Healthy Eating for Diabetes

If you have Type 2 Diabetes, your body either does not make enough insulin or your body does not use the insulin well. Controlling blood sugar is important when you have diabetes. High blood sugar can lead to kidney failure, heart disease, stroke, blurry vision or blindness, and poor circulation.

Check your blood sugar every day. Aim for these goals:

Before eating:	70 – 130 mg/dL
After eating: (1-2 hours after eating)	Less than 180 mg/dL

Making healthy food choices can help you to control your blood sugar. Carbohydrates (carbs) are your body's main source of energy. These foods will turn to sugar in your blood. Even though carbs raise blood sugar, it is important to eat some carbs with each meal. Your dietitian will tell you the right amount of carbs to eat.

HIGH CARB FOODS

Grains & Starchy Vegetables

Such as pasta, bread, rice, cereals, beans, corn, peas, potatoes

Fruit

Fresh, canned, frozen, or dried fruit; Fruit juice

Milk

Milk, yogurt, soymilk, buttermilk

Sweets

Such as soda, jelly, syrup, candy, sweetened cereal, ice cream, cake, doughnuts, pastries
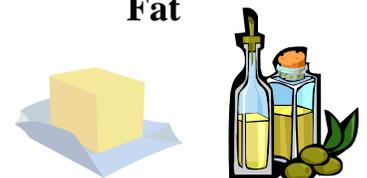
LOW CARB FOODS

Vegetables

Such as lettuce, tomatoes, carrots, broccoli, peppers, celery, summer squash

Proteins

Meat, chicken, fish, eggs, cheese, nuts, nut butter, tofu

Fat

Such as oil, butter, margarine, mayonnaise, salad dressings

Diet and lifestyle tips for diabetes:

- Eat smaller portions of carbohydrate foods.
- Eat at least 3 meals per day of similar size.
- Eat balanced meals and include foods from all the food groups every day.
- Choose foods that are high in fiber.
  - <u>Examples</u>: whole-grain bread and pasta, brown rice, oatmeal, bran cereal, fresh fruits and vegetables, beans, nuts, seeds
- Limit sweets.
- Eat less fat.
- Limit your alcohol intake.
- If you are overweight, losing 5-10% of your weight by healthy eating and exercise can help your insulin work better and lower your blood sugar.
  - Aim for at least 30 minutes of exercise a day, 5 days a week.

How to Portion Your Plate

Fruit

Starch
Protein
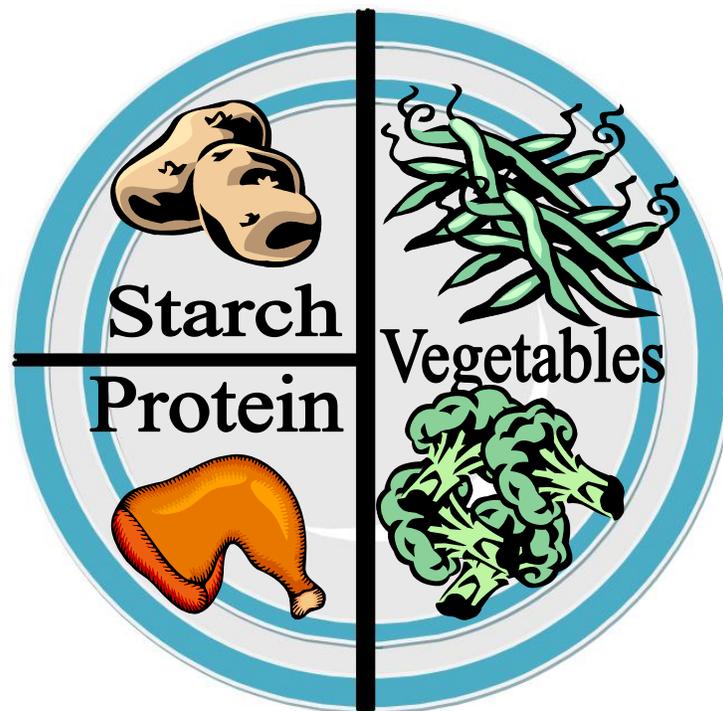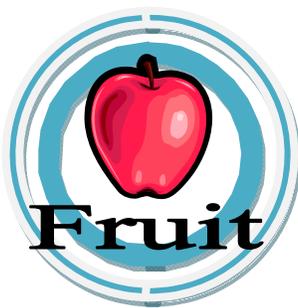
Vegetables

Milk

Check List for Your Meal:

- ☐ 1 serving starch
- ☐ 1 serving lean protein
- ☐ Nonstarchy vegetables

- ☐ 1 serving nonfat or 1% milk
- ☐ 1 serving fruit