




DIABETES NUTRITION GUIDE

YOUR GUIDE TO HEALTHY EATING

Talk to your doctor or healthcare provider before eating these meals to make sure they are right for you. If you are having an allergic reaction, seek emergency medical attention.





Healthy eating can reduce the risk of developing chronic diseases such as hypertension, diabetes, and heart disease. If you have a chronic disease, eating well can help to manage the disease.

BETTER HEALTH STARTS WITH HEALTHY EATING

Eating is important, even when you don't feel like it. Food provides nutrients your body needs.

- Eat breakfast
- Do not skip meals
- With age, you may feel less thirsty. Drink water often. Milk and 100% fruit juice helps you stay hydrated.
- Drink 1 cup of water with every cup of caffeinated or alcoholic beverage.
- Eat protein at each meal. Protein builds and repairs tissues and helps you fight infection.

Talk with your doctor if you're having trouble eating, are losing weight without trying, or have a change in bowel habits.

3 STEPS TO READING A FOOD LABEL

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

%Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Size and Calories

Look at the serving size, the number of servings, and the number of calories per serving. A package may look like one serving but could actually contain two or more servings. The recommended total daily calorie intake for an average adult is 2,000.

Heart Health

Keep numbers in this section low for a healthy heart. For most people, limit saturated fat to 20g per day and cholesterol to 200mg per day.

Is this Food Nutritionally Valuable?

Vitamins and minerals are listed on the food label to help us decide if a food contains important nutrients. If a food has 5% of the Daily Value or less, it is low in that nutrient. If it has 20% or more, it is high in the nutrient. Dietary fiber helps lower cholesterol, helps control blood sugar, and keeps our digestive tracts on the move. Increase fiber intake slowly and drink plenty of water.

WHAT'S IN A HEALTHY EATING PATTERN?

The *2020–2025 Dietary Guidelines* have basic recommendations for a healthy eating pattern.

It includes foods like:

Fruits

Especially whole fruits, such as apple, orange, bananas, grapes, strawberries

Vegetables

A variety of vegetables—dark green, red and orange, legumes (beans and peas), starchy and other vegetables

Protein

A variety of protein foods, such as beef, chicken, pork, fish

Dairy

Fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages

Grains

At least half of which are whole grains, such as brown rice, oatmeal, whole wheat bread, whole grain cereal

Oils

Including those from plants (such as canola, corn, olive, peanut, safflower, soybean and sunflower) and in foods (such as nuts, seeds, seafood, olives and avocados)

It has limits on:

Saturated & Trans Fats

Limit saturated fats to less than 10% of daily calories and keep trans fat intake as low as possible

Added Sugars

Limit to less than 10% of daily calories

Sodium

Limit to less than 2,300 mg a day

Alcohol

Limit to no more than 1 drink per day for women and no more than 2 per day for men



Goals

Sodium

Carbs

Sugar

Potassium

Phosphorus

NUTRITION EDUCATION CALENDAR

Program Enrollment

Your Guide to Healthy Dining + Diabetic Diet Guidelines

#1

Your Diabetes Care Team

#2

When to Call the Doctor

#3

High Blood Sugar (Hyperglycemia)

#4

Low Blood Sugar (Hypoglycemia)

#5

ABCs of Diabetes Management

#6

Blood Sugar Goals

#7

What's My A1C?

#8

Carbohydrate and Blood Sugar Control

#9

Cholesterol and Diabetes

#10

Diabetes Care Daily Reminders

#11

Take Good Care of Yourself

#12

Making a Healthy Snack

#13

Controlling High Blood Pressure and Diabetes

#14

Diabetes and Your Eyes

#15

Diabetes and Your Teeth

#16

Good Foot Care

#17

Diabetes and Your Heart

#18

Driving with Diabetes

#19

Sick Days and Diabetes

#20

Diabetes and Sleep

#21

Diabetes and the Flu

#22

Diabetes and Depression

#23

Smoking with Diabetes

YOUR DIABETES CARE TEAM

These are some of these people who may be on your Diabetes Care Team.

Doctor...

Helps you develop your diabetes care plan. A doctor with special training in treating people with diabetes is called an endocrinologist (en doe krin AHL uh just)

Diabetes Educator Or Nurse...

Teaches you how to control your blood sugar, use your meter, avoid high blood sugar problems, and much more.

Dietitian...

Helps you create and follow a meal plan that is right for you.

Eye Doctor...

Checks your eyes to help you avoid problems. Treats eye disease.

Foot Doctor Or Podiatrist...

Treats injuries of the foot. Trims toenails, if you cannot do it yourself.

