3}

If you are taking insulin, the correct balance of carbohydrates and insulin can help you stay in your target BG range more often.³

Foods that contain
CARBOHYDRATES⁴

- Starchy vegetables like potatoes, peas and corn
- Fruits and fruit juice
- Dairy like milk, ice cream and yogurt
- Grains and starches like rice, oatmeal, bread, cereal and pasta
- Legumes like beans, lentils and soy
- Sweets and snack foods like sodas, cake, cookies, candy and chips

How many carbohydrates per meal is ideal?³

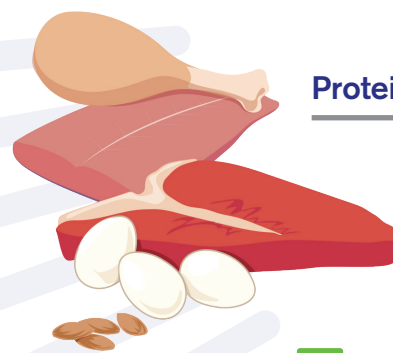
Your dietitian or diabetes educator can work with you to make a personalized plan based on factors such as your weight, activity level, and your BG goals.

A general guideline is 45-60 grams of carbohydrates at each meal and 15-20 grams of carbohydrate at each snack.

*Sugar free does not always mean carbohydrate free!*⁵



Carbohydrates



Proteins



Fats

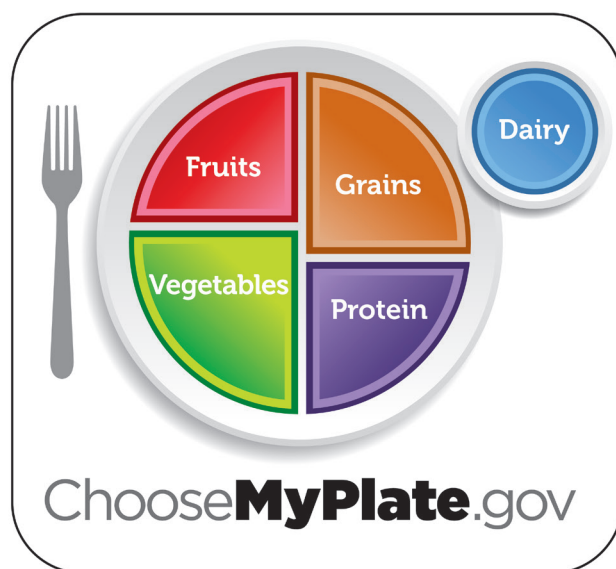
NUTRITION 101

HOW DO I FIGURE OUT THE AMOUNT OF CARBOHYDRATES IN MY MEAL?

Portioning the right amount of carbohydrates doesn't have to be complex. Here are 3 ways to do it:

THE PLATE METHOD⁶

Use the plate method from the USDA to guide you on how much of each food group you should be eating. The plate method encourages you to eat a variety of foods and to be aware of the portion sizes of each.



FOOD LABELS⁷

If the food label is available it is easy to count up the amount of carbohydrate you are eating. Remember to look at the serving size as the information on the label is about this size serving. In this example, you will need to double the information if you are eating 4 crackers, which is equal to 2 servings or 20 grams of total carbohydrates.⁴

| Nutrition Facts | |
|----------------------------|------------------|
| 21 servings per container | |
| Serving size | 2 crackers (14g) |
| Amount per serving | |
| Calories | 60 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0 mg | 0% |
| Sodium 70 mg | 3% |
| Total Carbohydrate 10g | 3% |
| Dietary Fiber Less than 1g | 3% |
| Total Sugars 1g | |
| Includes 1g Added Sugars | 2% |
| Protein 2g | |
| Vitamin A 0mcg | 0% |
| Vitamin C 0mg | 0% |
| Iron 10mg | 2% |
| Calcium 0mg | 0% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CARBOHYDRATE COUNTING⁴

Reading food labels is essential to carbohydrate counting. When you carbohydrate count, you will need to estimate the portion on your plate and figure out how many grams of carbohydrates is in that portion. This is a valuable technique to help you plan your meals and manage your insulin dosing. If you are taking mealtime insulin, dosing your insulin to your carbohydrates will give you more flexibility and may help with blood glucose control.

REFERENCES

1. American Diabetes Association Standards of Medical Care in Diabetes 2017. *Diabetes Care*. 2017;40(Supplement 1); S34,S36. 2. Bell KJ, Smart CE, Steil GM, Brand-Miller JC, King B, et al. Impact of fat, protein, and glycemic index on postprandial glucose control in type 1 diabetes: implications for intensive diabetes management in the continuous glucose monitoring era. *Diabetes Care*. 2015;38:1008-1015. 3. American Diabetes Association. All About Carbohydrate Counting. https://professional.diabetes.org/sites/professional.diabetes.org/files/media/All_About_Carbohydrate_Counting.pdf. Accessed October 4, 2017. 4. American Diabetes Association. Carbohydrate Counting. <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/carbohydrate-counting.html>. Updated August 30, 2017. Accessed October 30, 2017. 5. Joslin Diabetes Center. Can I Eat as Many Sugar-Free Foods as I Want? http://www.joslin.org/info/can_i_eat_as_many_sugar_free_foods_as_i_want.html. Accessed November 6, 2017. 6. United States Department of Agriculture. My Plate. <https://www.choosemyplate.gov/MyPlate>. Updated April 19, 2017. Accessed November 1, 2017. 7. U.S. Food and Drug Administration. U.S. Department of Health and Human Services. New and Improved Nutrition Facts Label. <https://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm537159.htm>. Updated January 17, 2017. Accessed November 1, 2017.

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TIPS FOR Estimating Portions



1 teaspoon of margarine is the size of one dice



3 ounces of meat is the size of a deck of cards



1 ½ ounces of cheese is the size of 4 stacked dice



1 cup of pasta is the size of a baseball



½ cup of fresh fruit is the size of a tennis ball

