Getting Started

To get started, follow these simple steps for healthy eating with diabetes.

1. Eat three meals each day, spread evenly throughout the day. Space them four to five hours apart.
2. Snacks may be included between meals if you are hungry. Try to choose low fat, high fiber snacks like fruit or raw vegetables.
3. Do not skip meals.
4. Limit foods high in sugar.
5. Eat more vegetables when you are hungry between meals or at mealtimes to help you feel more full. Most vegetables are low in calories, carbohydrate and fat.
6. If you are overweight, eat smaller portions of food. Even a modest weight loss of 10-15 pounds can have a major benefit on improving blood glucose.
7. Eat less fat to help lower blood sugar, cholesterol and body weight.
8. Include physical activity every day.
9. Spread carbohydrates throughout the day. Carbohydrates raise the blood sugar. They are an important part of healthy eating because they give us energy and nutrients that our bodies need. A method of meal planning that shows healthy portions is “The Plate Method.”

The Plate Method

<table>
<thead>
<tr>
<th>Breakfast (8 a.m.)</th>
<th>OR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low sugar cereal or hot cereal</td>
<td>1-2 Eggs</td>
</tr>
<tr>
<td>Fresh fruit</td>
<td>Whole wheat toast</td>
</tr>
<tr>
<td>Whole wheat toast</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td>Skim or 1% milk</td>
<td>Skim or 1% milk</td>
</tr>
<tr>
<td>Coffee or Tea</td>
<td>Coffee or Tea</td>
</tr>
</tbody>
</table>

| Snack (10 a.m. optional) |
| Fresh fruit and one ounce of raw almonds |

| Lunch (1 p.m.) |
| Turkey or lean roast beef sandwich on whole grain bread |
| Tossed salad, carrots and celery or vegetable soup |
| Fresh fruit |
| Skim or 1% milk |

| Snack (3 p.m. optional) |
| Baby carrots and hummus |

| Dinner (6 p.m.) |
| Baked or boiled chicken, fish or lean red meat |
| Small baked potato, 2/3 cup rice or pasta |
| Broccoli, green beans or carrots |
| Tossed salad; choose dressing with healthy fat |

| Snack (9:30—optional unless on certain diabetes medications) |
| 1 oz. string cheese |
| Whole wheat crackers |

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Food groups that contain carbohydrates are shaded.
Healthy Eating with Diabetes

LESS SUGAR  ∙   CHOOSE HEALTHY FAT  ∙   LESS SALT  ∙   MORE FIBER

Eat Less Sugar.

Eat Less Sugar because foods high in sugar can make your blood sugar too high. When eating foods with sugar, eat only small amounts. It is generally best to avoid the following:

• Sodas with Sugar
• Jams and jellies
• Candy, cookies, pies, cakes
• Donuts, pastries
• Sugar, honey, syrup, molasses
• Sugar coated cereal
• Fruits canned in sugar
• Fruit juice (limit to ½ cup per meal)
• Ice cream, sherbet, fruit ices
• Alcohol

Choose Healthy Fat.

• Eat lean meat – examples: sirloin, loin, round cuts
• Trim fat from meat and skin from chicken
• Avoid fried foods
• Use low fat cooking methods – bake, broil, roast, stew or grill foods
• Limit added fat: margarine, butter, salad dressings, cream cheese, sour cream, cream sauces, gravies
• Use canola, olive, peanut oil
• Avoid shortening or lard

Eat less Salt.

Salt can make your blood pressure too high and make you hold fluid in your body. Avoid using salt at the table. Limit use of these high sodium foods:

• Salty meats: bacon, sausage, hot dogs, cold cuts, ham, pepperoni, pastrami
• Canned foods: canned meat, tuna, soups and vegetables
• Convenience foods: dinner mixes, salted snacks, frozen or dried soups
• Seasonings: celery, garlic or onion salt, lemon pepper, teriyaki sauce, soy sauce, chili sauce, Worcestershire sauce, fish sauce
• Foods prepared in brine: olives, pickles, sauerkraut
• Vegetable and tomato juice

Eat more Fiber.

Fiber may help lower your blood sugar, reduce blood fats and control appetite

• Use more fresh or frozen fruits and vegetables
• Increase use of whole grain breads and cereals
• Include legumes (dried beans, peas and lentils) on a regular basis

Food Groups with Carbohydrates:

STARCHES
• Bread, English muffin, bagel, waffle, pancake, crackers
• Dry or cooked cereal
• Potatoes, rice, pasta, popcorn
• Starchy vegetables: corn, green peas, winter squash
• Dried beans, peas, lentils

FRUITS
• Fresh fruit, unsweetened canned fruit, unsweetened fruit juice

MILK
• Milk (non fat or 1% preferred) or light yogurt

Low Carbohydrate Foods:

VEGETABLES
• Asparagus, beets, broccoli, cabbage, cauliflower, carrots, celery, cucumber, eggplant, green beans, greens, lettuce, mushrooms, onions, pea pods, peppers, radishes, summer squash, tomatoes, zucchini

Foods without Carbohydrates:

MEAT/PROTEIN
• Lean meat, fish, poultry without skin, low fat cheese, eggs, low fat cottage cheese, peanut butter, tofu
• These foods have little effect on blood sugar
• Choose low fat

FAT
• Olive or canola oil, nuts and avocados
• Limit your intake of fat. A low fat diet helps to control weight gain, controls blood fat levels and helps us to use insulin better.