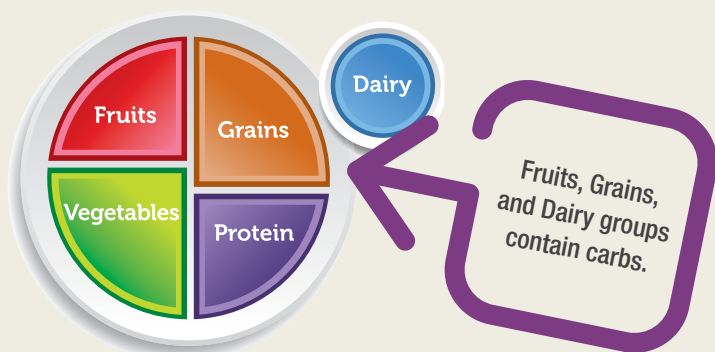


# EATING WITH DIABETES

## DIABETES ACTION PLAN

- **Follow MyPlate guidelines for EVERY meal:** ½ plate vegetables and fruit, ¼ plate protein, ¼ plate whole grains/starches. Eat a variety of foods from all food groups.
- **Pay attention to portion sizes.** Try using smaller plates and glasses.
- **Stay hydrated.** Aim for 64 ounces of fluids daily. Make it mostly water and limit sweetened beverages and juices which are full of sugar and empty calories.
- **Plan ahead.** Meal and snack planning can help you stay on track and ensure you are including a variety of healthy choices from all food groups.
- **Limit foods that are high in sugar, sodium, and saturated/trans fats.** These are occasional foods, not everyday foods.
- **Carb Counting.** Most women should have 2-3 servings of carbs per meal, 1 serving of carb per snack. Most men should have 3-4 servings of carbs per meal, and 1-2 servings of carb per snack. 1 serving = 15g of carbs.
- **Always pair a carbohydrate with a protein at every meal and snack.**
- **Eat at home more often** to save calories, fat, sodium, and sugar. When dining out, eat lean and green and skip the extras you wouldn't eat at home.
- **Get moving.** Aim for 30 minutes of heart pumping activity daily.
- **Pay attention to "Total Carbohydrates" on the Nutrition Facts Panel, not just sugar.** Sugar is included in Total Carbohydrates.



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## SHOPPING FOR DIABETES: HOW TO FILL YOUR CART



**Vegetables:** choose dark leafy greens and brightly colored vegetables – fresh, frozen or canned (low sodium/no salt added) vegetables.



**Fruits:** choose fresh, frozen, or canned (no sugar added) fruits. Pick whole fruit over juice.



**Protein:** select a variety of lean meats, poultry, eggs, seafood, beans, lentils, and nuts.



**Whole Grains/Starches:** choose 100% whole grain or whole wheat, brown rice and high fiber starches. Items should have "whole grain" first on the ingredient list. Count potatoes, sweet potatoes, peas, and corn as starches, not veggies.



**Dairy:** choose skim (fat free) or low fat milk (1%) and yogurt. Lactose-free milk and fortified soy milk are also good choices.



**Fats & Oils:** add heart healthy fats like fish, nuts, seeds, avocado, olive and canola oils for cooking. Limit saturated fats found in animal based foods and solid fats like butter.

## USE GUIDING STARS®

To find foods that have more vitamins, minerals, dietary fiber, whole grains, and less fats, cholesterol, sugar, and sodium, look for the stars. The more stars, the better the nutritional value.



good



better



best

It's as easy as 1, 2, 3...

## SERVING SIZES AND CARB COUNTING

Since carbohydrates directly affect blood sugar, carbohydrate counting can help keep blood sugar in check. Learn how to carb count with your in-store nutritionist!

Need healthy snack and meal ideas?  
Go to <http://www.diabetes.org>



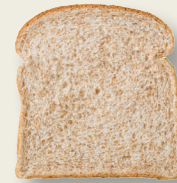
## 1 SERVING OF CARB (15 GRAMS) LOOKS LIKE:



1 SMALL PIECE OF FRUIT



1 CUP OF MILK



1 SMALL SLICE OF BREAD

## KNOW YOUR NUMBERS

Your blood sugar numbers show how well your diabetes is managed. By properly managing your diabetes, you will have less chance of having serious health problems.

### ADA RECOMMENDATION FOR BLOOD GLUCOSE NUMBERS

<b>FASTING BLOOD GLUCOSE</b>	Person Without Diabetes	<b>70–99 MG/DL</b>
	Person With Prediabetes	<b>100–125 MG/DL</b>
	Person With Diabetes	<b>80–130 MG/DL</b>
<b>POSTPRANDIAL</b> (2 hrs after meals)	Person Without Diabetes	<b>LESS THAN 140 MG/DL</b>
	Person With Diabetes	<b>LESS THAN 180 MG/DL</b>
<b>HEMOGLOBIN A1C</b> (HbA1c)	Person Without Diabetes	<b>LESS THAN 5.7%</b>
	Person With Diabetes	<b>7% OR LESS</b>

The HbA1c test indicates your average blood sugar level over the past 2 to 3 months. It also helps your doctor decide the type and amount of diabetes medicine you need.



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TO FIND A NUTRITIONIST NEAR YOU!