

# Heathy eating tips for people with diabetes



## Keep a routine

- ✓ Eat at around the same time every day.
- ✓ Space out meals with 4-5 hours in between.
- ✓ Don't skip any meals. Skipping meals can cause you to over-eat later.
- ✓ If you feel hungry between meals, snack on fresh vegetables, such as celery, carrots, bell peppers, broccoli, cucumber, or snap peas.



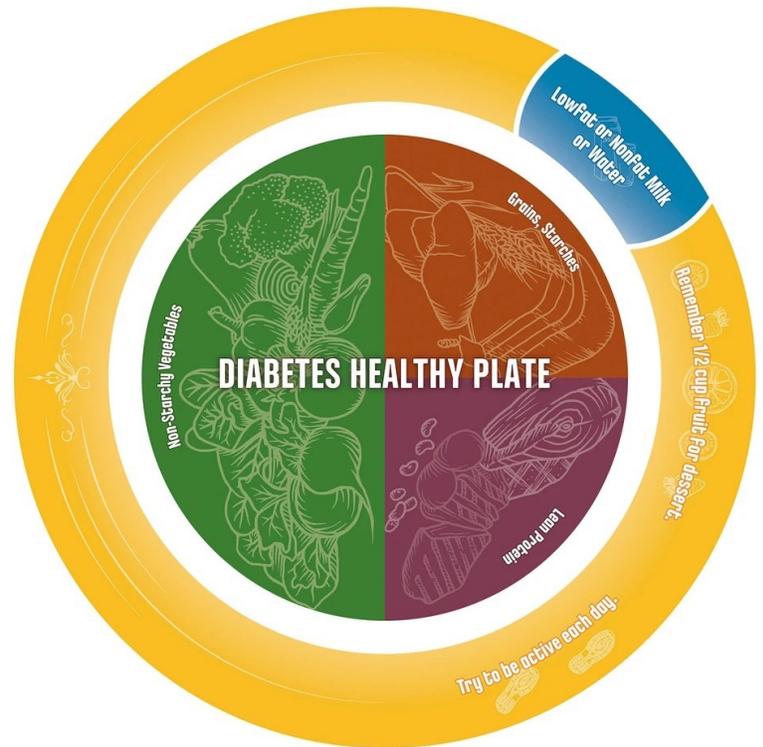
## Eat 3 balanced meals each day

- ✓ Pay attention to portion sizes.
- ✓ At lunch and dinner, fill half your plate with vegetables.
- ✓ Focus on eating lean meats, fat-free or low-fat cheeses and dairy products. Stick to 8-12 oz of protein each day.
- ✓ Try to eat fewer calories if you are aiming to lose weight.



## Follow your personal meal plan

- ✓ Carbohydrates are not “bad” and you can still eat them, but be mindful of how much you eat and make sure to count your carbs!
- ✓ Limit carb foods to 2-4 servings per meal (refer to your meal plan and the counting carbs handout).
- ✓ Eat 4-5 servings of fresh vegetables each day.
  - 1 serving is 1/2 cup of cooked veggies or 1 cup of raw veggies
- ✓ Limit fruit to 2 servings a day.





## Choose water



- ✓ Limit milk to 2 cups of skim or fat-free milk a day.
- ✓ Avoid fruit juice.



## Avoid foods high in saturated fat



- ✓ Cut out bacon, fatty cuts of meat, sausage, fried foods, bologna, butter, and cream. Reminder that the recommended amount of saturated fat per day is 1 serving (5 grams).



## Slowly increase fiber intake



- ✓ Increase the amount of fiber you eat by 5 g each week until your meal plan goal is met.
- ✓ See the fiber handout for recommended foods.
- ✓ Drink plenty of water when eating fiber!



## Use sweeteners in drinks and cooking



- ✓ See the artificial sweeteners handout.
- ✓ Choose sugar-free sodas and sports drinks.
- ✓ Sugar-free does NOT mean carbohydrate-free! Sugar-free candies and foods can have just as many carbs as regular candies and foods and can even have more calories.
- ✓ Sugar-free products that are carb-free includes diet sodas, diet gelatin (Jello), sugar-free popsicles, sugar-free jellies and syrups and sugar-free gum.



## Limit alcohol



- ✓ Drinking can interfere with your medications.
- ✓ Drinks with alcohol have a lot of calories and grams of carbs.
- ✓ If you do drink, remember to have it with food!