WHEN TO CALL THE DOCTOR

Here are some times when you ***should always call*** the doctor or diabetes clinic.

Whenever your blood sugar is above 300 and you cannot lower it.

When you blood sugar is higher than your goal for 2 or 3 days and you don't know why.

If you have ketones.

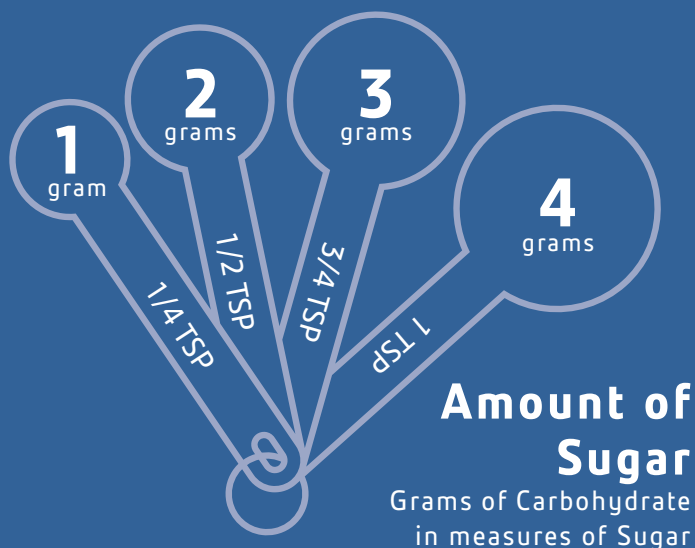
When your blood sugar stays below 70 even after you have treated for a low blood sugar problem.

Whenever you have a bruise, cut, or other injury especially on your feet that is getting worse.

Any time you cannot remember how much diabetes medicine to take, when to take your medicine, or what to do if you forget to take a dose of medicine.

If you are sick and cannot hold down food because of vomiting or diarrhea.

Any time you take a new medicine, either from a doctor or one you buy yourself, such as cough or cold medicine.



HIGH BLOOD SUGAR (HYPERGLYCEMIA)

HIGH BLOOD SUGAR keeping your blood sugar under control is important. Too much sugar in your blood for too long can cause serious health problems.

COMMON CAUSES...

- Too much food
- Not taking enough insulin or diabetes pills
- Being less active than normal
- Stress or Illness

SYSTEMS INCLUDE

- Thirsty all the time or often hungry
- Blurry vision
- Need to urinate often
- Weak or tired
- Dry skin

WHAT TO DO

- Check your blood sugar often
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Exercise – if you can

LOW BLOOD SUGAR (HYPOGLYCEMIA)

LOW BLOOD SUGAR can happen quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

WARNING SIGNS INCLUDE...

- Shaky or dizzy
- Blurry vision
- Weak or tired
- Sweaty
- Headache
- Hungry
- Upset or nervous

WHAT TO DO...

- **Check your blood sugar right away.** If it is below 70, treat for low blood sugar. If you can't check, treat any way to be safe.
- **Treat by eating 3 packets or 1 tablespoon of regular sugar,** 4 ounces of regular fruit juice, or 6 ounces of regular (not diet) soda.
- **Check your blood sugar in 15 minutes.** If it is still low (below 70), treat again. If you keep having problems and you don't know why, call your doctor or health clinic.

WHAT'S MY A1C?

Your **A1C** is a blood test you get at the doctor's office or clinic.

AC1 SHOWS...

- Your average blood sugar level for the last 3 months.
- Your risk (chance) of having other health problems because of diabetes.

WHY DO I NEED IT?

Your A1C test results are the best way to know if your blood sugar is under good control over time.

WHAT IS A GOOD A1C? **7 or lower**

You and your doctor or diabetes educator will decide the A1C number(goal) that is best for you.

ABC'S OF DIABETES MANAGEMENT

A

A1C

Less than 7%

Keep your blood sugar in check by controlling your diet and getting enough exercise.

B

BLOOD PRESSURE

Below 140/90

Follow the DASH diet to eat more fruits, vegetables, whole grains, beans and nuts and lower sodium.

Patients at high risk for heart disease may want to lower their blood pressure below 130/80 mmHg.

Ask your doctor what is best for you.

C

CHOLESTEROL

LDL less than 100
HDL: Men: Above 40
HDL: Women: Above 50
Triglycerides: Below 150

Eat more foods that are high in fiber.

Eat fewer foods that are high in saturated fat and cholesterol to lower LDL.

Limiting refined carbohydrates and exercising more will lower triglycerides.

