

Planning healthy meals



Making healthy food choices

- Lots of nonstarchy vegetables and fruits
- Whole-grain foods
- Fish 2 to 3 times a week
- Lean cuts of beef and pork
- Remove skin from chicken and turkey
- Nonfat dairy products
- Water, unsweetened tea, coffee, and calorie-free “diet” drinks instead of drinks with sugar
- Liquid oils for cooking instead of solid fats
 - Limit quantities



Diabetes and healthy eating

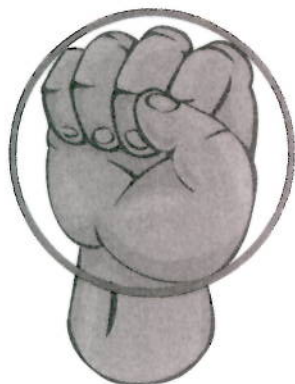
- Good diabetes self-care means following your meal plan and keeping track of what you eat and drink
- Eat a variety of foods in the right amounts
- Be sure to check food labels for calorie, carbohydrate, total fat, and sodium amounts
- Eat regularly (small portions several times a day)
- Match how much you eat with your activity level
- Eat fewer foods high in calories, cholesterol, saturated fat, *trans* fat, and sodium
- Talk with your diabetes care team if you have any questions about your meal plan

“It took some time but I made the decision to do the things I needed to do to manage my diabetes. I started exercising and thinking more carefully about my food choices. Before too long, I had gained a lot of confidence in my ability to manage this disease.”

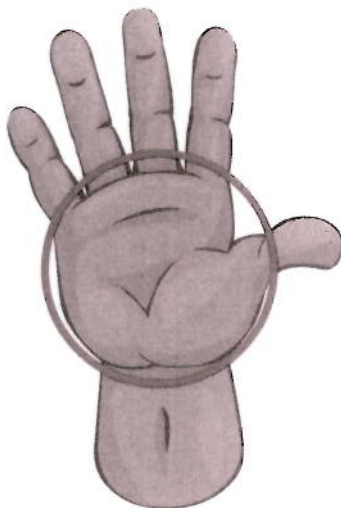
– Karen R., South Carolina

Estimating portion sizes

When you can't measure, you can estimate!



A fist equals about 1 cup



A palm equals about 3 ounces



A thumb equals about 1 ounce

These are only general guides.

Finding the carb counts: Reading Nutrition Facts labels

Check serving size. Information on the label is based on the serving size. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 3.5 servings. But the information provided is for only 1 serving.

See how many grams of carbs are in each serving.

Decide whether the food fits into your plan.

Nutrition Facts

Serving Size ½ cup (130g)
Servings Per Container About 3.5

Amount Per Serving	
Calories	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Potassium 340mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 7g	28%
Protein 7g	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	15%

* Based on a 2,000 calorie diet.

Noncarbohydrates

Meat/Protein



- Meat and meat substitutes are a source of protein and do not raise blood sugar significantly
- Prepare meats without a batter. Bake, grill, or broil
- 3 oz cooked meat = deck of cards
- The following chart shows what 1 choice of meat and meat substitutes contains
- The number of servings per day varies by individual meal plan

Meat		1 CHOICE
Beef	Lean—Ground round, roast, round, sirloin, steak, tenderloin	1 oz
	Medium-fat—Corned beef, ground beef, prime rib, short ribs	1 oz
Chicken	Lean—Without skin	1 oz
	Medium-fat—With skin	1 oz
Fish	Lean—Smoked: herring or salmon (lox)	1 oz
	Medium-fat: Any fried product	1 oz
Lamb	Lean—Chop, leg, or roast	1 oz
	Medium-fat—Ground, rib roast	1 oz
Pork	Lean—Canadian bacon, rib or loin chop/roast, ham, tenderloin	1 oz
	Medium-fat—Cutlet, shoulder roast	1 oz
	High-fat—Ground, sausage, spareribs	1 oz
Sandwich meats	Lean—chipped beef, deli thin-sliced meats, turkey ham	1 oz
	High-fat—bologna, pastrami, hard salami	1 oz
Sausage	Medium-fat—With 4–7 grams of fat per oz	1 oz
	High-fat—bratwurst, chorizo, Italian, knockwurst, Polish, smoked	1 oz
Shellfish	Lean—Clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Veal	Lean—Loin chop, roast	1 oz
	Medium-fat—Cutlet (no breading)	1 oz

