

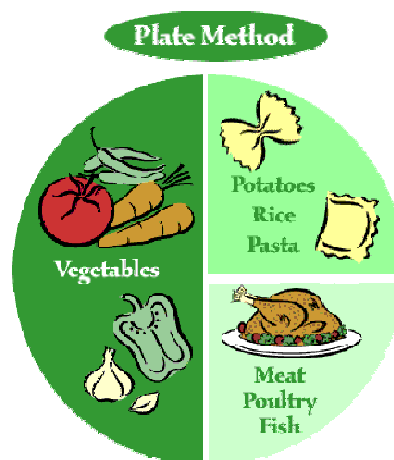


## Diet for Diabetes: Basic Guidelines

You have been diagnosed with a life-long disease called diabetes. Diabetes means that you have too much glucose (sugar) in your blood. Food and drinks containing carbohydrates raise blood glucose levels. You do NOT have to stop eating carbohydrates but you may need to decrease your portions. A better eating plan is one way to help make your blood glucose level lower. These tips will help you get started until you can meet with a dietitian or diabetes educator.

### It is important to follow these guidelines:

- Reduce your portions. Avoid eating large or multiple servings of food at one sitting.
- Eat three meals each day. Try not to skip meals.
- Reduce the amount of beverages you drink that contain carbohydrates. Regular soda, juice, milk, and other sweetened beverages can increase your blood glucose level. Instead, choose water or diet drinks to quench your thirst.
- Start reading food labels. You should become familiar with the serving size and total carbohydrates listed on a food label. You do NOT need to look at grams of sugar on a food label.
- Follow the plate method:
  - ⇒ Fill  $\frac{1}{2}$  your plate with vegetables.
  - ⇒ Fill  $\frac{1}{4}$  of your plate with a starch like corn, peas, potatoes, pasta, rice, or beans.
  - ⇒ Fill  $\frac{1}{4}$  of your plate with a lean protein like skinless chicken, fish, or lean ground beef.
  - ⇒ You could also add 8 oz of milk and  $\frac{1}{2}$  cup of fruit to complete the meal.



- Become familiar with carbohydrates.
  - ⇒ The body makes all carbohydrates into glucose (sugar) by the body.
  - ⇒ Most women need about 45 to 60 grams of carbohydrate per meal.
  - ⇒ Most men need about 60 to 75 grams of carbohydrate per meal.
- Your specific needs may vary. Your dietitian or diabetes educator can help you develop a plan that is best for you.
- Schedule an appointment with a diabetes educator. The diabetes educator will work with you to develop a meal plan that helps your weight, blood pressure, cholesterol, diabetes and satisfies your appetite!