

Healthy Eating With Diabetes





For healthy eating when you have diabetes:

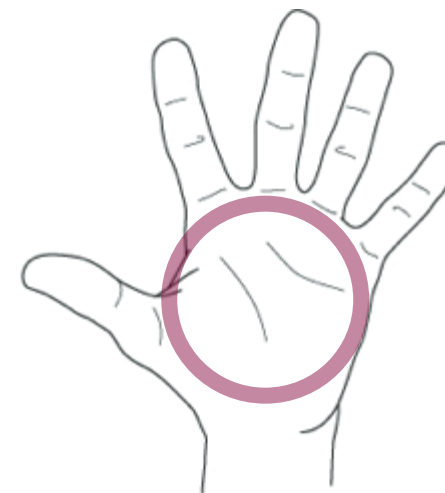
Eat:

- A small meal or snack every 4 to 5 hours while you are awake.
- More non-starchy vegetables like green beans, broccoli, and salad greens.
- More whole grains like 100% whole wheat bread, brown rice, and quinoa.
- Meals prepared at home as often as you can.
- Whole fruit rather than drinking fruit juice.
- Low-fat dairy like low-fat cottage cheese, cream cheese or sour cream.

Drink:

- Water, unsweetened tea or coffee rather than lemonade or soda pop.

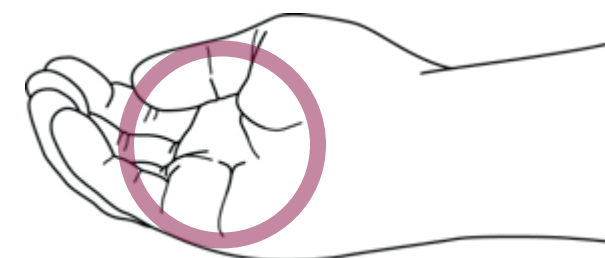
Estimating portion sizes:



The palm of your hand is good for estimating the size of your meat or fish portion (3 oz.).



Your fist is good for estimating about one cup (also it is the right size for a baked potato).

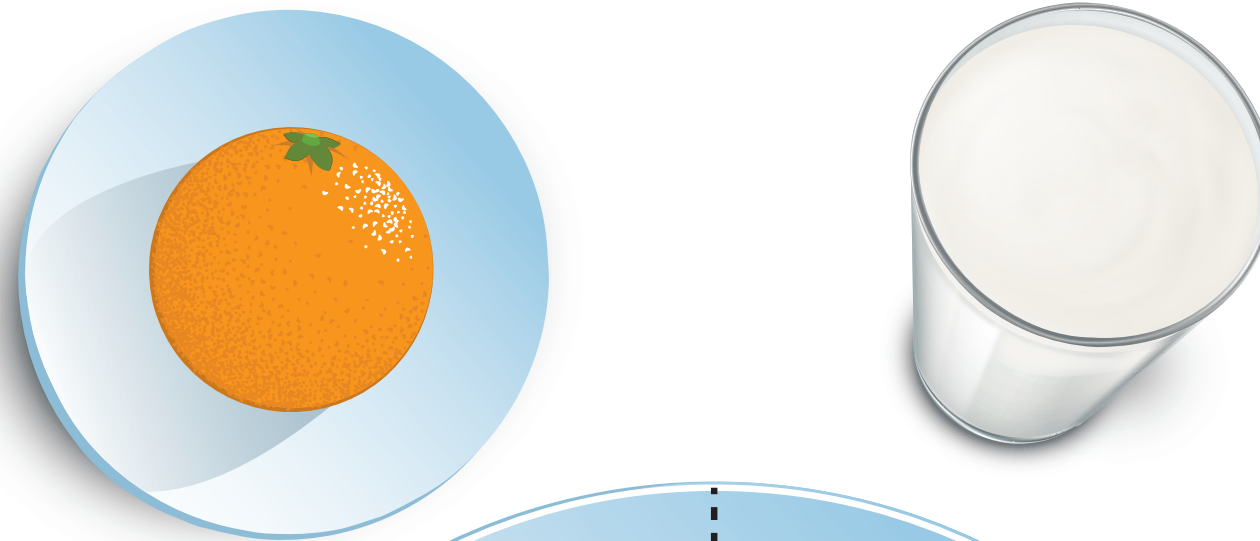


The cup of your hand or the size of a tennis ball is a good estimate for your serving of fruit (like an apple or orange).

