



Healthy Eating Guidelines For Diabetes

Before you see a dietitian

- Eat three meals a day at regular times each day. Space meals about 4-5 hours apart. If meals are not spaced, have a snack.
- If taking insulin at dinner time or bed time be sure to have a small bed time snack. This snack might include protein such as meat, cheese, peanut butter or milk. An example is half of a sandwich.
- Do not skip meals.
- Eat a variety of foods. Focus on the total carbohydrate (carb) content of the meal. Carb counting offers you choices.
- Limit foods with a lot of added sugar, such as:
 - regular sodas/soft drinks
 - cake, candy, cookies
 - table sugar
 - fruits in heavy syrup
 - Eat less fried foods. Bake or broil meat and fish.
- Limit or exclude alcohol.
- Non-nutritive sweetened foods are usually okay, such as diet soda or sugar free lemonade.
- Start reading labels! "Dietetic" does not mean "diabetic". **"Sugar free" does not always mean calorie free or carb free.** Focus on total carb, not on net carbs.
- Your nurse or dietitian can help you individualize your meal plan. Be sure that you get enough carbs. Too little may cause low blood sugar levels.

CARBOHYDRATES

It is important to include carbs in a well-balanced diet.

Carbs digest to become available glucose.

Milk, fruit, and grain group foods contain carbs.

Food labels list carb and serving size.

One carb serving is 15 grams of carb.