

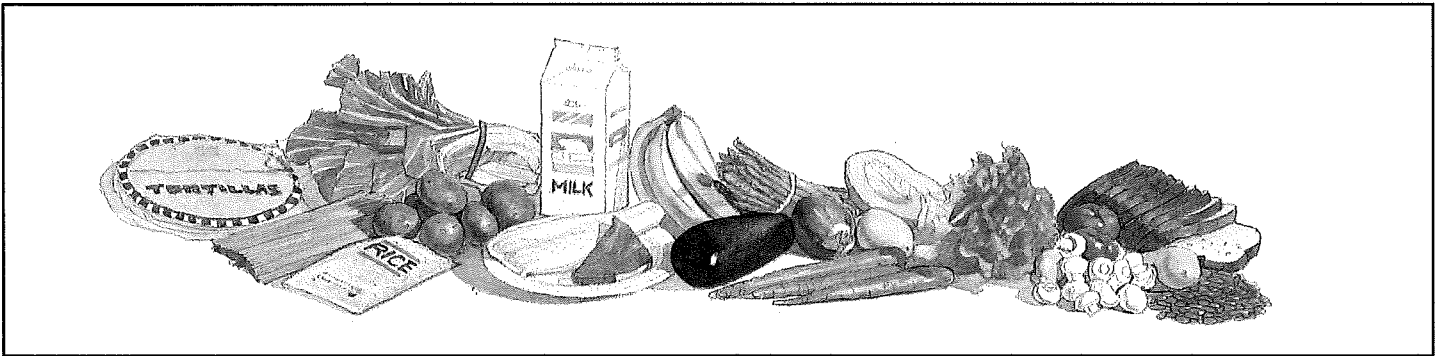


# Meal Planning and Diabetes

Eating right helps keep your blood sugar within your target range. It also helps you maintain a healthy weight. Ask your healthcare team to help you make a meal plan that fits your needs. Your meal plan tells you when to eat your meals and snacks, what kinds of foods to eat, and how much of each food to eat.

## What to Eat

You don't have to give up all the foods you like. But you do need to follow some guidelines. If you have other medical problems, such as heart disease, your meal plan may require you to stay away from more foods.



- **Eat lots of carbohydrates that are high in nutrients.**

Non-starchy vegetables are good choices. They tend to be high in fiber and low in fat. Also choose plenty of whole-grain foods.

*Whole grains can be found in bread, pasta, tortillas, and cereal. Bulgur wheat and brown rice are also sources.*

*Good vegetable choices include spinach, bok choy and other greens, carrots, broccoli, and green beans. Tomatoes, eggplant, and peppers are also good choices.*

- **Eat low-fat protein foods.** Doing so can help control your weight. It also helps keep your heart healthy. Low-fat protein foods include:

*Lean meat with all visible fat removed*

*Poultry with skin removed*

*Low-fat or nonfat milk, cheese, and yogurt*

*Fish*

*Plant proteins, such as dry beans, lentils, tofu, and peanut butter*

- **Eat less fat and sugar.**

Eating too much fat can cause heart disease. Both fat and sugar are high in calories, so they can make you gain weight.

Eat less of high-fat foods such as these:

*Butter, margarine, oil, cream, cheese, bacon, lunch meats, ice cream, and sweet bakery goods such as pies and donuts*

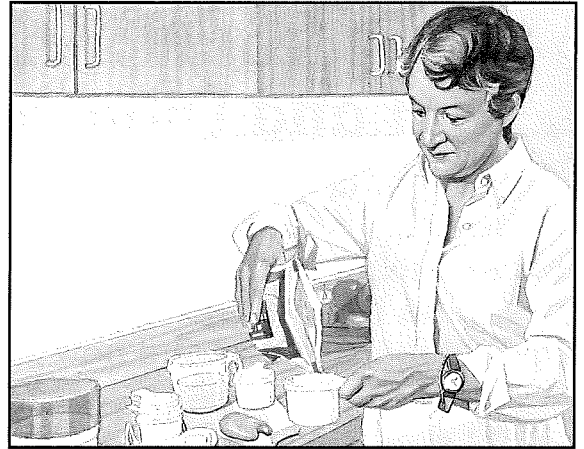
Stay away from high-sugar foods such as these:

*Jams and jellies, candy bars, juice drinks, and regular sodas*

## How Much to Eat

The amount of food you eat affects your blood sugar. It also affects your weight. Your healthcare team will tell you how much of each type of food you should eat.

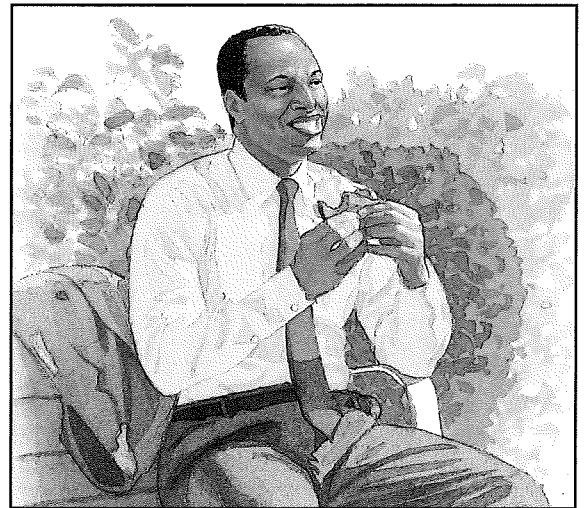
- Use measuring cups and spoons and a food scale to measure serving sizes.
- Learn what a correct serving size looks like on your plate. This will help when you are away from home and can't measure your servings.
- Eat only the number of servings given on your meal plan for each food. Don't take seconds.



## When to Eat

Your meal plan will most likely include breakfast, lunch, dinner, and some snacks.

- Try to eat your meals and snacks at about the same times each day.
- Eat *all* your meals and snacks. Skipping a meal or snack can make your blood sugar drop too low. It can also cause you to eat too much at the next meal or snack. Then your blood sugar could get too high.



## Special Instructions:

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