My Plate Planner

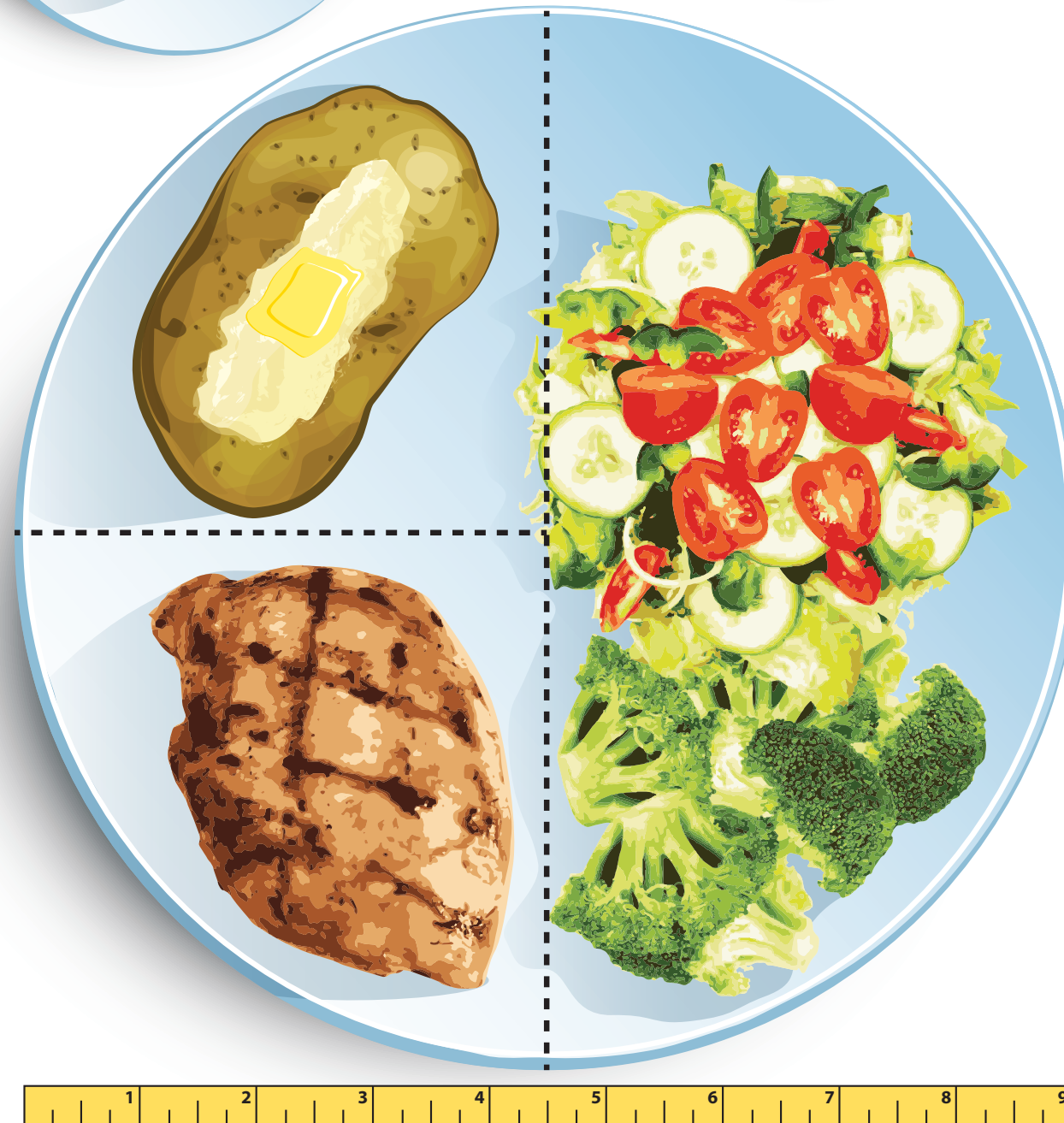
These foods **do** change your blood sugar:

