



## Eating Well with Diabetes

When a person eats foods with carbohydrates (carbs), it is turned into glucose (or sugar) in the body. This sugar is the fuel your body uses for energy. In order for your body to use glucose, your body needs insulin. Type 1 diabetes is when the pancreas produces little or no insulin. Type 2 diabetes is when the insulin produced is not enough or doesn't work properly in the body. When little or no insulin is available, glucose builds up in the blood stream. This causes high blood sugar. Over time this may lead to long-term issues, like heart attacks, strokes, blindness, kidney failure, nerve damage and blood vessel damage.

### Eating with Diabetes Tips

#### Have a Routine

- ▶ Avoid skipping meals. Eat every 3-4 hours while awake.
- ▶ Try to eat the same amount of carbs for meals and snacks at regular times throughout the day.

#### Carbs are Key

- ▶ Learn which foods contain carbs.
- ▶ Know the amount of carbs in the foods you eat.
- ▶ Most adults need 3-4 carb choices at each meal and 1-2 carb choices per snack.
- ▶ Pair carbs with protein to slow down how fast you digest carbs. This helps control blood sugar and helps you feel fuller for longer.

#### Watch Portions

- ▶ One of the keys to good blood sugar control is watching how much you eat.
- ▶ Eat small and medium-sized portions.
- ▶ Focus on Fiber
- ▶ Eating high-fiber foods can help keep blood sugar from rising too high and fast after you eat.
- ▶ Fiber rule: for high-fiber foods that have 5 or more grams of fiber per serving, divide the grams of fiber listed on the label in half and subtract that number from the grams of total carbohydrate.
- ▶ Good sources of fiber include beans, whole-grain cereals and breads, fruits and veggies, oatmeal, chia seeds and flaxseeds.

#### Skim the Fat

- ▶ Choose low-fat or skim dairy products.
- ▶ Eat lean cuts of meat and limit portions to 3 ounces twice daily.

#### Maintain a Healthy Weight

- ▶ Losing weight, even a few pounds, can make a big impact in helping bring blood sugars down.
- ▶ Exercise often; for example try walking 2-3 times a week for 20-30 minutes a day.



## Reading the Label

When reading food labels, look at the serving size and total carbohydrate to find out how many carbs are in each portion.

Compare the serving size listed to your portion.

Total Carbohydrate Sugars and other carbs listed have already been included.

### Range of Carbohydrate Grams per Carb Choice

Carb Grams	Carb Choices
6-10	1/2
11-20	1
21-25	1 1/2
26-35	2
36-40	2 1/2
41-50	3
51-55	3 1/2
56-65	4
66-70	4 1/2
71-80	5

Nutrition Facts	
10 servings per container	
<b>Serving size</b>	<b>1 bar (31g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0.5mg	<b>2%</b>
Potassium 70mg	<b>0%</b>

\* 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.

## Carb Choices

Counting carbs is a way to plan what and how much you can eat to help keep blood sugar levels near normal. Key carb food sources include grains, beans, starchy vegetables, fruit, fruit juice, milk and yogurt. Look for low sugar, high fiber fruits and fruit drinks that are low in sugar with minimal ingredients. Always pay attention to serving size.

1 carb choice = 15 grams of carbs

Check with your doctor to determine the number of carbs that meet your specific health goals.

## Carb List

Examples of 1 Carb Choice or 15 Grams of Carbs

### Breads, Cereals, Grains

- 1 slice of bread
- 1/2 bagel, bun or English muffin
- 1/2 cup cooked beans
- 1/3 cup cooked rice or pasta
- 3/4 cup cold cereal
- 1/2 cup cooked cereal
- 6-inch tortilla
- 3 cups popcorn

### Combination Foods

- 1/2 cup of tuna noodle casserole, spaghetti or macaroni and cheese
- 1/2 cup chili with beans
- 1 cup soup
- Milk and Yogurt (Low-Fat or Skim)
- 1 cup milk
- 3/4 cup yogurt, sweetened with a non-nutritive sweetener

### Veggies

- 1/2 cup potatoes, peas or corn
- 1 cup berries or melon
- 12-15 grapes
- 1/2 cup canned, unsweetened fruit
- 1/3-1/2 cup fruit juice

## Easy Meal and Snack Ideas

Include both carbs and protein in your snacks.

- High-fiber, high-protein cereal with milk
- Granola bar
- 1 ounce almonds with 1/2 ounce dark chocolate
- Chocolate skim milk with non-nutritive sweetener
- Bagel thin with peanut butter
- Sandwich thin with lean deli meat and mustard
- Peanut butter with apple slices or celery sticks
- String cheese with whole-grain crackers
- Popcorn with vegetable juice
- Low-fat cottage cheese with fruit

*Note: Sugar free doesn't mean carb free or calorie free. Check the label to find out the total carb count in sugar-free products.*



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