



Basic Healthy Eating Plan

Healthy eating is very important when you have diabetes. It helps keep your blood sugars in good control.

Healthy Eating Tips:

- ◆ Eat 3 times a day
- ◆ Eat less fat
- ◆ Avoid fast foods
- ◆ Eat more vegetables
- ◆ Eat less sugar and starchy foods

Carbohydrates: Foods That Make Blood Sugar Go Up

- ◆ Are important for energy
- ◆ Use in moderation and space intake evenly during the day
 - ◆ Use whole grains whenever possible

Starches and Starchy Vegetables

- ◆ Breads
- ◆ Cereal
- ◆ Rice
- ◆ Crackers
- ◆ Pancakes
- ◆ Pasta
- ◆ Corn
- ◆ Peas
- ◆ Potatoes
- ◆ Winter squashes
- ◆ Dried beans

Fruits and Fruit Juice

- ◆ Choose fresh or unsweetened frozen fruit
- ◆ Choose canned fruit packed in water, pear juice or lite syrup
- ◆ Limit juice to 4 oz or less per day.

Milk and Yogurt

- ◆ Choose low fat milk (1% or skim)
- ◆ Sugar free yogurt
- ◆ Greek Yogurt

Sweets: Little nutrition value

- ◆ Cake & pie
- ◆ Ice cream
- ◆ Candy
- ◆ Cookies
- ◆ Regular soda
- ◆ Honey, syrup

Even some sugar-free items can make you blood sugar go up and can contain a lot of calories!



Foods That Don't Make Blood Sugars Go Up

Non Starchy Vegetables: Use Liberally

- ◆ Asparagus
- ◆ Broccoli
- ◆ Carrots
- ◆ Cauliflower
- ◆ Cucumbers
- ◆ Green Beans
- ◆ Kale
- ◆ Lettuce
- ◆ Mushrooms
- ◆ Onions
- ◆ Peppers
- ◆ Spinach
- ◆ Tomatoes

Lean Meat, Fish, Poultry, Eggs, Low Fat Cheese, and Nuts

(Target a total of 6 oz per day = size of 2 decks of cards)

- ◆ Skinless Chicken
- ◆ Fish (avoid deep-fat fried)
- ◆ Lean Pork
- ◆ Lean Beef*
- ◆ Eggs or egg substitutes
- ◆ Low fat cheeses
- ◆ Natural Peanut butter or nuts
(use nuts sparingly, high calorie)

*When using beef, limit use to 1 – 2 times per week to be heart healthy

Fats & Oils: use sparingly

Fats and oils do not immediately raise you blood sugar but will add calories and increase weight so use sparingly. To be heart healthy, emphasize canola oil, olive oil and tub margarines without trans fats.

Sugar-Free Drinks

- ◆ Water
- ◆ Sugar free drinks
- ◆ Coffee
- ◆ Tea
- ◆ Diet Soda

Free Foods

- ◆ 1 Tbsp fat free cream cheese
- ◆ Sugar substitutes
- ◆ Lemon juice
- ◆ Mustard
- ◆ Spices/herbs such as basil, Garlic, cinnamon, pepper
- ◆ 1 Tbsp catsup
- ◆ ½ cup salsa
- ◆ Gelatin, sugar free
- ◆ Nonfat cooking spray



Sample Menus

Breakfast

1 cup High fiber cereal
1/2 Banana
1 cup 1% Milk
Coffee or Tea

Lunch

2 slices whole grain bread
2-4 oz lean Turkey
1 Tbsp. Light mayonnaise
Apple
1 carton light yogurt
Water or diet soda

Dinner

3-5 oz lean meat, fish or poultry
3-6 oz. Baked potato
Broccoli, 1 cup or more
2 Tbsp light margarine
1 cup 1% Milk
1/2 cup peaches, light

Breakfast

1-2 Slices whole grain bread
1/4 cup Egg substitute
1/2 cup Orange juice
1 cup 1% Milk
Coffee or Tea

Lunch

Grilled Chicken Salad
Light Salad Dressing
1-2 small whole grain roll(s)
1 cup melon or berries
1 cup 1% Milk

Dinner

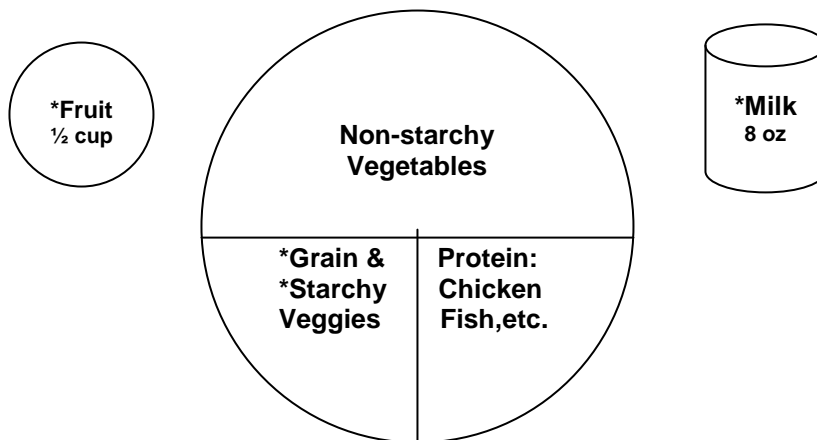
1 – 2 cups Casserole or pasta
Carrots, 1 cup or more
1/2 cup sugar-free pudding
Water or Diet Soda

Snacks: (Use only as needed. For example, if there is more than 4 – 6 hours between a meal and you are truly hungry.)

Ideas:

- ◆ 1 piece of fruit
- ◆ 3 cups light popped popcorn
- ◆ A carton of sugar free yogurt
- ◆ 1/2 cup 1% Milk & 4-6 whole grain crackers
- ◆ 1/2 cup 1% Milk & 3/4 cup high fiber cereal

Visual Portion Guide: Use the diagram below as a guide to portion your plate appropriately. Foods with a star* provide energy and important nutrients but should be eaten in controlled amounts because they raise blood sugar.





Shopping Tips

- ◆ Whole grain bread and crackers
- ◆ Whole grain cereals (look for cereals with 5 gms of dietary fiber)
- ◆ Low fat, sugar free yogurt (90-100 calories)
- ◆ Olive or canola oil
- ◆ Sugar-free, calorie-free beverages such as diet soda, Crystal Light
- ◆ Trans fat free margarine
- ◆ 1% or skim milk
- ◆ Low fat cheese
- ◆ Skinless chicken breasts
- ◆ Fish
- ◆ Pork tenderloin
- ◆ 85 – 90% lean hamburger
- ◆ Lean beef (round or sirloin. Limit to 1- 2 times a week for heart health)
- ◆ Natural peanut butter
- ◆ Fruits (fresh, frozen or canned without heavy syrup or sugar)
- ◆ Vegetables (fresh, frozen, or unsalted canned preferred)
- ◆ 100% fruit juices (limit to no more than 4oz—8 oz per day)
- ◆ Herbs and spices
- ◆ Low fat salad dressing

Cooking Tips

- ◆ Bake, broil, boil, poach, microwave or barbecue your meats, fish, and poultry
- ◆ Trim the fat off your meat and take the skin off your poultry
- ◆ Use added fats sparingly

Changing Eating Habits

- ◆ Changing eating habits can take time.
- ◆ Start slowly.
- ◆ Expect occasional slip-ups but get back on track right away.
- ◆ Compliment yourself regularly for any changes that you make.

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