

Diabetes

In this resource packet you will find:

- [Basics of Healthy Eating for Diabetes](#)
- [Complications Associated With Diabetes](#)
- [Diabetic Meal Planning](#)
- [Example of Snacks for Diabetic](#)



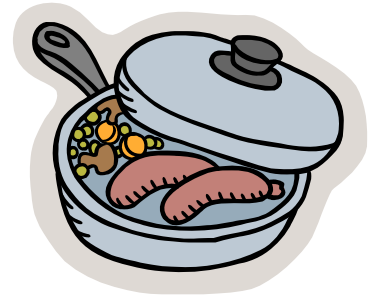
Visit the American Diabetes Association website at <http://www.diabetes.org> for additional handouts, recipes, and tips about preventing and living with diabetes.

Basics of Healthy Eating for Diabetes

Follow these guidelines to feel your best!

Eat **THREE** meals a day

- Do not skip meals or eat large meals, and eat a variety of foods
- Space your meals about 4-5 hours apart and eat a bedtime snack
- If you must go longer than 5 hour, eat a small snack between those two meals, such as crackers, popcorn, a slice of bread or a piece of fruit



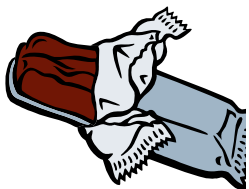
Stay on a **SCHEDULE** for meals and medicines



- Eat your meals and take your medications at or about the same time each day
- Take your insulin about ½ an hour before meals, or as directed by your doctor

Limit **SUGAR** or **SWEETS**

- Do not use sugar. Use an artificial sweetener
- Use artificially sweetened beverages such as diet sodas, tea sweetened with Sweet & Low, Splenda, Equal, or Kool-Aid or Crystal Light with Equal or Splenda



- Avoid the use of very sweet foods such as jelly, honey, candy, cookies, cakes, pies, doughnuts, regular pudding, and regular Jell-O



