

What is the Meal Plan?

People with diabetes do not need to eat special foods. The foods that are good for you are good for everyone. When you eat carbohydrates, foods like grains, starchy foods, fruits and milk products, the food turns into sugar for your body to use for energy. Your brain can only use carbohydrate and your muscles like to use some of this sugar (glucose) from carbs, too.

When you eat carbohydrates, insulin is released to get the sugar out of the blood into the cells. With diabetes, the insulin doesn't work properly and some of the sugar remains in the blood.

When you eat only carbohydrates for a meal or snack, digestion happens rapidly and food is quickly moved into the blood and ready for the cells. When you add protein and/or fiber to the carbohydrate, digestion moves more slowly, food is more slowly released into the blood stream and blood sugar doesn't go up quite so quickly.

It is important to eat regular meals to keep blood sugar steady through the day. Meals should be consistent and contain healthy amounts of high fiber carbohydrate, lean protein and healthy fats.

For adults a healthy meal plan may contain the following per day:

- 3 servings of vegetables
- 2 servings of fruits
- 6 servings of grains, legumes, or starchy vegetables
- 2 servings of low fat or fat free milk
- 6 oz of meat or meat substitute
- Small amounts of fat and sugar

The actual amounts depend on the calories you need per day. The calories are based on your size, age, and activity level. If you eat the right number of calories, this can help you reach and maintain a reasonable weight. Children must eat enough calories to grow and develop normally so it is important that their calories are not limited.

Keep your blood sugar levels under control just by applying healthy eating habits and regular physical activity to your lifestyle.

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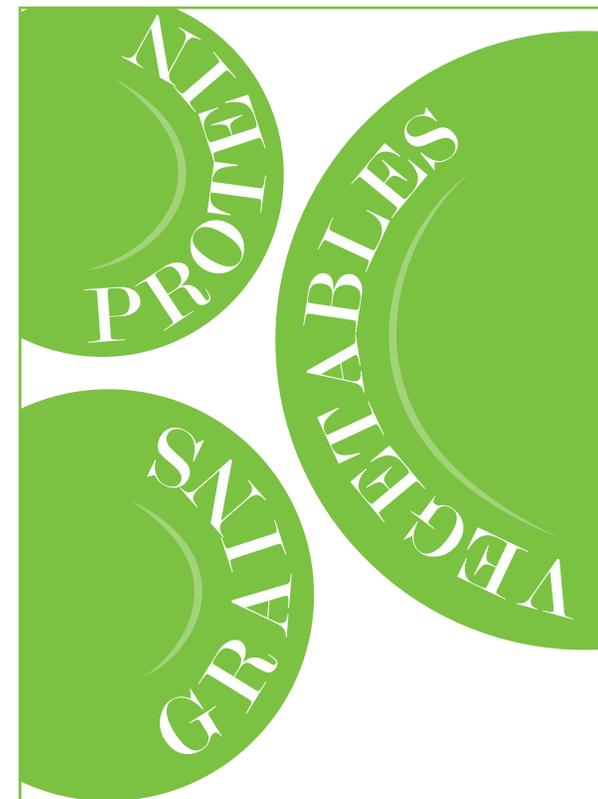
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How to EAT with DIABETES

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WHAT ARE CARBOHYDRATES?

This is starch and sugar in foods that are carbohydrates. Starch is in pasta, cereal, potatoes, beans, peas, lentils, and bread. Natural sugars are found in fruit, milk, and vegetables. Added sugars are found in dessert, candy, jams and syrup. All of these carbohydrates provide 4 calories per gram and can raise blood sugar levels. The brain, nervous system, and muscles use carbohydrate so it is important to include some with each meal.

Eating roughly the same amount of carbohydrate daily at meals and snacks can help keep your blood glucose levels within your target range.

WHAT'S A PROTEIN?

Protein is found in poultry, meats, fish, milk and other dairy products as well as eggs, beans, peas, and lentils. Starches and other vegetables also have small amounts of protein. The body uses protein for growth, maintenance, and energy. Protein has 4 calories per gram. Your body needs insulin to properly use any protein you eat.

WHAT ARE FATS?

Butter, margarine, salad dressings, oils, nuts, seeds, milk, cheese, meat, fish, poultry, snack foods, ice cream, chocolate, and dessert are all sources of fat. There are different types of fats: monounsaturated, polyunsaturated, saturated and trans fats. Saturated fats should be limited in diet for heart health. They are found in fatty cuts of meat, the skin on poultry, whole milk, cheese, coconut oil, palm oil, and palm kernel oil. Trans fats are fats that have been hydrogenated and are found in stick margarine, shortening, some brands of microwave popcorn, commercial cake icing, and some brands of baked dessert type food. These should be eliminated from the diet for heart health.

Monounsaturated fat is the healthiest of fats and is found in canola oil, olive oil, nuts, and avocado. Polyunsaturated fats are also healthy and are found in corn oil, soybean oil and sunflower oil. Finally, Omega 3 is a type of polyunsaturated fat that protects the heart. Eat 2-3 servings of foods each week that contain Omega 3 such as flax seed, salmon, or tuna.

WHAT ELSE?

Vitamins and Minerals: If you eat a variety of whole grains, fruits and vegetables, you probably do not need a vitamin. The exception would be Vitamin D and your doctor may prescribe this if needed.

