

# Healthy Eating and Diabetes

Healthy eating prevents the sugar in your blood from getting too high or too low. Healthy eating can keep your weight down and prevent complications from diabetes.

There are several ways to plan what and how you eat. What works best for you and your lifestyle may be different than for someone else with diabetes. Make sure that you are:



- Eating the right kinds of food
- Not eating too much of any food
- Eating regular meals with appropriate snacks

## Eating Right with Diabetes

Carbohydrates are starchy foods such as bread, rice and potatoes. They give your body and brain energy, but they can also raise the sugar in your blood. Whole grain and high fiber carbohydrates are better for you than white bread and white pasta. High fiber carbohydrates help lower cholesterol and keep your blood sugar low. Some examples include: wheat bread, rye bread, oats, pinto beans, black-eyed peas, barley, corn, peas, potatoes, and tortillas. Look for products that say “whole grain” on them.

Write down some examples of high fiber carbohydrates that you like:

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# Eating Right with Diabetes

Eat lots of **vegetables**. They are naturally low in fat and in calories and full of vitamins, minerals and fiber. Vegetables include: spinach, broccoli, cabbage, bok choy, brussels sprouts, kale, carrots, tomatoes, cucumbers and lettuce.

Eat **proteins** that have a small amount of fat, including lean meats, seafood, low-fat dairy, or legumes (soy products, peanut butter, beans).

Avoid food high in fat. High-fat foods include: butter, cream, whole milk, cooking oil, coconut oil, and lard. If you have diabetes, any extra weight can put you at risk for heart disease, so limiting fats – including chicken skin, red meat, and full-fat dairy foods – is important. Even olive oil, a healthy fat, has lots of calories, so use just a little bit.

Do not eat too many sweets. Sweets include natural sweets, such as sugar or molasses, not just candy, cake, or cupcakes. When cooking sweets, use less sugar or a sugar substitute.

What are some of the vegetables you like to eat?

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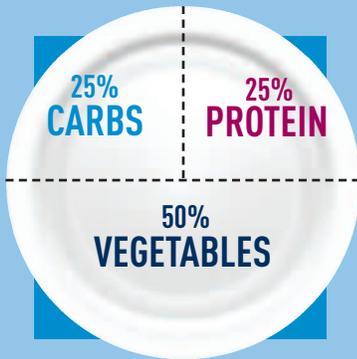
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Some healthy proteins I like to eat are:

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## Eating the Right Amount

The amount of food you eat will affect the level of sugar in your blood. Eat small amounts of food. If you are checking the sugar in your blood, make sure you write these readings down.

One easy way to eat less is to divide your plate into three parts. Half of the plate should contain vegetables. One-quarter of the plate should contain meat or protein, such as eggs, peanut butter, fish, chicken, or tofu. One quarter should contain a carbohydrate or starch, such as corn, potato, rice or whole grain bread.

## Eating at the Right Time

The timing of your meals can affect the level of sugar in your blood. If you wait too long to eat, your sugar level can be too low. If you eat meals too close together, or snack throughout the day, your sugar level can be too high.

It is important to eat after taking your medicine or insulin to make sure your sugar level does not fall too low. **Do not skip meals.**