Visit nhlbi.nih.gov for more information on the DASH Diet and blood pressure.

REACHING YOUR BLOOD SUGAR GOALS

Some things to help you reach your goals:

- Check your blood sugar often
- Keep a diary of all blood sugar readings
- Eat meals at regular times and don't skip meals
- Keep a food diary or journal
- Be active... Walk, Run, Swim, Ride a Bike ... at least 30 minutes a day
- Reduce stress
- Keep all doctor appointments
- Bring your blood sugar diary to doctor appointments
- Discuss your blood sugar goals during every doctor visit
- Sleep 7 to 8 hours each night
- Know the signs of low blood sugar and how to treat it
- Take your diabetes medicine every day

CARBOHYDRATE AND BLOOD SUGAR CONTROL

Carbs that raise your blood sugar **slowly** are the **best** kind to eat.

Below are carbs that raise blood sugar **slowly or only a little**:

Beans and Legumes

Black
Butter
Cannellini
Garbanzo
Kidney
Lima
Soy
Lentils
Peas

Vegetables

Asparagus
Brussels Sprouts
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Greens (collard, kale, mustard, turnip)
Lettuce
Mushrooms
Okra
Onions
Pea pods
Peppers
Radishes
Squash
Tomatoes
Zucchini

Beverages

Coffee
100% Tomato Juice
100% Vegetable Juice
Diet Beverages
Tea

Dairy

Milk – All types
Plain Yogurt
Light Yogurt

Fruit

Apples
Dates
Fruit Cocktail
Grapes
Kiwi
Nectarines
Grapes
Strawberries
Grapefruit
Mangos
Oranges
Peaches
Pears
Prunes

Breakfast Cereals

All-bran
Steel-cut Oats

Grains

Barley
Buckwheat
Rye
Quinoa
Semolina

Bread

Pumpernickel
Wheat or Rye Sourdough
Corn Tortillas

Pasta and Rice

All pasta made from semolina or durum wheat
Brown Rice

TIPS TO CONTROL CHOLESTEROL & DIABETES

Eating foods that are high in saturated fat, trans fat, and cholesterol can cause serious health problems, including a heart attack or stroke.

If you have diabetes, your chance of having health problems is greater.

To help you stay healthy, eat good (unsaturated) fats such as:

- Vegetable Oils (olive oil)
- Avocados
- Nuts
- Fish

Eat foods high in whole grains and fiber.

Eat less saturated fat, trans fat, and cholesterol found in:

- Fatty Meats
- Butter & Shortening
- Cheese & Sour Cream
- Desserts & Baked Goods
- Whole Milk
- Half & Half
- Whipping Cream
- Coffee Creamer

Your doctor can test your fat and cholesterol levels.

DID YOU KNOW?

Flavored yogurt can contain up to **45 grams** of carbs

MY DIABETES CARE DAILY REMINDERS

Follow my meal plan.

Check my feet for cuts, redness, or swelling. Call my doctor right away if I have any problems with my feet.

Be active 30 minutes a day or more, in ways my doctor approves.

Brush and floss my teeth after meals.

Take the right dose (amount) of medicine on time.

Don't smoke.

Check my blood sugar. Write the results in my diary.

Keep my doctor appointments.

TAKE GOOD CARE OF YOURSELF

Every 3 Months:

- Regular doctor's office visit
- A1C blood test every 3 months if your blood sugar is too high
- Blood pressure check
- Weight check
- Foot check

Every 6 Months:

- A1C blood test every 6 months if your blood sugar is good
- Teeth and gums exam by your dentist

Once a Year:

- Physical checkup (exam) by your doctor
- Complete foot exam
- Check cholesterol and other body fats (lipid profile test)
- Flu shot
- Kidney tests

Adapted from www.learningaboutdiabetes.org





MAKING A HEALTHY SNACK

Whether or not you have diabetes, you probably like having a snack now and then. The goal is to choose healthy snacks. The snacks listed here may cause a small increase in blood sugar but are not to be used to treat a low blood sugar problem.