- Fill $\frac{1}{4}$ plate with one starchy choice such as 1 slice bread, $\frac{1}{3}$ cup pasta or rice, $\frac{1}{2}$ cup corn or boiled potato.
- Add 1 serving of fruit such as small apple or orange, $\frac{1}{2}$ banana, slice of watermelon, or $\frac{1}{2}$ cup juice.
- Add 1 serving of milk such as 1 cup milk or plain yogurt.



These foods do **not** change your blood sugar:

- Fill $\frac{1}{2}$ plate with non-starchy vegetables such as broccoli, cauliflower, peppers, and leafy greens.
- Fill $\frac{1}{4}$ plate with meat, chicken, fish, or plant based protein like peanut butter.



Carbohydrate Guidelines

1 carbohydrate serving =
15 grams of total carbohydrate

Women often need:

45-60 grams (3-4 servings) of carbohydrates at each of the 3 meals & 15 grams (1 serving) of carbohydrates as a snack once a day.

Men often need:

60-75 grams (4-5 servings) of carbohydrates at each of the 3 meals & 15-30 grams (1-2 servings) of carbohydrates as a snack once a day.

What your healthy plate should look like.

Non-Carb Foods

These foods do **not** change your blood sugar.

Non-Starchy Veggies

A serving is ½ cup cooked vegetables or 1 cup raw vegetables

Asparagus
Beans (green, wax, Italian)
Broccoli
Brussel sprouts
Cabbage (green, bok choy, Chinese)
Carrots
Cauliflower
Celery
Cucumber
Greens (collard, kale, mustard, turnip)
Green leaf salad
Mushrooms
Onions
Peppers (all types)
Sauerkraut
Spinach
Squash (summer, crookneck, zucchini)
Tomato

Meat and Proteins (serving is 7 grams protein)

Plant Based Proteins

Tempeh ¾ cup
Tofu ½ cup
Hummus ⅓ cup
Nut spreads: almond butter, cashew butter, peanut butter, soy nut butter 1 Tbsp.

Lean Meats and Protein Sources

Beef – ground round, roast, round sirloin, steak, tenderloin 1 oz.
Low fat cottage cheese ¼ cup
Chicken (without skin) 1 oz.

Lean Meats and Protein Sources (cont.)

Egg whites 2, egg substitute ¼ cup
Fish (fresh or frozen, plain) – catfish, cod, flounder, halibut, salmon, tilapia, trout, tuna 1 oz.
Pork – Canadian bacon, rib or loin chop/roast, ham tenderloin 1 oz.
Sandwich meats – chipped beef, deli thin-sliced meats, turkey, ham 1 oz.
Shellfish – clams, crab, lobster, scallops, shrimp 1 oz.
Tuna, canned in water or oil, drained 1 oz.
Veal – loin chop, roast 1 oz.

Medium-fat Meats and Protein

Beef – corned beef, ground beef, meatloaf, prime rib trimmed of fat 1 oz.
Cheeses – feta, mozzarella, reduced-fat cheeses, string 1 oz.
Egg – 1
Fish – any fried type 1 oz.
Pork – cutlet, shoulder roast 1 oz.
Poultry – with skin or fried 1 oz.
Ricotta cheese 2 oz.
Sausage (4-7 grams fat per oz.) 1 oz.