Complications associated with Diabetes

- **BLINDNESS**

- **KIDNEY FAILURE**



- **LOSS OF CIRCULATION**

- **NERVE PROBLEMS**

- **FREQUENT INFECTIONS**

- **HEART ATTACK AND STROKE**

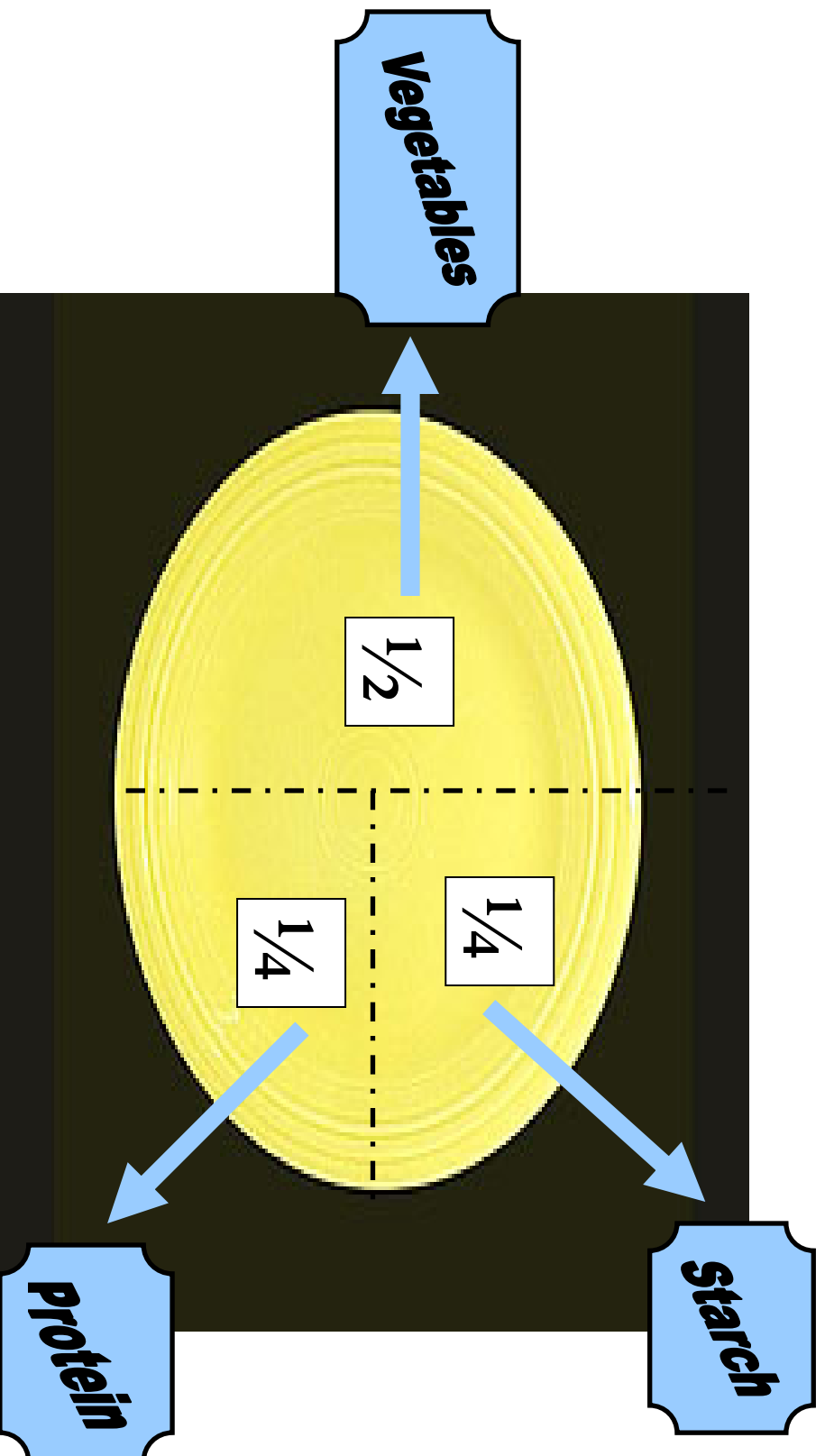


DIABETIC MEAL PLANNING

HOW DOES YOUR PLATE RATE?

- Is $\frac{1}{4}$ of your plate filled with good starches like whole grain bread, noodles, rice, corn, and potatoes?
- Is $\frac{1}{4}$ of your plate filled with protein foods like meat, poultry, fish or meat substitute?
- Is $\frac{1}{2}$ of your plate filled with vegetables like salads or cooked vegetables?

***Key Point to Remember: WATCH YOUR PORTION SIZES!!



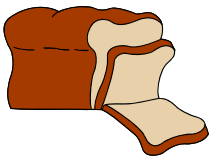
Examples of Snacks for Diabetes



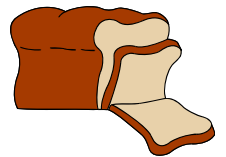
1. 1 slice of bread with 1 ounce of lean meat (roast beef, turkey, chicken, ham, cheese). Spread with mustard or fat-free mayonnaise.



2. 6 saltine crackers with 1 ounce of low fat cheese or 1 tablespoon peanut butter.



3. $\frac{1}{2}$ cup low fat cottage cheese with $\frac{1}{2}$ cup fruit.



4. 1 cup non-fat yogurt sweetened with an artificial sweetener.



5. 1 cup plain yogurt with $\frac{1}{2}$ cup fruit.



6. 3 graham cracker squares with 1 tablespoon peanut butter.



7. 1 cup skim milk or 1% milk with $\frac{3}{4}$ cup non-sugar coated cereal.



8. 1 slice of toast with 1 egg (boiled or scrambled). Limit to 3 eggs per week.



9. $\frac{1}{2}$ cup sugar-free pudding with 1 cup skim milk.



10. $\frac{1}{2}$ English muffin or bagel with 1 tablespoon low fat cream cheese.