Carbohydrates Choose 1

- 1 small piece of fruit
apple, banana, pear
- 1¼ cups strawberries
- ¾ cup blueberries
- 1 small sweet potato
- 3 graham cracker squares
- 5 small whole wheat
crackers
- 1 slice of bread with 3 or
more grams of fiber
- ¾ cup of unsweetened
dry cereal

Proteins & Healthy Fats Choose 1

- 1 tablespoon peanut butter,
almonds, or cashews
- 1–2 ounces of chicken salad or
tuna salad
- 1–2 ounces of chicken or turkey
- 1 hard boiled egg
- 4 ounces of cottage cheese
- 1 slice of cheese or
- 1 string cheese
- ¼ avocado
- 2 tablespoons hummus
- 8 ounce glass of milk
- 6 ounces yogurt

CONTROLLING HIGH PRESSURE & DIABETES

Good blood pressure control is important for people with diabetes. Diabetes increases your risk (chance) of having high blood pressure. **Diabetes and high blood pressure both increase your risk for heart attack or stroke.**

If you have diabetes, **your blood pressure goal is 130 over 80 or lower.**

If you don't know what your blood pressure is, have it checked. A blood pressure check is often free at your doctor's office, pharmacy, or health clinic.

Remember to....

- Avoid salt and fatty foods
- Don't smoke
- Exercise daily if you are able
- Avoid or limit alcohol
- Take your medicine every day
- Get your blood pressure checked
- Lose weight if your doctor recommends

DID YOU KNOW?

Canned Fruit (water versus syrup)

Syrup **~40 grams** of carbs

Juice Pack **~30 grams** of carbs

Water Packed **~15 grams** of carbs



DIABETES & YOUR EYES

High blood sugar levels from diabetes can cause **several problems** with your eyes, such as:

- Blurry vision
- Cloudy vision
- Loss of vision
- An increase in eye pressure

You **can prevent** eye problems and keep your eyes healthy if you:

- Get an eye exam at least once each year
 - Control your blood pressure
 - Keep your blood sugar under good control
-

If you have a problem:

- Call your doctor or health clinic right away if you have any sudden change in your vision.
- Regular eye exams and taking good care of your diabetes are the best ways to prevent eye problems.

DIABETES & YOUR TEETH

High blood sugar can cause problems with your teeth, gums, and mouth.

You can prevent problems and take good care of your teeth and gums if you:

- Control your blood sugar.
- Brush with a soft toothbrush and floss your teeth after meals.
- Check your teeth and gums every day for any problems.
- Call the **dentist if you have sore or bleeding gums**, white spots, or a bad taste in your mouth for more than a few days. You could have an infection.
- **If you smoke, Quit!** Smoking is bad for your overall health including your teeth.
- See the dentist at least every **6 months** for a checkup.
- Be sure to tell your dentist that you have diabetes.

GOOD FOOT CARE

Follow these tips for good care of your feet:

- Check your feet and toes daily for cuts, bruises, or swelling
- Wear shoes and socks that fit well
- Use skin lotion to avoid dry feet (but not between your toes)
- Exercise every day for 20 to 30 minutes, if you are able

DID YOU KNOW?

Sauces

1 ounce of BBQ Sauce can contain **~10 grams** of carbs
1 packet of Ketchup can contain **~8 grams** of carbs

- Wash and dry your feet every day — use warm (not hot) water and mild soap
- File your toenails straight across
- See your doctor right away if you hurt your feet
- Don't go barefoot — ever!

DIABETES & YOUR HEART

The number one health problem for all Americans is heart disease.

If you have diabetes, you have at least **twice the risk** or chance of having heart disease compared to a person without diabetes.

You can **lower your chance** of having a heart attack, stroke, or blood vessel problems by **controlling your**:

- Blood sugar levels
- Blood pressure
- Cholesterol
- Weight, if you are overweight

Know your **heart healthy goals**:

- Follow your diabetes meal plan
- Take your diabetes medicine
- Be physically active every day
- If you smoke – Quit!

Are you doing all you can to protect your heart?

Find out at your next diabetes care visit.

Adapted from www.learningaboutdiabetes.org



DRIVING WITH DIABETES

ALWAYS

- Check your blood sugar before you get behind the wheel and every two hours on long trips
- Carry 15-gram fast acting sugar snacks in case of a low blood sugar problem
- Pull over immediately if you have any signs (symptoms) of low blood sugar
- Treat a low blood sugar right away and wait 15 minutes to test your blood sugar before driving (if your blood sugar is still low, treat and wait 15 minutes again)
- Get regular eye exams to make sure you are a safe driver with good vision

NEVER

- Drink and drive
- Drive if you are ill, under a lot of stress, or very upset
- Continue driving if you have a sudden low blood sugar problem while driving (talk to your doctor right away)
- Drive after you treat for a low blood sugar problem until your blood sugar is at or near normal

You are never alone when you drive. Others are counting on you to drive safely and to take good care of your diabetes.

Adapted from www.learningaboutdiabetes.org

DIABETES & SLEEP

Getting a good night's sleep can be hard for people with diabetes.

