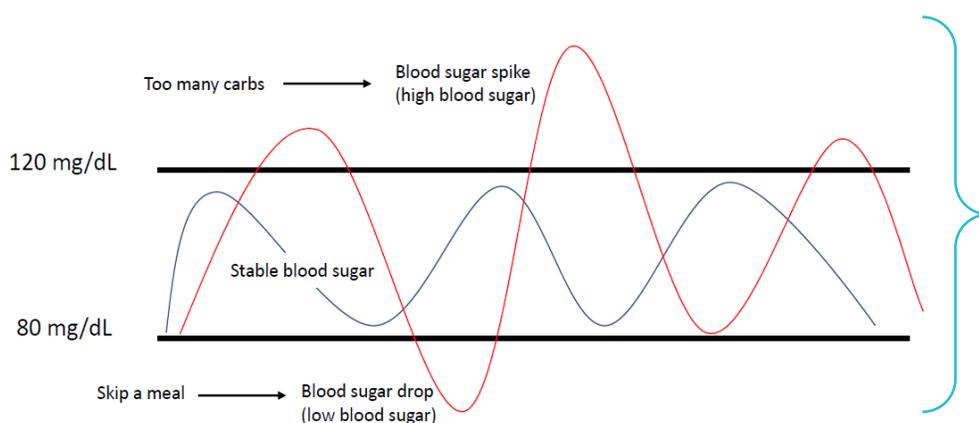


Part 2

How do I control my blood glucose with carbohydrates (carbs)?



To avoid highs and lows in blood glucose. Eat small amounts of carbs throughout the day (or every few hours). If you eat too many carbs at once, your blood glucose could get too high. If you do not eat enough or skip a meal, blood glucose could get too low. Try to eat about **3 small meals** and **2-3 snacks a day**.

Meals and snacks should include healthy carbs such as:

- **Fruit** 
- **Low-fat dairy** 
- **Starchy vegetables and beans** 
- **Whole grains** 

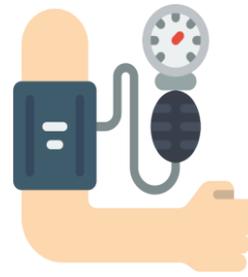
Sample Meals & Snacks:

Meal Time	Meal	Carbs
Breakfast	<ul style="list-style-type: none"> • 1 egg (scrambled or boiled) • 1 slice of whole grain bread, toasted • 1 cup of low-fat milk • 1 small banana 	About 45 grams (3 carb servings)
Morning Snack	<ul style="list-style-type: none"> • 1 medium apple • ¼ cup low sodium (low salt) nuts 	About 30 grams (2 carb servings)
Lunch	<ul style="list-style-type: none"> • Chicken and cheese quesadilla on small whole wheat tortilla • ½ cup black beans • Salsa • ½ cup pineapple 	About 45 to 50 grams (3 carb servings)
Afternoon Snack	<ul style="list-style-type: none"> • 6 ounces flavored low-fat (lite) Greek yogurt • ½ cup berries 	30 grams (2 carb servings)
Dinner	<ul style="list-style-type: none"> • Chicken and broccoli stir fry • 2/3 cup brown rice • 1 orange 	About 45 grams (3 carb servings)
Total Carbs	About 200 grams of carbs	

*Try to avoid drinks with carbs. But if you do drink them, make sure to include the carbs from your drinks into your total carbs for the day, as they will raise blood sugar.

Why Does Salt Matter?

Too much salt can increase your blood pressure and increase your risk of heart disease and stroke.



People with diabetes are at higher risk for developing high blood pressure (hypertension), which can lead to kidney disease and cardiovascular (heart) disease, so it is important to **limit how much salt (or sodium) you get**.



2300 mg is equivalent to **1 teaspoon of salt**.

It is recommended that you limit your daily salt intake to less than **2300 mg**, and if you have high blood pressure, it is recommended that you only get **1500 mg per day**.

How can I limit the salt I get?

- Do not add salt to your food.
- Limit how much processed food you eat. Eat fresh foods instead.
- Look for foods that are low-sodium or have no added salt.
- Rinse canned foods to get rid of excess salt.

How do I buy healthy food on a budget?

Money-saving tips:



Plan your meals – make a shopping list and try to eat before you shop



Buy generic brands (store brands)



Compare prices between stores and brands



Look for sales in the weekly flyer or in the store



Buy fruits and vegetables that are “in season”



Use coupons – you can find them free online or on smartphone apps