



Staying WELL-AHEAD with Diabetes

The foods that we eat are made up of three major nutrients: carbohydrates (starches & sugars), protein (meat) and fats. When you have diabetes, also known as high blood sugar, you must monitor the type and the amount of carbohydrates you eat each day.

Eating Tips

Foods high in carbohydrates are: breads, crackers, cereals, pasta, rice, grits, oats, milk, fruit, beans, starchy vegetables (potatoes, corn and peas) and sweets (cakes, cookies, ice cream, candy bars, puddings and jams).

- Fill half of your plate with non-starchy vegetables—broccoli, green beans, spinach, collards, squash, cauliflower, beets, carrots, tomatoes or okra.
- Add whole grains or starches to half of the space left on your plate—brown rice, whole wheat pasta, sweet potatoes, corn, peas, or beans.
- A lean source of protein should take up the last empty section of your plate—eggs, chicken, turkey or salmon.



Quick Tips

- ✓ Pair carbs with a protein and/or healthy fat to prevent blood sugar spikes.
- ✓ Don't skip meals. Eat every 3-4 hours.
- ✓ Eat about the same amount of carbs daily.
- ✓ Eat 3 servings of non-starchy veggies daily.
- ✓ Switch fruit juice for whole fruit.

How big is a serving size?

baseball



1 cup

8 ball



0.5 cup

deck of cards



3oz protein

3 dice



1.5oz cheese

DVD



1oz deli meat

Go Foods

(foods to aim for)

non-starchy veggies
beans & peas
fish & seafood
whole grains

Whoa Foods

(foods to limit)

fruit
nuts
avocados

Slow Foods

(foods to avoid)

carbs, like:
white bread & rice
bacon, chips, sweets
fried foods

Shopping Tips

- **Shop Fresh!** Shop for most of your groceries on the outer edges of the store. Then shop the aisles.
- Fresh and frozen fruits/veggies are the best options. Remember, frozen veggie blends with sauces tend to have more salt.
- If you choose to buy canned fruits/veggies, buy the “no added sugar” and “reduced sodium” options.
- **Beware of sneaky “added sugar” items.** This is sugar added during processing—many pre-packaged and canned foods contain it. Look for these words in the ingredients: sugar, high fructose corn syrup, sucralose, fructose, dextrose and corn syrup.
- **“Low-fat” items are not always the better option.** They most likely have even more added sugar than regular items!
- Instead of buying white bread, rice and pastas, **buy 100% whole wheat.**
- **Chose lean meats:** sirloin, rump roast, tenderloin, pork chops, chicken breast and turkey breast.

Ways to Save



- ✓ Always look for produce sales!
- ✓ Buy heads of dark lettuce instead of ready-made salad packs.
- ✓ Buy whole carrots and peel them, instead of buying minis.
- ✓ Buy chicken breasts with the skin—remove skin before cooking.
- ✓ Buy frozen meats.
- ✓ Generic brand eggs, low-fat milk and yogurt, brown rice, whole wheat pasta, and whole wheat bread cost less than name brands.

Cooking Tips

- Grill, broil, bake and stir fry instead of frying. Limit battered, breaded and deep-fried foods.
- Make broth-based soups and stews instead of cream-based soups and stews.
- Cook with oil instead of butter.
- Rinse and drain all canned/jarred foods.
- Steam vegetables in water or low sodium broth.
- Spare adding sugar or sweet syrups on top of foods or in recipes.



Always Be In The Know!

Three Self-Monitoring Tips



- 1 Check your blood sugar often—especially at these key times:
 - Before and after meals and at bedtime
 - Before driving a car
 - Before and after any physical activity
- 2 Carry glucose tablets, or another source of carbohydrate, with you at all times. A banana is a great option—tasty and easy to transport. If you take insulin, always carry it with you as well.
- 3 Never skip meals! Always eat breakfast. Eating every 3-4 hours is highly recommended.

Symptoms of High Blood Sugar



- sleepiness
- blurry vision
- dry mouth
- extreme thirst



- urinating frequently
- unexplained weight loss

Symptoms of Low Blood Sugar



- sleepiness
- blurry vision
- feeling hungry
- dizzy



- shaky
- sweaty
- a fast heartbeat

So, what's on my menu?

Breakfast	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • 2 scrambled eggs • 1 slice 100% whole grain toast, 1 tsp. margarine, 1 tsp. jam • 1 cup skim or 1% milk • ½ cup sliced peaches 	<ul style="list-style-type: none"> • 4 oz roasted chicken breast • ½ cup sweet potatoes • 1 cup steamed broccoli • ½ cup mixed fruit • water 	<ul style="list-style-type: none"> • 2 tbsp. peanut butter • 5-6 whole wheat crackers • water 	<ul style="list-style-type: none"> • ¾ cup red beans • ½ cup brown rice • salad: mixed greens, ½ cup raw veggies • 1 Tbsp. vinegar-based dressing • wheat roll • water 	<ul style="list-style-type: none"> • sugar-free Jell-O with cool whip

To learn more, check out these additional resources:

- <http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/#seven>
- <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html>
- <https://www.cornerstones4care.com/tracking/what-to-know/high-blood-sugar-hyperglycemia.html>
- <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/grains-and-starchy-vegetables.html>
- <http://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295?pg=1>
- <http://www.diabeticlifestyle.com/eating-well/stocking-pantry-quick-meals>