

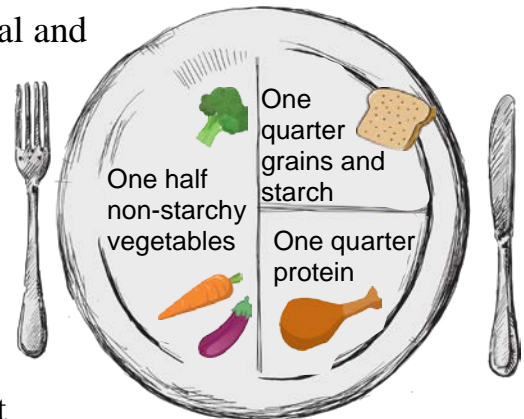


HEALTHY EATING FOR DIABETES

- Eat at least 3 meals a day and include snacks if necessary, so that you eat every 4 to 5 hours while you are awake. Don't skip meals. Cut back on portion sizes and limit second helpings if you need to lose weight.
- Limit sugar and sweets such as sugar-sweetened beverages, sugary cereals, snack cakes, candy, and desserts. Extra sugar = Extra carbohydrates. Use sugar substitutes (Sweet'NLow™, Equal™, Splenda™, Stevia, etc.) to lower your intake of sugar.
- Choose high fiber foods such as dried beans and peas, whole grains, fresh fruits and vegetables.
- Eat the right amount of carbohydrate foods:

1 carbohydrate serving = 15 grams of total carbohydrate	
 Men:	Choose 3 - 4 carbohydrate servings at each meal (total 45-60 grams) Choose 1 – 2 carbohydrate servings at each snack
 Women:	Choose 2 - 3 carbohydrate servings at each meal (total 30-45 grams) Choose 1 – 2 carbohydrate servings at each snack


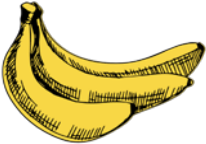


- Eat protein such as meat, fish, cheese, eggs, or peanut butter with all meals and snacks. Meat portions should be about the size of a deck of cards or a woman's palm. Bake, broil, boil, and grill rather than frying.
- Eat foods lower in fat. Cut back on sauces, gravy, salad dressings, mayonnaise, butter or margarine. Limit fried foods. Avoid fatty meats such as bacon, sausage, bologna and hotdogs.
- Enjoy plenty of non-starchy vegetables at each meal and snack. They fill you up, have little effect on your blood sugar, and add lots of fiber.
- Consider if a meal delivery service like Home Chef, Hello Fresh, or Sun Basket would be a good option for you.
- Check with your doctor before drinking any alcohol. It may raise your triglycerides and interact with your medications.



Carbohydrate foods include:

Below are general guidelines. Each amount listed is 1 carbohydrate serving which is 15 grams of carbohydrate.

Please read food labels for specific information for the products you use.

Starches	Fruit	Milk	Sweets
½ cup cooked corn, beans or peas	1 small fresh fruit (tennis ball sized)	1 cup 1% or less fat milk	2” square plain cake or brownie
½ cup potatoes	½ cup canned “lite” fruit	2/3 cup plain or light yogurt	2 small cookies
1/3 cup cooked rice or pasta	2 tablespoons raisins	1 cup soy milk, unflavored	½ cup ice cream or frozen yogurt
½ cup cooked oatmeal	½ medium banana		½ cup sugar-free pudding
1 slice bread	1 cup berries or melon		½ cup regular jello
6 crackers	4 ounces fruit juice		5 vanilla wafers
1 (6”) tortilla, corn or flour			1 tablespoon jelly, syrup, honey or sugar
¾ cup dry cereal			2 tablespoons light syrup
1 small roll, biscuit or muffin			
½ small hamburger or hotdog bun			
10 to 12 baked chips			
3 cups light popcorn			

Remember: **1 carbohydrate serving = 15 grams of carbohydrate**

- Men - Choose 3 to 4 carbohydrate servings at each meal and 1 to 2 carbohydrate serving at each snack.
- Women - Choose 2 to 3 carbohydrate servings at each meal and 1 to 2 carbohydrate servings at each snack.