

Diet and Diabetes

A healthy and balanced diet is important for everyone. A balanced diet can help you control your blood sugar. Examples of different meal plans include the plate method and carbohydrate or 'carb counting'. The American Diabetes Association suggests that you meet with a registered dietician who can design a meal plan to fit your needs.

Good Nutrition

Follow these tips for good nutrition:

- Make a diabetes meal plan with help from your health care provider.
- Choose foods that are lower in calories, saturated fat, trans fat, sugar, and salt. Less than 30% of your calories should come from fat.
- Eat foods with more fiber, such as whole grain cereals, breads, crackers, rice or pasta.
- Choose foods such as fruits, vegetables, whole grains, bread and cereals, and low-fat or skim milk and cheese.
- Drink water instead of juice and regular soda.

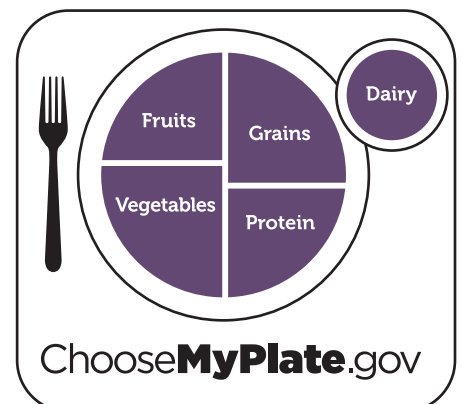


The Plate Method

An easy way to plan your meals without weighing or measuring food is to use the plate method. My Plate is a guide for healthy eating, developed by the U.S. Department of Agriculture. The larger the area on the plate, the more servings you need. When planning a meal, use a 9 inch plate, then fill:

- Half of your plate with fruits and vegetables
- One quarter with a lean protein, such as beans, or chicken or turkey without the skin
- One quarter with a whole grain, such as brown rice or whole wheat pasta

For your dairy, choose low-fat or fat free milk products.



Eating Out When You Have Diabetes

When you have diabetes, it doesn't mean you have to stop eating out. You just have to be careful about what you eat. By making careful choices, you can make restaurant eating a part of your nutrition plan.



Look Up Restaurant Menus

Many restaurants can give you information about the nutritional values of food choices on their menus. Some put this information on their website.

Watch Portion Size

Portion size is very important to help you control your blood sugar and your weight. Restaurants usually serve large portions. Here are some tips to control portion size:

- Choose a lunch-sized entrée, if possible.
- Share meals with a partner.
- Request a take-home container for left overs.
- Avoid "all you can eat" buffets.

Make Substitutions

Ask for substitutions for the sides of your plate.

- Choose a salad or fruit over french fries.
- Ask for dressing on the side rather than on your food.
- Ask for a double order of vegetables instead of potato chips.



Watch What You Drink

DO Drink

- ✓ Water
- ✓ Diet beverages



DO NOT Drink

- ✗ Sweetened colas
- ✗ Sweetened ice tea

