



References:

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***Remember—you are the center of
a healthy life with diabetes.
Now that you’ve got
“Nutrition Know-How,” all the
elements of good care begin
and end with you.***

This information is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

**Nutrition
“Know-How” ...
for a
Healthier You**

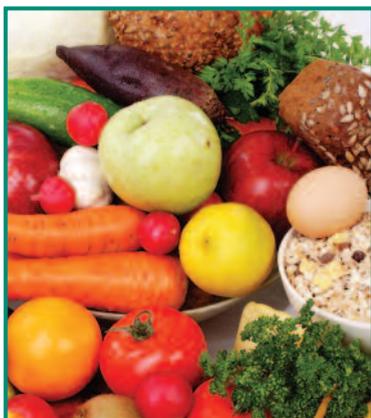
Nutrition “Know-How”

If you have diabetes, you know you have to take care of a lot of things every day: watching blood sugar levels, diabetes pills and/or insulin needs, and sticking to the treatment plan from your doctor.

Are you also paying attention to how and what you eat? Good nutrition is very important in managing existing diabetes, and preventing or slowing diabetes and its complications from getting worse.¹ A few simple facts can start to increase your Nutrition “Know-How” — and help create a meal plan that will make a healthier you!

What Is a Diabetes Meal Plan?

A diabetes meal plan tells you how much and what kinds of food and drinks you can choose, and how much to have at meals and snacks. For most people with diabetes, a healthy, nutritious diet consists of 40% to 60% of calories from carbohydrates, 20% from protein, and 30% or less from fat.²



Carbohydrates are one of three sources of calories or energy that we need in our diets (the other two are protein and fat).

Rate Your Plate⁸

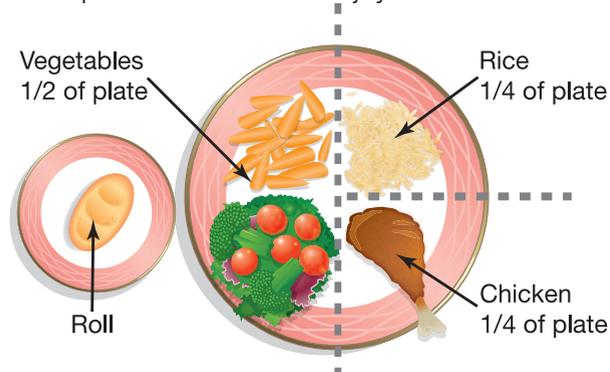
Have you ever wondered how to fill your plate? If you have diabetes, your plate may be your best friend in managing your condition.

A simple strategy, called “Rate Your Plate,” may help you make sure that you are eating a variety of nutritious foods at each meal for better diabetes management.

Here's what to do...

At mealtime, with your empty plate on the table in front of you, draw an imaginary line through the center of your plate. Then draw another imaginary line to divide one of the sections into two.

- ▶ Fill about one-fourth of your plate with carbohydrates, which are grains or starchy foods (rice, pasta, potatoes, corn, peas, etc.).
- ▶ Fill the other fourth of your plate with protein — foods like meat, chicken, or fish.
- ▶ Fill the last half of your plate with colorful (dark green, orange, red, and yellow) vegetables, such as broccoli, carrots, cucumbers, salad, and cauliflower.
- ▶ Add a glass of non-fat milk and a small roll or piece of fruit. And enjoy!



How Much Should You Eat a Day?

People with diabetes have different body types, daily routines, and treatment plans, so there's no one right answer to this question. However, the National Diabetes Information Clearinghouse (NDIC) provides calorie guides such as this at: http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/#1.

Choose this many servings from these food groups to have 1,600 to 2,000 calories a day:	
8 starches	2 milks
4 vegetables	4 to 6 ounces meat and meat substitutes
3 fruits	up to 4 fats

Consider using the NDIC guides as a starting point, and talk with your healthcare provider about a meal plan that's right for you.

A Healthier You

Sticking to a nutritious meal plan and taking medications as prescribed by your doctor can help you achieve better control of your diabetes. Other benefits you should see over time include⁷:

- ▶ Lower blood pressure
- ▶ Improved blood fats (cholesterol levels)
- ▶ The need to take less medication
- ▶ A lower risk for other health problems
- ▶ Increased energy

Ask your doctor or healthcare provider for more help in building your Nutrition Know-How!

...for a Healthier You

Carbohydrates provide most of the energy needed in our daily lives, and tend to have the greatest effect on blood sugar.³

Carbohydrates are found in fruits, vegetables, beans, dairy foods, and breads — as well as mayonnaise, ketchup, and mustard.²

Protein comes from meat, chicken, fish, dairy products (such as cheese and yogurt), beans, and some vegetables.² In following a nutritious diet, try to eat more chicken and fish than red meat, and trim extra fat off all meat. Also choose nonfat or reduced-fat dairy products.

Fat is contained in butter, margarine, oils, and many meat and dairy products.⁴ Your meals will be more nutritious if you eat less fat, especially saturated fat and trans fats.

- ▶ **Saturated** fat is found in meat, chicken skin, butter, 2% or whole milk, ice cream, and cheese.
- ▶ **Trans** fat is produced when liquid oils are turned into solids.
- ▶ Rather than use butter or stick margarine, choose soft margarine in a tub that lists a liquid oil, such as soybean or canola oil, as an ingredient.

Remember that physical activity may also cause a change in your body's glucose (blood sugar) level. But with the help of your healthcare provider, you can manage your blood sugar, be physically active, and still fit your favorite foods into your meal plan.

Count Those Carbs

“Carbohydrate counting” is another way to manage the food you eat to help keep your blood sugar levels as normal as possible. For some people with diabetes, counting “carbs” can help them strike the right balance between what they eat and the insulin required to handle the rise in their blood sugar after eating.⁵

In carb counting, your doctor or diet planner can help you determine how many carbs you need each day—and how to spread that amount over all your meals and snacks, so your blood glucose levels do not get too high or low.⁵ If you choose to count carbs, then you’ll need to learn how many carbs are in different kinds of food and drinks, and how much insulin your body will need to “cover” the total grams of carbs that you have eaten.

The amount of carbs in a food or drink is listed on the Nutrition Facts table that’s on all packaged foods and drinks.

Add up all the grams of carbs in the food and drinks in a meal you plan to eat. If a food has 5 grams or more of fiber in a serving, the American Diabetes Association recommends subtracting the fiber grams from the total carb grams for a more accurate estimate of the food’s carb content.⁶ If you plan on eating twice the serving size on the label, double the total grams of carbs.⁶

By counting carbs, you can know when your blood sugar levels may rise due to eating, and can follow your treatment plan to keep your blood sugar under control.

The amount listed is for the serving size shown. Are you eating more, less, or the same? Compare your serving size to figure out the amount of carbs you are eating.

Nutrition Facts	
Serving Size: 1/2 cup (114 g)	
Servings Per Container: 4	
Amount Per Serving	
Calories 90	Calories From Fat 30
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	13%
Total Carbohydrate 13 g	4%
Dietary Fiber 3 g	12%
Sugars 3 g	
Protein 3 g	
Vitamin A 80%	• Vitamin C 60%
Calcium 4%	• Iron 4%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs

The grams of fiber should be subtracted from the total grams of carbs if the food or drink contains more than 5 grams of fiber.⁶

Total carbs per serving (in grams) is listed on the label.