

Basics of Healthy Eating With Diabetes

Healthy eating is one of the most important ways you can help manage blood sugar. A diabetes meal plan is a guide that can help you choose what, when, and how much to eat. Talk to your healthcare provider or registered dietitian to create a meal plan that is best for you.

Count your carbohydrates

Carbohydrates are important to a healthy diet, but they also raise blood sugar. Carbohydrate counting is one way to plan your meals to help manage your blood sugar levels. Carbohydrates are found in:

- Starches like bread, cereal, and rice
- Starchy vegetables like potatoes and corn
- Fruit and juice
- Milk and yogurt

CHOOSE WHOLE GRAINS.

Whole grains are rich in vitamins, minerals, and fiber. The American Diabetes Association (ADA) recommends whole grains as part of a healthy diet for diabetes. Try whole-wheat bread, brown rice, oatmeal, barley, and quinoa.

Ask your provider or a registered dietitian to help you set a carbohydrate limit for each meal. Count your carbohydrates to help keep your blood sugar in your target range.

MY CARBOHYDRATE LIMIT

BREAKFAST	LUNCH	DINNER	SNACK

Balance your plate for healthy meals

The “Plate Method” is another way to plan a balanced meal. Draw a line across the middle of your dinner plate. Then on the bottom half, cut it again so you have 3 sections on your plate.

Fill half of your plate with non-starchy vegetables.

Write down some non-starchy vegetables that you like:

Fill one of the quarters with starchy food.

Write down some whole-grain foods that you like:

Fill the other quarter with meat or a meat substitute.

Write down some lean meats and fish that you like:



To complete your meal, add:

- An 8-ounce glass of skim or low-fat milk
- A small piece of fruit or a fruit salad (1/2 cup)

Eating at regular times is also important

Work with your provider or registered dietitian to evenly space your meal times.

MY MEAL TIMES

BREAKFAST	LUNCH	DINNER	SNACK

Use the back of this sheet to create sample meal plates filled with the foods you like.

(continued)

My Sample Meals

Build your sample meals using the empty plates below (each plate represents 9 inches). Use the "Plate Method" as your guide:

- 1/2 plate non-starchy vegetables +
- 1/4 plate starchy food +
- 1/4 plate meat or meat substitute = MEAL

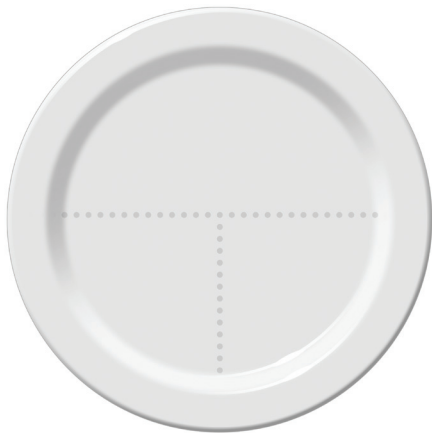
After you create your sample plates, write down any questions or concerns you have. Work to overcome any problems...one plate at a time.

Try these diabetes "superfoods" when planning your meals:

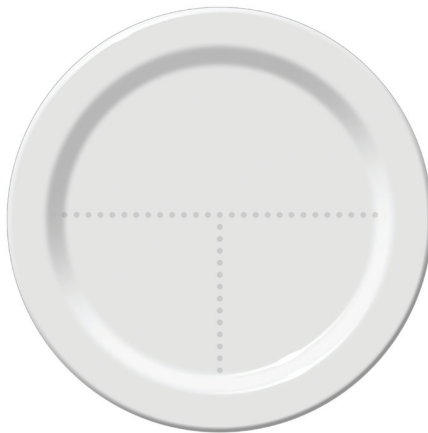
- Beans
- Tomatoes
- Dark green, leafy vegetables
- Sweet potatoes
- Fat-free milk and yogurt
- Citrus fruit
- Berries
- Whole grains
- Nuts
- Fish high in omega-3 fatty acids like salmon

Find diabetes-friendly recipes on MyFoodAdvisor™ www.diabetes.org/food-and-fitness/food/my-food-advisor

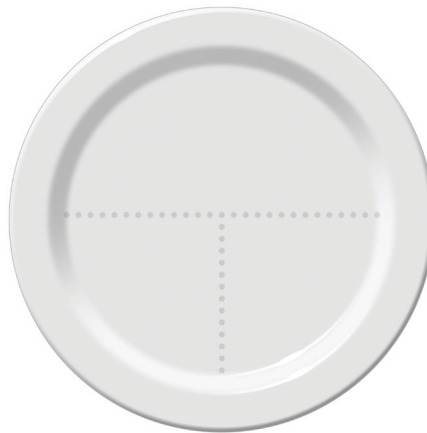
**MY SAMPLE
BREAKFAST PLATE**



**MY SAMPLE
LUNCH PLATE**



**MY SAMPLE
DINNER PLATE**



Questions or concerns about my meal plan:

(Example: How do I balance my plate when I eat out?)

Remember, you can help manage your blood sugar by following a diabetes meal plan with foods you enjoy.

