

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Eating healthy foods and keeping a healthy body weight are very important parts of a diabetes treatment plan. A healthy diet and weight helps to keep your blood sugar under control. Keeping your blood sugar under control helps to protect against the long-term problems of diabetes. In order to control your blood sugar, it is very important to limit the carbohydrates in your diet. Sources of carbohydrates are starches, milk, fruits and sweets. You do not need to purchase foods labeled “dietetic”. Foods that are good for you are good for the rest of your household. The following guidelines will help you change the way you eat and help keep your blood sugar under control.

**Eat three balanced meals a day at regular times.**

Do not skip meals. Eat a bedtime snack if you take insulin. Choose meals and with both carbohydrate and protein sources.

**Eat a balanced amount of carbohydrates.**

Each meal should have about the same amount of carbohydrate. Include generous amounts of non-starchy vegetables in your meals and snacks. This will help fill you up, provides good nutrition and helps control your blood sugar. Sweets, such as cookies, cakes, ice cream, pie and other rich desserts should only be eaten on special occasions.

**Limit the total fat in your diet.**

This will help control your weight, cholesterol levels and risk for heart disease. Avoid fried foods, high fat meats, whole milk dairy products, fried snack foods, fast foods and high fat desserts. Limit foods containing added fats, especially those that have saturated fats, such as butter, cream cheese, sour cream, gravies and creamy salad dressings.

**Know how much food you are eating.**

It is important to know the amounts of the foods you are eating. It is a good idea to use measuring cups and a food scale to accurately measure how much food you are eating. Most people underestimate the amount of food they eat and this can lead to high blood sugar levels. Also, get into the habit of reading food labels. These provide portion sizes and nutrient information.

**Select a Variety of Foods from the Following Groups**

**Meat and Meat Substitutes**

Include one 2 - 3 ounce serving at lunch and dinner. A 1-ounce protein source, such as an egg or 1 ounce of meat or cheese, also may be included at breakfast and bedtime snack.

**IMPORTANT NOTICE**

Contact the on-call nurse if you are experiencing any change in your current health condition.  
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.

Beef, pork (lean cuts 3 times per week)	Eggs (yolks, 3 times per week)	Cottage cheese (low fat)	Fish/seafood
Chicken, turkey (white meat, no skin)	Cheese (low fat)	Lean lunch meat (ham/turkey)	Peanut butter

### **Breads and Starches (including starchy vegetables)**

Include 2 - 3 servings at each meal and 1 - 2 for snacks, if needed. One serving equals 1/3 cup unless otherwise specified, 1 ounce or one slice of bread, or 3/4 cup dry cereal. Remember breads and starches are high in carbohydrates and can raise your blood sugar if eaten in large amounts. Try to choose whole-grain products to increase fiber in your diet.

Bagels: 1/2 bagel = 1 serving (1 oz)	Spaghetti	English muffins	Soup
Flour tortilla: 1, 6-inch = 1 serving	Macaroni	Taco shells	Pasta
Corn tortilla: 1/2 = 1 serving	Noodles	Popcorn	Bread
Buns: 1/2 bun = 1 serving	Crackers	Stuffing	Rice
Unsweetened cereals	Pretzels	Biscuits	Rolls

Dried beans	Potatoes, white or sweet	Refried beans	Squash
Corn	Mixed vegetables	Lima Beans	Peas

### **Vegetables**

Include 3 - 5 servings a day. Low calorie vegetables can be eaten as desired. Limit starchy vegetables as indicated in "Bread and Starches" section. Add raw or cooked low calorie vegetables to lunch, dinner or snacks.

Green beans	Cucumbers	Spinach	Onions
Mushrooms	Artichokes	Broccoli	Carrots
Asparagus	Tomatoes	Lettuce	Celery

### **Fruits**

Include to 2 - 4 servings a day. A serving size is 1/2 cup of fruit or juice, 1/4 cup of dried fruit or one small fresh fruit. Limit fruit juice to 1/2 cup per day.

Canned fruit, if canned in natural juice or drained if in light syrup	Unsweetened fruit juice	Dried fruit
Unsweetened frozen fruit	Fresh fruit	

---

### **IMPORTANT NOTICE**

Contact the on-call nurse if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.

## Milk

Try to have 2 - 3 servings a day. A serving size is 1 cup (8 oz) of skim milk or yogurt flavored with artificial sweetener (“lite” yogurt). Include a serving with meals where meat or meat substitutes are not included.

Milk (1%, skim)	Plain or lite yogurt	Diet instant cocoa mixes
Buttermilk (low fat)	Diet instant breakfast mixes	

## Fats

Limit your intake of fat if you are reducing calories for weight control. As part of a healthy diet use vegetable fats, especially canola, olive or peanut oils in place of animal fats. Nuts also have “good” fat in them. Use reduced fat products, if desired. A serving size is 1 teaspoon mayonnaise, margarine or oil, or 1 tablespoon salad dressing.

Salad dressing	Margarine, trans fat free	Nuts
Mayonnaise	Canola, corn or olive oil	Olives

## Free foods allowed as desired

The following foods should not raise your blood sugar. A serving of a free food contains less than 20 calories.

Coffee or tea without sugar or creamer added	Catsup	Dill pickles	Sugar-free gums and mints
Sugar substitutes such as Aspartame (Equal <sup>®</sup> ), Saccharin (Sweet ‘n Low <sup>®</sup> ) Splenda,	Club soda	Diet cocoa mix	Raw or cooked non-starch vegetables
Unsweetened carbonated water	Cocoa powder	Diet gelatin	Non-stick pan spray
Diet syrup (limit to 2 Tbsp. a day)	Bouillon/broth	Salad greens	Tomato juice, V-8 Juice
Diet jelly or jam (limit to 2 tsp. A day)	Diet pop	Vinegar	
Herbs and spices, sugar-free seasonings	Mustard	Sugar-free popsicles	

---

### **IMPORTANT NOTICE**

Contact the on-call nurse if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.

### **Foods to limit because of sugar or fat content**

Alcoholic beverages (unless allowed by your doctor)	Cake	Marshmallows	Regular soda-pop
Drink mixes made with sugar	Candy	Milkshakes	Sherbet
Granola Products	Cookies	Molasses	Regular gelatin
Instant cocoa mix	Frosting	Pie	Pudding
Instant breakfast mix	Honey	Pastries	Preserves
Sugar-sweetened yogurt	Ice milk	Jellies	Doughnuts
Sugar coated cereal	Gravies	Popsicles	Syrup
Frozen yogurt	Granola	Ice cream	
Chocolate milk	Jams	Fried foods	

---

#### **IMPORTANT NOTICE**

Contact the on-call nurse if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.