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:** Less than 180 mg/dL

(1-2 hours after eating)

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

<table>
<thead>
<tr>
<th>Grains &amp; Starchy Vegetables</th>
<th>Fruit</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Such as pasta, bread, rice, cereals, beans, corn, peas, potatoes</td>
<td>Fresh, canned, frozen, or dried fruit; Fruit juice</td>
<td>Milk, yogurt, soymilk, buttermilk</td>
</tr>
</tbody>
</table>

**Sweets**

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

### LOW CARB FOODS

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Proteins</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Such as lettuce, tomatoes, carrots, broccoli, peppers, celery, summer squash</td>
<td>Meat, chicken, fish, eggs, cheese, nuts, nut butter, tofu</td>
<td>Such as oil, butter, margarine, mayonnaise, salad dressings</td>
</tr>
</tbody>
</table>
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.
  - Examples: 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

Check List for Your Meal:

- 1 serving starch
- 1 serving lean protein
- Nonstarchy vegetables
- 1 serving nonfat or 1% milk
- 1 serving fruit