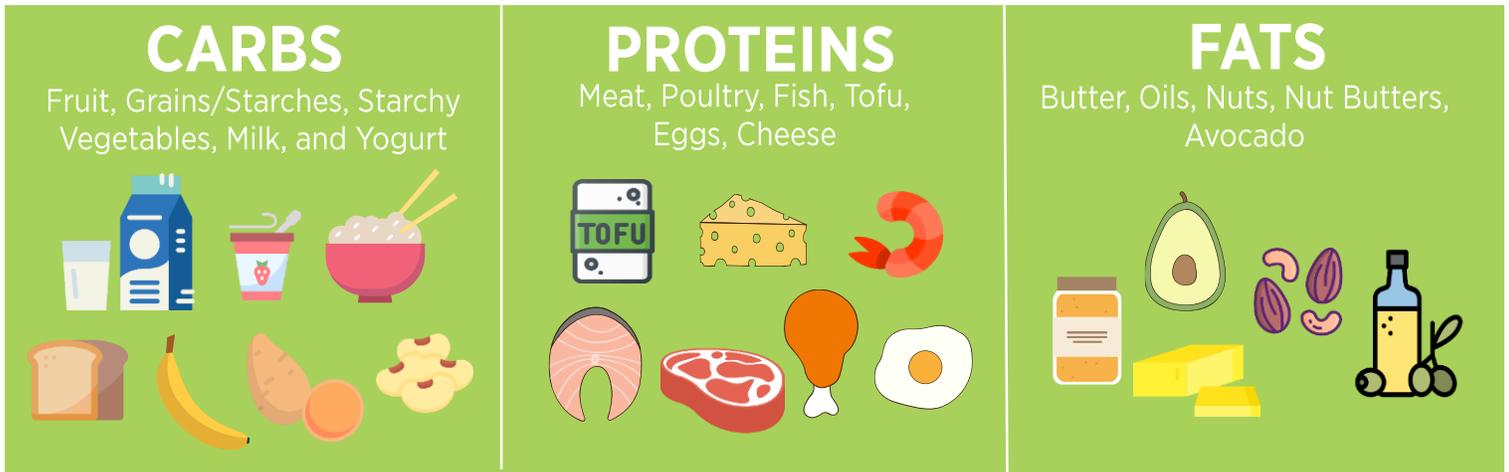


Part 1

Healthy eating is an important part of managing your diabetes. You can help control your blood glucose levels by choosing healthy foods and watching how much you eat.

What kinds of food should I eat to be healthy?

Everyone needs to eat 3 kinds of foods in the right amounts: **carbohydrates** (or “carbs”), **proteins**, and **fats**. This is especially important if you have diabetes. You need to eat the right amount of carbs. This is because your body breaks down carbs into sugar, which can raise your blood glucose level.



How can I plan a healthy meal?

Planning a healthy meal is easy with the Diabetes Plate Method. Just do this when you plan a meal: fill $\frac{1}{2}$ your plate with non-starchy vegetables, $\frac{1}{4}$ of your plate with grains or starchy vegetables, and $\frac{1}{4}$ with lean protein. Examples of each food group are listed below.

Non-starchy vegetables:

- Leafy greens
- Broccoli
- Peppers
- Carrots
- Green beans
- Zucchini
- Tomatoes
- Cauliflower
- Onions
- Okra

Lean proteins:

- Chicken/turkey breast
- Lean ground beef
- Pork loin
- Fish
- Eggs
- Tofu

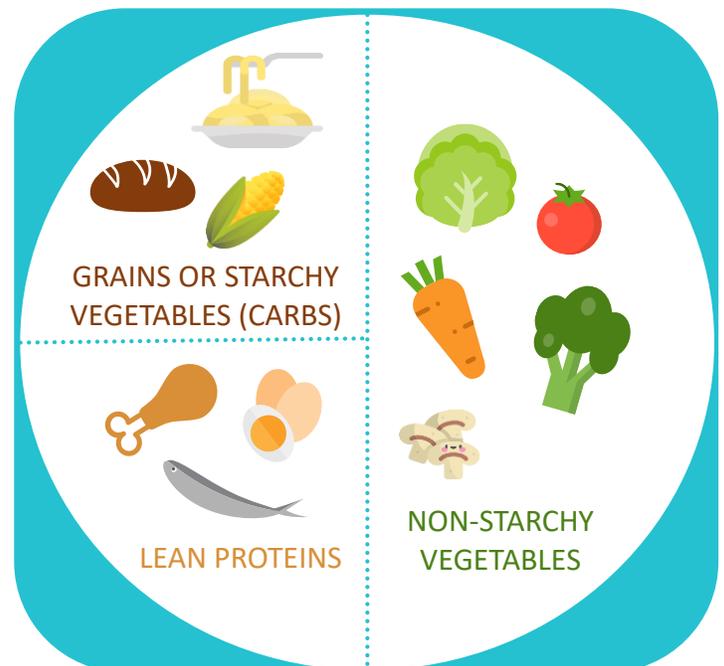
Grains (carbs):

- Rice (brown rice is best)
- Bread (whole wheat is best)
- Tortillas (whole wheat is best)
- Pasta (whole wheat is best)
- Cereal (whole grain is best)

Starchy vegetables (carbs):

- Potatoes
- Sweet Potatoes
- Peas
- Beans and Lentils
- Corn
- Butternut squash

Diabetes Plate Method

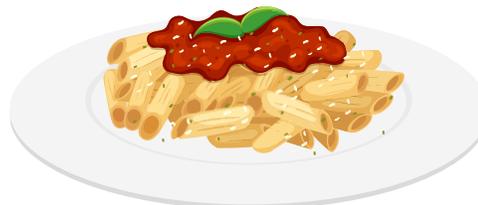


Note: Fats can fit in any of the sections of your plate, but try to focus on the “healthy fats,” also known as *unsaturated* fats, and limit unhealthy fats like saturated fats. Healthy fats can be found in fish, nuts, nut butters, avocado, olive oil and canola oil.

What's the Difference Between Portion Size and Serving Size?



A **servicing** is a measured amount of food (or drink), like one slice of bread or 1 cup (8 ounces) of water.



A **portion** is the amount of food that you choose to eat or drink. A portion may contain several servings.

You can also find serving size information on **nutrition labels**. Ask your doctor for additional information about figuring out serving size and they can refer you to a dietitian.

How do I read a nutrition label?

Nutrition labels have information that tells you the serving size and how many carbs are in each serving.

Nutrition Facts

Serving Size: 10 oz.

Amount Per Serving

Calories 200 Calories from Fat 200

% Daily Value*

Total Fat 10g **35%**

Saturated Fat 1.5g **11%**

Trans Fat 0g

Cholesterol 0mg **1%**

Sodium 210mg **15%**

Total Carbohydrate 15g **3%**

Dietary Fiber 1g **3%**

Sugars 3g

Protein 30g

Focus on the **servicing size** at the top, and the **total carbohydrate** number, near the middle.

How many carbs should I have?

- 1 serving of carbohydrates is about 15 grams.
- Most people with type 2 diabetes should aim for around:
 - 45-60 grams per meal** (3-4 servings), and
 - 15- 30 grams** (1-2 servings) per snack.
- Counting carbohydrates is a tool that can be helpful for watching your carb intake.