Salt or Sodium: High blood pressure can be made worse by eating too much salt or sodium. Limit salty snack foods, processed foods, canned foods, and use less or no salt with cooking.

Alcohol: If you choose to have alcohol, men should limit consumption to 2 or fewer drinks per day and women to one or less per day. A drink is considered to be: 5 oz wine, 12 oz beer or 1.5 oz distilled spirits. Be sure to drink your alcohol with food and to not replace your carbohydrate with alcohol. If you take insulin, alcohol can make your blood sugar go low, so it is important to eat carbohydrates while drinking.

Understanding:

Carbohydrate Servings

Make half your plate **non-starchy vegetables**. Then round out your meal with a small portion of whole grain starch or legumes and a lean protein. Include healthy fats such as olive oil based dressings, olives, nuts, or avocado.

Grains/Starchy Vegetables

¼ regular bagel or ½ thin bagel
 1 slice bread or 1 small roll
 ½ c peas, corn
 6 crackers (saltine type)
 ½ - 1 c dry cereal
 ½ english muffin
 ½ c grits / cream of wheat
 ½ bun
 ½ c oatmeal
 1/3 c pasta, rice, beans
 ½ c potatoes
 1 waffle
 3 c popcorn

Fruits

1 small apple
 1 6 inch banana
 ¾ c blackberries, blueberries
 1 c cantaloupe
 ½ grapefruit
 17 grapes
 1 small orange
 1 med. peach, pear
 ¾ c pineapple
 2 plums
 1 c raspberries
 1 ¼ c whole strawberries
 1 ¼ c watermelon

Nonstarchy Vegetables

½ c cooked vegetables
 1 c raw vegetables

Protein

1 oz of meat or cheese
 ½ c beans, peas, lentils (also count as 1 starch)
 2 egg whites
 ¼ c egg substitute
 ¼ c cottage cheese
 2 Tbsp grated parmesan or ricotta
 ½ c tofu
 ¼ c tempeh
 3 slices bacon
 1 Tbsp peanut butter

Milk

1 c skim (fat free) or 1% milk (low fat)
 ¾ c nonfat or low fat yogurt, plain or sweetened with artificial sweeteners
 ¾ c nonfat greek yogurt, plain
 ¾ c nonfat greek yogurt with fruit = 1½ servings of carbohydrate (110-140 kcal)

Sweets

1 ¼ inch square brownie
 2 inch square unfrosted cake
 2 (2 ¼ inch diameter) cookies
 ¼ - ½ c frozen yogurt
 ½ c gelatin
 ½ regular ice cream
 ¼ c sherbet or sorbet
 5 vanilla wafers

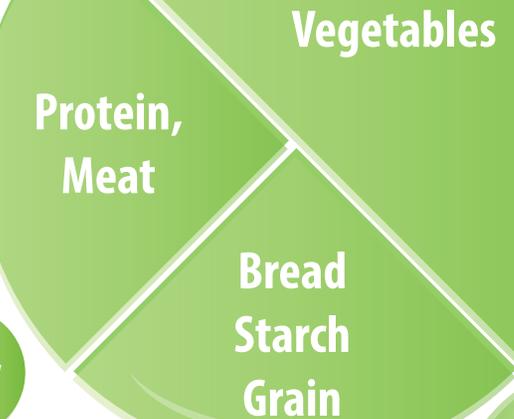
**some also contain fat servings

Fats

2 Tbsp avocado
 1 tsp oil
 8 black olives
 10 green olives
 6 almonds, cashews
 6 mixed nuts
 10 peanuts
 4 pecan halves
 ½ Tbsp peanut butter
 2 tsp tahini
 1 tsp margarine or butter
 1 Tbsp lower fat margarine
 1 tsp mayonnaise
 1 Tbsp sunflower or pumpkin seeds
 2 Tbsp cream or half and half
 1 Tbsp cream cheese
 1 slice bacon
 1 Tbsp sour cream

Fruit

Dairy



Fast Foods

- **Burrito with beef**
5 - 7 oz, 2 carbohydrates, 1 meat, 1 fat
- **Chicken nuggets**
6 - 1 carbohydrate, 2 meats, 1 fat
- **Breaded and fried chicken breast and wing**
1 carbohydrate, 4 meats, 2 fats
- **Grilled chicken sandwich**
2 carbohydrates, 3 meats
- **Buffalo wings**
6 - 1 carbohydrate, 5 meats, 2 fats
- **French fries**
medium - 4 carbohydrates, 4 fats
- **Hamburger (small)**
2 carbohydrates, 2 meats
- **Hamburger (large)**
2 carbohydrates, 3 meats, 1 fat
- **Individual pan pizza**
5 carbohydrates, 3 meats, 3 fats
- **Sub sandwich (regular)**
3 ½ carbohydrates, 2 meats, 1 fat
- **Taco**
hard or soft, 1 - 1 carbohydrate, 1 meat, 1 fat

Combination Foods

- **Tuna or chicken salad**
½ cup - ½ carbohydrate, 2 meats, 1 fat
- **Veggie burger**
½ carbohydrate, 2 meats
- **Thin crust pizza**
2 slices of a large pizza - 2 carbohydrate, 2 meats, 2 fats
- **Bean soup**
1 cup - 1 carbohydrate, 1 meat
- **Tomato soup** (made with water)
1 cup - 1 carbohydrate
- **Vegetable beef, chicken noodle or other broth type soup**
1 cup - 1 carbohydrate