	Protein	Fat
Lean meat	7	0–3
Medium-fat meat	7	4–7
High-fat meat	7	8+

Meat Substitutes		1 CHOICE
Beef jerky (lean)		½ oz
Cheese		
Lean—cottage cheese		1 oz
Medium-fat—feta, mozzarella, reduced-fat cheeses, string		1 oz
High-fat—American, bleu, brie, cheddar, queso, and Swiss		1 oz
Egg (medium-fat)		1
Egg substitutes, plain (lean)		¼ cup
Egg whites (lean)		2
Hot dog		
Lean—3 grams of fat or less per oz		1
High-fat—Beef or pork		1
Sardines, canned (lean)		2 small
Tofu		½ cup

Fats



- Do not raise blood sugar significantly
- Should be used sparingly
- Will help slow the rise of blood sugar after meals
- A serving size of fats listed = 5 grams of fat

Unsaturated Fats (Monounsaturated)	SERVING SIZE
Avocado	2 Tbsp
Nut butters (<i>trans</i> fat-free):	1½ tsp
Nuts	
Almonds	6
Cashews	6
Peanuts	10
Pecans	4 halves
Pistachios	16
Oil: canola, olive, peanut	1 tsp
Olives, Black	8 large
Olives, Green, stuffed	10 large

Polyunsaturated Fats	SERVING SIZE
Margarine	
Lower fat spread (30%–50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp
Stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 tsp
Mayonnaise	
Reduced-fat	1 Tbsp
Regular	1 tsp
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Salad dressing	
Reduced-fat	2 Tbsp
Regular	1 Tbsp
Seeds: flaxseed (whole), pumpkin, sunflower, sesame	1 Tbsp
Walnuts	4 halves

Saturated Fats	SERVING SIZE
Bacon	1 slice
Butter	
Reduced-fat	1 Tbsp
Stick	1 tsp
Whipped	2 tsp
Cream	
Half and half	2 Tbsp
Heavy	1 Tbsp
Light	1½ Tbsp
Whipped, pressurized	¼ cup
Cream cheese	
Reduced-fat	1½ Tbsp
Regular	1 Tbsp
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Shortening, solid	1 tsp
Sour cream	
Reduced-fat or light	3 Tbsp
Regular	2 Tbsp

Know your nutrients and

1 meat/protein choice =
0 grams of carbs

Size of a deck
of cards

Meat/Protein

Examples:

Chicken, 3 ounces
Fish, 3 ounces
Beef, 3 ounces

Nonstarchy Vegetables

- Do not raise blood sugar as much as starchy vegetables
- 1 cup raw or ½ cup cooked = 5 grams of carbohydrates

Artichoke hearts

Asparagus

Baby corn

Bamboo shoots

Bean sprouts

Beans (green, wax, Italian)

Broccoli

Brussels sprouts

Cabbage (green, bok choy, Chinese)

Carrots

Cauliflower

Celery

Cucumber

Eggplant

Green onions or scallions

Greens (collard, kale, mustard, turnip)

Leeks

Mixed vegetables (without corn, peas, or pasta)

Mushrooms, all kinds, fresh

Okra

Onions

Pea pods

Peppers (all varieties)

Radishes

Sauerkraut

Soybean sprouts

Spinach

Squash (summer, crookneck, zucchini)

Tomato

Turnips

Water chestnuts

Nonstarchy Vegetable

Raw vegetables, 1 cup
Cooked vegetables, ½ cup

1 nonstarchy
vegetable choice =
5 grams of carbs



create your plate

Each carb choice contains
15 grams of carbs.

I need _____
carb choices per meal.

Milk

Examples:

Milk, 1 cup
Plain yogurt, 1 cup

1 dairy choice =
12 grams of carbs

Starch/Grains

Examples:

Potato, boiled, ½ cup
Pasta, ⅓ cup
Rice, ⅓ cup
Bread, 1 slice (1 ounce)
Corn, ½ cup

1 starch choice =
15 grams of carbs

Size of a
computer mouse

Size of a
tennis ball

Fruit

Examples:

Orange, small
Blueberries, ¾ cup
Watermelon, 1 slice

1 fruit choice =
15 grams of carbs

Carbohydrates

- One serving of carbohydrates has 15 grams
- Most of the carbohydrates we eat quickly turn into blood sugar



