

Controlling your diabetes with healthy eating

KAISER PERMANENTE
healthy living

Establish consistent eating patterns

- Eat three meals a day, add snacks if meals are more than 4 -5 hours apart
- Eats meals and snacks at about the same time each day
- Eat about the same amount of carbohydrate at each meal

Eat a variety of foods

- Eat foods from each of the food groups to ensure you are getting all the nutrients you need
- Eat the recommended number of servings for each of the food groups

Control your carbohydrate intake

- Control total carbohydrate intake, not just sugar
- Carbohydrate includes starches and sugars and both make your sugar go up – at about the same amount and at about the same speed
- 1 serving of starch, fruit or milk provides 15 grams of carbohydrate and is referred to as 1 carbohydrate choice
- A general guide is women need 3-4 choices per meal and men need 4-5 choices per meal
- It's OK to occasionally eat sweets, but they must be substituted for other carbohydrates, rather than just added to the meal plan

Eat less fat

- Choose foods that are low in saturated fat, trans fat, and cholesterol

- Watch the amount of fat you add to foods such as margarine, mayonnaise, salad dressing or gravy
- Use low fat cooking methods such as broiling, baking, steaming or grilling

Eat more fiber

- Increase the intake of fiber – aim for 21 to 38 grams per day
- Fiber is found in whole grain breads and cereals, fruits and vegetables, and dried beans and peas
- Increase fiber intake slowly and drink plenty of fluids

Be more active

- Increase lifestyle activity - use stairs, park further away
- Aim for 30 – 60 minutes per day of some type of regular activity e.g., walking, swimming, biking, dancing
- Use a step counter to measure your activity and aim for 10,000 – 12,000 steps/day

Maintain a healthy body weight

- If overweight, aim for a moderate weight loss of 5 – 10 % of current weight
- Keep a daily food/fluid/activity record
- Choose healthy foods; watch portion sizes and limit sugary drinks
- Be active every day

Carbohydrate foods

| Starch 6 or more Servings per day | Fruit 3-5 Servings per day | Milk and yogurt 2-3 Servings per day | Other carbohydrates | |
|---|---|---|---|--|
| <ul style="list-style-type: none"> • ¼ large bagel • 1 slice bread • ½ pita or English muffin • ½ hamburger bun • 1 6-inch tortilla or chapati • ½ cup sweetened cereal • ¾ cup unsweetened cereal • 1/3 cup cooked pasta, rice or couscous • ½ cup cooked cereal • ½ cup beans • ½ cup peas or corn • 1 small potato (3 oz.) • ½ cup sweet potato • 1 cup winter squash • 4 to 6 crackers • 3 graham cracker squares • 3 cups light popcorn | <ul style="list-style-type: none"> • 1 small apple • 1 small banana • 1 cup berries • ½ cup grapes or cherries • 1 cup melon • 1 small orange • ½ grapefruit • 2 tbsp. raisins • 1 small pear • ½ cup 100% fruit juice • ½ cup canned fruit (in juice or light syrup) • ½ mango • 3 dates or dried plums | <ul style="list-style-type: none"> • 1 cup fat-free or 1% milk • 1 cup soy milk • 6-8 oz. plain nonfat yogurt • 6-8 oz light yogurt | <p>Combination foods</p> <ul style="list-style-type: none"> • 1 cup casserole (2 carbs, 2 meats, 1-2 fats) • 1 cup chili with beans (2 carbs, 2 meats) • 1 cup spaghetti & meat sauce (2 carbs, 2 meats) • 1 cup spaghetti & meat sauce (2 carbs, 2 meats) • 1 cup macaroni and cheese (2 carbs, 2 meats, 1-2 fats) • 1 slice thin-crust pizza (1-2 carbs) • 1 cup noodle soup (1 carb) • 1 cup bean soup (1 carb, 1 meat) • 1/3 cup hummus (1 carb, 1 fat) | <p>Sweets</p> <ul style="list-style-type: none"> • 1 tbsp table sugar, pancake syrup or honey (1 carb) • 1 tbsp jelly (1 carb) • 3 graham cracker squares (1 carb) • 3 gingersnaps (1 carb) • 5 vanilla wafers (1 carb) • 1 granola or cereal bar (1-2 carbs) • 2x2 square Rice Krispie bar (1 carb) • 3 cups air popped or light microwave popcorn (1 carb) • 1 frozen fruit juice bar (1 carb) • ½ cup frozen yogurt or light ice cream (1 carb) • ½ cup sugar-free pudding (1 carb) |

