

Guidelines for a Healthy Blood Sugar on the Heart Failure Meal Plan

Good blood sugar control helps keep you healthy. It can also help prevent some forms of blindness, kidney disease, nerve pain and cardiac disease.

Guidelines to improve blood sugar control:

- Try to eat each meal and snack at the same time every day. Do not skip meals.
- Read food labels to check serving size, total carbohydrate and sodium content per serving.
- Limit sweets and foods that are high in sugar (cakes, pies and sweetened beverages).
- Choose carbohydrate foods that are high in fiber. These foods include whole grains, fruits and vegetables.
- Take your medicine and check your blood sugar as directed by your doctor.
- Eat a protein and/or healthy fat choice with each meal or snack.
- Know how many grams of carbohydrate or carbohydrate choices that are in your meal and snack plan.
- Track your grams of carbohydrates or carbohydrate choices. Fifteen grams carbohydrate is equal to one carbohydrate choice.

Range of Carbohydrate Grams per Choice

Carbohydrate Grams	Carbohydrate Choices
6-10	1/2
11-20	1
21-25	1 1/2
26-35	2
36-40	2 1/2
41-50	3
51-55	3 1/2
56-65	4
66-70	4 1/2
71-80	5

Reading the food label:

Read food labels to check serving size, total carbohydrate and sodium content per serving.

Nutrition Facts			
Serving Size ½ cup (120 g)		← Serving size	
Servings Per Container 8		← Servings per container	
Amount per Serving			
Calories 178		Calories from Fat 18	
% Daily Value*			
Total Fat	2 g		3%
Saturated Fat	0 g		2%
Trans Fat			
Cholesterol	0 mg		0%
Sodium	319 mg		13%
Total Carbohydrate	35 g		12%
Dietary Fiber	3 g		13%
Sugars	16 g		
Protein	5 g		
Vitamin A	23%	Vitamin C	1%
Calcium	40%	Iron	39%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.			

For further education, contact:

- Bronson Outpatient Diabetes Education Center: (269) 341-8585
- Bronson Outpatient Nutrition Services: (269) 341-6860