Starch/Grains

Bread	SERVING SIZE OR PORTION
Bagel, large (about 4 oz)	¼ (1 oz)
Bread, reduced-calorie	2 slices
Bread, white, whole-grain, pumpernickel, rye	1 slice (1 oz)
English muffin	½
Hot dog or hamburger bun	½ (1 oz)
Pancake, 4 inches across	1
Pita, 6 inches across	½
Roll, plain, small	1 (1 oz)
Taco shell, 5 inches across	2
Tortilla, corn or flour, 6 inches	1
Waffle, 4-inch square	1

Crackers and Snacks	SERVING SIZE OR PORTION
Animal crackers	8
Cookies, Chocolate chip	2 cookies
Crackers	
Round, butter type	6
Saltine-type	6
Sandwich-style, cheese or peanut butter filling	3
Whole-wheat	2–5
Graham cracker, 2½-inch square	3
Oyster crackers	20
Popcorn	3 cups
Pretzels	¾ oz
Rice cakes, 4 inches across	2
Snack chips	
Fat-free or baked (tortilla, potato, pita)	15–20
Regular (tortilla, potato)	9–13

Milk

Milk and Yogurts

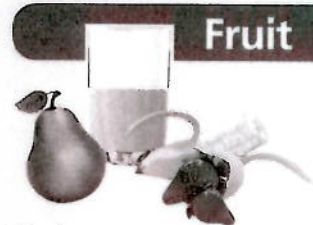
Chocolate milk, fat-free or whole	1 cup
Evaporated milk (all kinds)	½ cup
Ice cream, light, no sugar added, or regular	½ cup
Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole	1 cup
Soy milk, light or regular, plain	1 cup
Yogurt, plain, whole	1 cup



Cereals and Grains	SERVING SIZE OR PORTION
Bran, dry, wheat	½ cup
Cereals	
Cooked (oats, oatmeal)	½ cup
Puffed	1½ cups
Shredded wheat, plain	½ cup
Sugar-coated	½ cup
Unsweetened, ready-to-eat	¾ cup
Couscous	⅓ cup
Granola, low-fat or regular	¼ cup
Grits, cooked	½ cup
Pasta, cooked	⅓ cup
Rice, white or brown, cooked	⅓ cup
Wild rice, cooked	⅓ cup

Starchy Vegetables	SERVING SIZE OR PORTION
Baked beans	⅓ cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	½ cup
Corn on cob, large	½ cup
Lentils, cooked	½ cup
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	½ cup
Potato	
Baked with skin	¼ large (3 oz)
Boiled, all kinds	½ cup
Mashed, with milk and fat	½ cup
French fried (oven-baked)	1 cup (2 oz)
Pumpkin, canned, no sugar added	1 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	½ cup

Fruit



Fruits	SERVING SIZE OR PORTION
Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	½ cup
Apricots	4 whole (5½ oz)
Banana	½ (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	⅓ melon or 1 cup
Cherries	12 (3 oz)
Dates	3
Dried fruits	2 Tbsp
Figs (fresh or dried)	1½
Fruit juice	½ cup
Grapefruit, large	½ (11 oz)
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup
Kiwi	1 (3½ oz)
Mango, small	½ fruit (5½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6½ oz)
Papaya	½ fruit or 1 cup
Peaches, medium	1 (6 oz)
Pears	½ cup (4 oz)
Pineapple	¾ cup
Plums, small	3
Prunes	2 (5 oz)
Raspberries	1 cup
Strawberries	1¼ cups whole
Tangerines, small	2 (8 oz)
Watermelon	1 slice or 1¼ cups

Cornerstones4Care[®]

Patient support program

- Monthly e-mails to help you manage diabetes, tailored just for you
- Resources to help you with the 4 “cornerstones” of diabetes care

Healthy eating



Balancing what, how much, and when you eat

Create a personalized menu including the foods you like best. Plus, print out recipes and a shopping list.

Being active



Making a plan for physical activity

Set up a physical activity plan you can stick to. Then use the tracking tools to help you see your progress.

Medicine



Keeping track of your medicine for diabetes

Learn about diabetes medicines and how they work in the body. And set up an e-mail refill reminder to keep you on track.

Checking your blood sugar



Making sure your diabetes care plan is working

Create an online diary and a diabetes care plan. You can print your results and share them with your diabetes care team.