High-fat Meats and Protein Sources

Bacon – pork 2 slices, turkey 3 slices
Cheese – American, swiss, cheddar, queso 1 oz.
Hot dog, beef or pork 1 oz.
Pork – ground, ribs 1 oz., sausage
Sandwich meats, processed with 8 or more grams fat per oz.
Sausage – bratwurst, chorizo, Italian, smoked 1 oz.

Non-Carb Foods

Monounsaturated Fats

Avocado 2 Tbsp.
Nut butters (trans fat-free) 1½ tsp.
Nuts:
Almonds, cashews 6
Peanuts 10
Pecans, walnuts 4 halves
Oil – canola, olive, peanut 1 tsp.
Olives – black 8 large, green 10 large

Polyunsaturated Fats

Margarine
Lower-fat spread (30-50% vegetable oil) 1 Tbsp.
Stick, tub, squeeze 1 tsp.
Mayonnaise
Reduced-fat 1 Tbsp.
Regular 1 tsp.
Oil – corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower 1 tsp.
Salad dressing
Reduced-fat 1 Tbsp.
Regular 1 tsp.

Saturated Fats

Bacon 1 slice
Butter
Reduced-fat 1 Tbsp.
Stick 1 tsp.
Cream
Half and half 2 Tbsp.
Heavy 1 Tbsp.
Cream cheese
Reduced-fat 1½ Tbsp.
Regular 1 Tbsp.
Lard 1 tsp.
Oil – coconut, palm, palm kernel 1 tsp.
Shortening, solid 1 tsp.
Sour cream
Reduced-fat or light 3 Tbsp.
Regular 2 Tbsp.



Carbohydrates

These are the foods that **do** change your blood sugar.

Milk and Yogurts

Milk – 2%, skim, chocolate, soy	1 cup
Buttermilk – low-fat, fat-free	1 cup
Yogurt – light fruited, plain	½ cup
Ice cream	½ cup

Grains and Starches

Bread	Serving Size
Bagel	large ¼
Bread – white, whole-grain	1 slice (1 oz.)
English muffin	½
Hot dog or hamburger bun	½
Pancake or waffle	
4 inches across	1
Taco shell, 5 inches across	2
Pita, Tortilla (corn or flour)	
6 inches across	1

Crackers and Snacks

Crackers	
Round butter-type	6 crackers
Saltine-type	6 crackers
Graham cracker (2 ½ inch square)	3
Popcorn	3 cups
Pretzels	¾ oz.
Snack chips	
Fat-free or baked tortilla, potato, pita	15-20 chips
Regular tortilla, potato	9-13 chips

Cereals and Grains

Cereals	
Cooked oatmeal or grits	½ cup
Shredded wheat, plain	½ cup
Sugar-coated	½ cup
Unsweetened ready-to-eat	¾ cup
Granola, low-fat or regular	¼ cup
Pasta, cooked	⅓ cup
Rice, cooked – brown, white, or wild	⅓ cup

Starchy Vegetables

Baked beans	⅓ cup
Beans, cooked – black, garbanzo, kidney, lima, navy, pinto, lentils or white	½ cup
Peas	½ cup
Corn	½ cup
Potato	
Baked with skin	¼ large (3 oz.)
Boiled, all kinds	½ cup
Mashed with milk and fat	½ cup
Squash – acorn, butternut	1 cup
Yam, sweet potato plain	½ cup

Fruits

Apple, unpeeled, small	1 (4oz.)
Applesauce, unsweetened	½ cup
Banana	½ (4 oz.)
Berries	
Blackberries, blueberries	¾ cup
Raspberries	1 cup
Strawberries, whole	1¼ cup
Cantaloupe or Honeydew	1 cup cubed
Dates	3
Dried fruits	2 Tbsp.
Fruit juice	½ cup
Grapefruit	large ½
Grapes	small 17
Orange	small 1
Peach	medium 1
Pear	medium ½ cup
Pineapple	¾ cup
Plums	small 3
Prunes	2 (5 oz.)
Watermelon	1¼ cup