A stressful day, being thirsty, or having to urinate often are just some of the problems that can keep someone awake at night.

Other sleep problems may include:

- Stop and start breathing (sleep apnea) that can shorten sleep or cause one to wake up
- Legs that feel numb, tingly, or painful
- Trouble falling asleep, staying asleep, or sleeping well

Try these tips for a good night's sleep:

- Go to bed and get up at the same time each day
- Exercise 30 minutes a day (but not late in the day)
- Limit caffeine and alcohol, especially after 3 PM
- Have a quiet hour of talking, listening to music, or reading before bedtime (no TV, cell phone, computer)
- Sleep in a cool, dark room
- See your doctor if you have a sleeping problem that won't go away. A good night's sleep is important for everyone

DIABETES & DEPRESSION

Depression occurs more often in people with diabetes than in people without diabetes. If you have one or more of these signs or symptoms of depression for a week or more and don't know why, call your doctor. Don't wait. Medical treatment can help.

Common Signs of Depression:

- Often sad or irritable
- Lose interest in things quickly
- A sudden change in weight or appetite
- Feel guilty or worthless
- Change in sleeping habits
- Can't concentrate, remember things, or make decisions
- Fatigue or loss of energy
- Often restless
- Thoughts of death or suicide

SICK DAYS & DIABETES

Being sick can make blood sugars hard to control. Even common problems, like a cold, vomiting, or a fever, can cause serious health problems.

Here are some important things to remember when you are sick:

- Try to follow your normal meal plan
- Drink non-caffeine liquids every hour, if you can
- Keep a record of:
 - What you eat and drink
 - Your blood sugar levels every four hours
 - Ketone readings every four hours if you take insulin

Call your doctor or health clinic if you are sick and don't know what to do or if you:

- Are unable to eat or drink liquids
- Are vomiting or have diarrhea
- Are too ill to take your diabetes medicine
- Can't control your blood sugar or have ketones

DID YOU KNOW?

Sports drinks typically have an average of

20–30 grams of carbs

DIABETES & THE FLU

The flu is an illness caused by a virus or germ that infects your nose, throat, and lungs. It can spread easily from person to person.

For most people, the flu is a mild illness that lasts only a few days. **But for people with diabetes, the flu can sometimes cause serious health problems.**

The signs or symptoms of the flu include:

- Headache
- Fever or Chills
- Runny or Stuffy Nose
- Tiredness
- Cough
- Sore Throat
- Muscle Aches & Pains

The best way to protect yourself from the flu is:

- If possible, get your flu shot before flu season (October through May)
- Get your shot as soon as it becomes available in your area
- Get the hi-dose flu shot if you are over age 65



SMOKING WITH DIABETES

Smokers who have diabetes are at extra high risk for heart attack, stroke, and other serious health problems.

HOW TO QUIT?

The American Lung Association has been helping people quit smoking through their Freedom From Smoking® program.

For information on Freedom From Smoking®, go to www.FreedomFromSmoking.org or call 1-800-LUNGUSA

TOP TIPS TO QUIT SMOKING from the American Lung Association:

- **Focus on your motivators.**
Determine how you will motivate yourself when you feel defeated.
- **Build confidence.** Confidence can build when you achieve a series of small goals.
- **Stress management is key.**
Manage your stress in other ways such as walking or reading
- **It's never too late to quit.**
- **Learn from past experiences.**
Follow practices that worked for you the last time you tried to quit smoking.

DID YOU KNOW?

Some breakfast foods are high in carbohydrates:

1 medium sized muffin can contain
~35 grams of carbs

1 piece of Toaster Pastry can contain
~20 grams of carbs

1 packet of flavored oatmeal can contain
~20–25 grams of carbs



TRAVELING WITH DIABETES

Before you go:

- Does my doctor approve of me traveling?
- Do I have extra prescriptions?
- Are my shots (immunizations) up to date?

When you go:

- A list of all my diabetes medicines, dosages, & supplies
- Half my diabetes medicine and supplies on me, and half in my hand held luggage
- A backup supply of my diabetes medicine and supplies (with backup insulin packed in cold
- If I'm traveling by plane, all my medicine and supplies in their original containers
- Blood sugar meter with extra test strips and an extra battery
- My diabetes medical ID card or bracelet
- Medical insurance cards
- **At least a few 15-gram (one serving), fast acting, high-sugar snacks or glucose tablets in case of a low blood sugar**
- Phone numbers to call in case of an emergency
- A plan to adjust my meal plan if time zones change



70 Bath Street
Providence, Rhode Island
02908
(401)351-6700