

Nutrition Guidelines for Healthy Blood Sugar Control

Managing diabetes with good blood sugar control helps keep you healthy.

Ways I can improve blood sugar control:

- Try to eat each meal and snack at the same time every day.
- Try to eat every 3 to 5 hours during the day. Do not skip meals.
- Read food labels to check serving size and total carbohydrate content per serving.
- Limit sweets and foods that are high in sugar (cakes, pies and sweetened beverages).
- Choose carbohydrate foods (carbs) that are also high in fiber. These foods include whole grains, fruits and vegetables.
- Try to eat the same amount of carbohydrates at each meal.
- Eat a protein and/or healthy fat choice with each meal or snack.

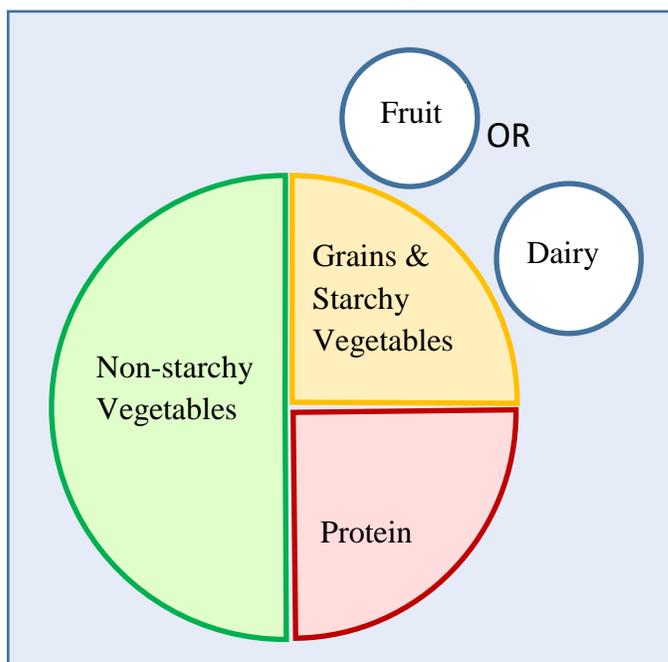
Ways I can plan my meals:

Healthy meals include a mix of carbohydrates, proteins and fats. Carbohydrates increase your blood sugar the most. You need to eat the right amount of foods with carbohydrates during meals and snacks to help control blood sugar level.

What foods have carbohydrates:

- Grains: bread, rice, cereal, pasta, crackers
- Fruits: fresh, canned or dried fruit, fruit juice
- Vegetables: starchy (corn, peas, potatoes, winter squash) and non-starchy (carrots, green beans, summer squash)
- Milk: milk and yogurt
- Sweets: jam, jelly, desserts, regular pop, syrup, sugar, honey

Option 1 - Plate Method: Improve your blood sugars by balancing your plate.



- Make half of your plate non-starchy vegetables
- Make ¼ of your plate grains or starchy vegetables
- Make ¼ of your plate protein foods
- Add a side of fruit or dairy

- Option 2 – Carbohydrate counting:** Improve your blood sugars by counting carbohydrates.
 - Your dietitian will tell you how many grams of carbohydrates to eat at each meal and snack.
 - Read nutrition labels to see how many grams of carbohydrates you are eating.
 - Add up grams of “total carbohydrate” for each “serving size” you eat.

My Meal Plan:

Meal	Grams of Carbohydrate	Sample Menu
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

How do I know how many carbohydrates are in food?

Food labels:



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Carbohydrate Foods:

Grains, Beans and Starchy Vegetables	Serving Size	Carbohydrate Grams
Bagel	6 inches	60
Beans (black, garbanzo, pinto, red) and Lentils, cooked	½ cup	15
Bread (whole wheat or white)	1 slice or 1 small roll	15
Bun (hamburger or hot dog) or English Muffin	1 bun or muffin	30
Cereal, cooked, unsweetened	½ cup	15
Cereal, unsweetened (Cheerios, Cornflakes, Wheaties)	¾ cup	15
French Fries, regular cut, frozen	10 to 12 fries	15
Pancake or waffle	4 inches	15
Pasta or Rice (brown or white), cooked	1 cup	45
Potato (sweet or white – baked or boiled)	4 inches (medium)	30
Starchy Vegetables (parsnips, winter squash, corn, peas)	½ cup	15
Tortilla (corn or flour)	6 inches	15

Fruit and Fruit Juices	Serving Size	Carbohydrate Grams
Blueberries, raspberries	¾ cup	15
Strawberries	1 cup	12
Fruit (canned -unsweetened)	½ cup	15
Apple, orange, peach	Size of a tennis ball	15
Banana	6 inches	22
Grapefruit	1/2	15
Grapes	½ cup or 15	15
Juice (apple, grapefruit, orange, pineapple)	½ cup	15
Juice (cranberry, grape, prune)	1/3 cup	15
Melon (cantaloupe, honeydew, watermelon)	1 cup	15
Dried fruit (raisins, raisins)	2 Tbsp.	30

Milk, Yogurt and Dairy-like Substitutes	Serving Size	Carbohydrate Grams
Milk (skim, 1%, 2%, or whole)	1 cup	12-15
Chocolate Milk	1 cup	26
Almond and nut milks (sweetened or flavored)	1 cup	11-20
Soy milk (plain or flavored)	1 cup	8-24
Yogurt or Greek yogurt (nonfat or low-fat, plain)	6 ounces	12-15
Yogurt or Greek yogurt (nonfat or low-fat, flavored)	6 ounces	24-30

Snacks and Sweets	Serving Size	Carbohydrate Grams
Brownie or cake, frosted	2-inch square	30
Chips (potato or tortilla)	15 chips	15
Coffee creamer (liquid, flavored)	1 Tbsp.	6
Crackers, snack	6	15
Crackers, goldfish or oyster	½ cup	15
Crackers, graham cracker	1 large rectangle/2 squares	11
Frozen yogurt (nonfat or low fat)	½ cup	23
Ice Cream (light, regular, or no-sugar added)	½ cup	15
Agave, Honey, Jam, Jelly, Sugar (white or brown)	1 Tbsp.	15
Popcorn	3 cups	15
Pretzels (mini twists)	15	15
Syrup (maple, vanilla, fruit, chocolate, caramel)	2 Tbsp.	30

Non-Starchy Vegetables	Serving Size	Carbohydrate Grams
Vegetables (asparagus, green beans, carrots etc.)	½ cup cooked or 1 cup raw	5