Three Keys for Success with Diabetes Meal Planning

1. Read a nutrition facts label.

Nutrition Facts			
Serving Size 8 crackers			
Amount per serving			
Calories 120		Fat Calories 30	
% Daily Value			
Total Fat	3.5g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Polyunsaturated Fat	1.5g		
Monounsaturated Fat	0.5g		
Cholesterol	0mg		
Sodium	140mg		
Total Carbohydrate	22g		7%
Dietary Fiber	less than 1g		3%
Sugar	7g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	4%

Top arrow: Check the serving size – Is that how much you plan to eat? (If not, you may need to double if you plan to eat 16 crackers, or cut it in half if you only plan to eat 4 crackers.)

2nd arrow: This is the number you count if you are planning to “count carbs.”

3rd arrow: It is important to choose foods with at least 2-3 grams of dietary fiber as often as you can.

4th arrow: This number is not what you count if you are “counting carbs.”

2. Learn how many carbohydrates you need.

- Your diabetes educator or dietitian can determine how many carbs you need daily.

3. Spread out your carbs evenly throughout your day.

- You cannot save up all your grams of carbohydrate for one meal.
- Spread them out like the example on the next page.

Breakfast 7am	Lunch 12 noon	Dinner 5pm	Snack 9pm
<p>2 slices whole wheat toast - 30 grams carbs</p> <p>1 egg with peppers, onions and mushrooms - no carbs</p> <p>1 cup raspberries - 15 grams carbs</p> <p>Black coffee with sweetener - no carbs</p> <p>45 grams total carbs</p>	<p>Hamburger with lettuce, tomato and mustard - no carbs</p> <p>Whole wheat bun - 30 grams carbs</p> <p>1 cup green beans - no carbs</p> <p>1 cup of skim milk - 15 grams carbs</p> <p>45 total grams carbs</p>	<p>1 cup black beans - 30 grams carbs</p> <p>Grilled onions, peppers, zucchini and mushrooms - no carbs</p> <p>2/3 cup cooked brown rice - 30 grams carbs</p> <p>Salsa, avocado, low fat sour cream - no carbs</p> <p>Water to drink</p> <p>60 grams total carbs</p>	<p>3 cups cooked popcorn - 15 grams carbs</p> <p>15 grams total carbs</p>

Mount Carmel Diabetes Self-Management Program

Free Community Classes

These free classes teach basic information about diabetes, checking your blood sugar, medicines to manage blood sugar levels, healthy eating, physical activity, and weight management. They're offered regularly across the Mount Carmel system and are open to all.

Managing Your Diabetes Classes

Our Diabetes Self-Management classes are more detailed and personalized. They help you learn how to live well with diabetes. Taught by registered nurses, pharmacists, and dietitians, the complete course consists of one individual one-on-one session followed by three group sessions. The cost is typically covered by insurance, and a support person is welcome to attend with you. A physician referral is required.

Individual Consultation

We offer private consultations with a physician referral.

Diabetes Support Group

Our free diabetes support group can help you cope with the challenges of managing your disease. During our informal sessions you'll receive updates about diabetes and diabetes care, learn from our guest speakers, and make friends. Everyone is welcome to attend!

Diabetes Prevention Program (DPP)

A free year long course for people with warning signs of diabetes. To learn more or to register, contact Mount Carmel Urban Health 614-546-4300 or email urbanhealthmgmt@mchs.com

To learn more about the program and find a schedule of classes:

Call 614-546-4582 or visit

mountcarmelhealth.com/diabetes-self-management-program

Dining out with Diabetes

- Ask for a "to go" box when your food arrives and save half of it for the next day's lunch.
- Estimate your normal portions and stick to eating only that amount.
- Consider sharing a meal with a friend.
- Remember to trade out the french fries for one of the non-starchy vegetables.
- Keep in mind that life happens and you don't have to eat perfectly all the time. Just get back on your healthy eating program at your next meal.





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mountcarmelhealth.com