Non-carbohydrate foods

| Vegetable 4-6 Servings per day | Protein 4-6 Servings per day | Fat and oil 3-6 Servings per day | Reduced calorie and low calorie sweeteners |
|---|--|--|--|
| <p>1 cup raw vegetables</p> <p>½ cup cooked vegetables</p> <p>½ cup V-8 or tomato juice</p> <ul style="list-style-type: none"> • brccoli • cucumber • carrots • cauliflower • celery • green beans • peppers • lettuce • spinach • greens (kale, collard, mustard) • zucchini • mushrooms • asparagus | <ul style="list-style-type: none"> • 1 oz fish • 1 oz skinless chicken or turkey • 1 oz lean beef, pork, lamb, or veal • ½ cup tofu • 1 egg or 2 egg whites • ¼ cup egg substitute • ¼ cup low fat cottage cheese • 1 oz low fat cheese • 1 tbsp. peanut butter | <p>Heart healthy choices</p> <ul style="list-style-type: none"> • 1 tsp. oil: olive, canola, corn, soybean, sunflower, sesame, safflower • 1 tbsp. tub margarine or trans fat free margarine • 2 tbsp. fat free, light, reduced fat, or low-fat salad dressing • 1 tbsp. fat free, low-fat, reduced-fat or light mayonnaise • 6 almonds • 1/8 avocado • 10 peanuts in shell <p>Less healthy choices</p> <ul style="list-style-type: none"> • 1 tsp. butter • 1 slice bacon • 1 tsp. regular mayonnaise • 1 tbsp cream cheese or regular salad dressing • 1 tsp half & half • 3 tbsp. low fat sour cream | <p>Sugar alcohols (reduced calorie sweeteners) are often used in sugar-free foods, <i>but they do not contain sugar or alcohol</i>. They provide less carbohydrates and a smaller rise in blood glucose than other carbohydrates. Sugar alcohols are not “free foods” and may cause diarrhea.</p> <p>Low-calorie sweeteners are “free foods.” They do not count as carbohydrates.</p> <p>Examples include:</p> <ul style="list-style-type: none"> • Acesulfame K (Sunett® or Sweet One®) • Aspartame (Equal®) • Saccharin (Sweet N Low®) • Stevia and sugar alcohol (Truvia™) (PureVia™) • Sucralose (Splenda®) |

Free foods

“Free foods” are any food or beverage with less than 20 calories and 5 grams or less carbohydrate per serving. Some can be eaten in unlimited amounts, others should be limited to 3 servings per day, spread throughout the day.

Kaiser Permanente does not endorse any brand names; any similar products may be used.

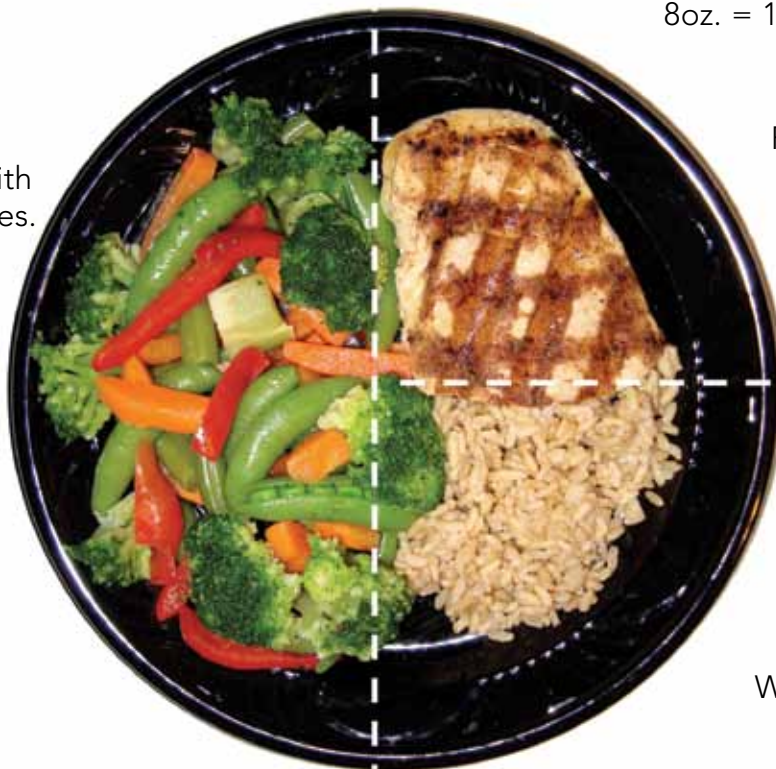
The food plate



8oz. = 1 cup

Vegetables

Fill ½ of your plate with non-starchy vegetables.



Protein

Fill ¼ of your plate with lean meat or protein.

Starch

Fill ¼ of your plate with grains or starchy foods.

Carbohydrate choices per meal:
 Women: 3-4 (45-60 grams)
 Men: 4-5 (60-75 grams)



Select a 9 inch plate and use this guide to help keep your portions in control.

1 cup



Baseball

½ cup



Light bulb

⅓ cup



Egg

2 Tbs



Golf ball

1 Tbs



Walnut

1 tsp



Penny

3 oz.



Deck of cards

1 oz.



Four dice