

# DIABETES AND YOUR DIET



## DELICIOUS SOLUTIONS

Whether you have type 1 or type 2 diabetes, how you eat matters. If you have type 1 diabetes, you depend on insulin to keep your blood sugar within a normal range. Still, keeping track of how many carbohydrates you eat is important for your long-term health and will help you decide how much insulin your body needs. If you have type 2 diabetes, taking your medication, maintaining a healthy weight, exercising and following a healthy diet will help you maintain blood sugar control.



## CHOOSE SMART CARBS

Not all carbohydrates are created equal. A diabetes diagnosis doesn't mean you can't enjoy carbs anymore, but you do need to be selective about which carbohydrates you eat. Opt for **low-fat and high-fiber starches**, and **control your portions**. You may have been cautioned against eating refined sweets; not only are they low in fiber, they can cause a spike in blood sugar, which makes it more difficult to keep blood sugar levels within your target range. Read the nutrition label; a "good" source of dietary fiber has 3 grams or more per serving. Use the chart below to swap out low-fiber foods in your diet for foods with 3 grams of fiber or more.

### CARBOHYDRATES

#### LOW-FIBER SOURCES

	Carbs (g)	Fiber (g)
1 oz. Cashews	9	1
1 Medium Plain Bagel	53	2
1 oz. Salted Pretzels	23	1
Medium Serving French Fries	45	3
8-inch White Flour Tortilla	25	1
1 cup Cooked Spaghetti Pasta	38	2
1/2 cup Orange Juice	14	0



#### "GOOD" SOURCES OF DIETARY FIBER

	Carbs (g)	Fiber (g)
<b>1 oz. Almonds</b>	<b>6</b>	<b>4</b>
<b>1 Packet Instant Oatmeal</b>	<b>32</b>	<b>3.5</b>
<b>1 oz. Air-Popped Popcorn</b>	<b>22</b>	<b>4</b>
<b>1 Medium Baked Sweet Potato</b>	<b>24</b>	<b>4</b>
<b>2 Corn Tortillas</b>	<b>21</b>	<b>3</b>
<b>1 cup Cooked Whole-Wheat Spaghetti Pasta</b>	<b>35</b>	<b>5</b>
<b>1 Navel Orange</b>	<b>19</b>	<b>3</b>



## PLAN FOR THE PERFECT PLATE

Whether you're eating a snack on the run or sitting down to a meal, visualize this plate to keep your meal balanced and your carbohydrate intake in check.

### 1/2 VEGETABLES AND FRUITS

Fruits and vegetables can be great sources of fiber. Make veggies a staple on your plate. Non-starchy veggies, like dark green leafy vegetables, asparagus, broccoli, carrots, eggplant, mushroom and peppers, are great options. And since fruits need to be counted as part of your carbohydrate intake, choose whole fruit over fruit juice or dried fruit, which are higher in carbs. One serving of vegetables is equal to 1 cup of raw leafy vegetables or 1/2 cup of cooked vegetables.

### 1/4 PROTEIN

Lean protein foods are essential in a healthy diet; they provide a feeling of fullness and help control blood sugar levels, which is especially important if you have diabetes. The key is to select lean protein foods, such as eggs, low-fat or nonfat dairy products, beans, baked fish and grilled skinless chicken. One serving of protein is equal to 1/2 cup canned tuna, beans or low-fat cottage cheese; or two or three ounces of low-fat cheese, lean meat, poultry or fish.

### 1/4 STARCH

Portion your starch selections and enjoy every bite! Whole-grain breads, cereals, crackers, pasta and brown or wild rice are nutritious options. Starchy vegetables like potatoes, corn, winter squash or peas can also have a place on your plate. One serving is equal to one slice of bread, one 6-inch tortilla, 1/2 cup cereal or cooked pasta, one small potato or 1/2 cup of corn or peas.

**Source:** American Diabetes Association.

1. Cohen, A.E., C.S. Johnston. 2011. Almond ingestion at mealtime reduces postprandial glycemia and chronic ingestion reduces hemoglobin A1c in individuals with well-controlled type 2 diabetes mellitus. *Metabolism* 60 (9):1312-1317.
2. Sing-Chung Li, Yen-Hua Liu, Jen-Fang Liu, Wen-Hsin Chang, Chao-Ming Chen, C.-Y. Oliver Chen. Almond consumption improved glycemic control and lipid profiles in patients with type 2 diabetes mellitus. *Metabolism Clinical and Experimental*. 60 (2011) 474-479.

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## SNACK FOR SUCCESS

Snacking plays a critical role in your diet if you have diabetes. In fact, several studies have shown that **1 to 2 ounces of almonds a day can help maintain normal blood sugar and cholesterol levels** in individuals with type 2 diabetes!<sup>1,2</sup> The combination of fiber, monounsaturated fats and the antioxidant vitamin E make almonds a smart choice. U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28 grams) has 13 grams of unsaturated fat and only 1 gram of saturated fat.

### MORE TIPS:

1. Choose healthy and satisfying snacks between meals: Snacking done right can keep your blood sugar levels as close to normal as possible and can help prevent low blood sugar.
2. Balance is everything: Combine a high-fiber carb with a protein-rich food to build your smart snack!
3. Maintain a calorie cap: Keep snacks to less than 200 calories so your snack doesn't end up being an extra meal.
4. Portability is key: Carry around a snack with you at all times so you're prepared for blood sugar slumps.
5. Be a consistent snacker: Strive to eat regularly around the same time every day so your body can get accustomed to a steady stream of fuel.

SNACK	CARBS (g)
<b>Add a crunchy twist to cottage cheese:</b> 1 oz. sliced natural almonds + 1 cup low-fat cottage cheese	17
<b>Enjoy a snappy snack:</b> 5 carrot sticks + 5 cucumber sticks + 3 tbsp. hummus	13
<b>Have fun with this fiber-filled alternative to chips:</b> 1 cup air-popped popcorn + 1 oz. whole almonds + 1 tbsp. parmesan cheese + sea salt	12
<b>Get some spice into your snack life:</b> 8 baked tortilla corn chips + 3 tbsp. salsa	15
<b>Indulge your sweet tooth:</b> 2 graham crackers + 2 tbsp. almond butter + sprinkle of cinnamon	14