

# *Healthy Eating*



# *With Diabetes*



## **Diabetes: Nutrition Therapy Survival Skills**

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

In-Patient Dietitian: \_\_\_\_\_ Phone: 239-1190

Outpatient Dietitian Phone: 239-2070

### **Nutrition Prescription:**

Breakfast: \_\_\_\_g Lunch: \_\_\_\_g Dinner: \_\_\_\_g Bedtime Snack: \_\_\_\_g

Counting carbohydrate servings may help you to control your blood glucose level so that you feel better. The balance between the carbohydrates you eat and insulin determines what your blood glucose level will be after eating. Carbohydrate counting can also help you plan your meals.

### **Which Foods Have Carbohydrates?**

- Breads, crackers, and cereals
- Pasta, rice, and grains
- Starchy vegetables such as potatoes, corn, and peas
- Beans and legumes
- Milk, soy milk, and yogurt
- Fruits and fruit juices
- Sweets such as cakes, cookies, ice cream, jam, and jelly

### **Carbohydrate Servings**

In diabetes meal planning, one serving of a food with carbohydrate has about 15 grams of carbohydrate:

- Check serving sizes with measuring cups and spoons or a food scale.
- Read the Nutrition Facts on food labels to find out how many grams of carbohydrate are in foods you eat.
- If Nutrition labels are not available use the food list from this handout to estimate carbohydrate content of foods.
- The food lists in this handout show portions that have about 15 grams of carbohydrates.

### **Food Lists for Carbohydrate Counting**

One serving = about 15 grams of carbohydrate

## Starches

- 1 slice bread (1 ounce)
- 1 tortilla (6-inch size)
- ¼ large bagel (1 ounce)
- 2 taco shells (5-inch size)
- ½ hamburger or hot dog bun (1 ounce)
- ¾ cup ready-to-eat cereal
- ½ cup cooked cereal
- 1 cup broth-based soup
- 4-6 small crackers
- 1/3 cup pasta or rice (cooked)
- ½ cup beans, peas, corn, sweet potatoes, winter squash, or mashed or boiled potatoes (cooked)
- ¼ large baked potato (3 ounces)
- ¾ ounce pretzels, potato, or tortilla chips
- 3 cups popcorn (popped)

## Fruit

- 1 small fresh fruit
- ½ cup canned fruit
- ¼ cup dried fruit
- 17 small grapes (3 ounces)
- 1 cup melon, berries
- 2 tablespoons raisins
- ½ cup fruit juice

## Milk

- 1 cup fat-free or reduced-fat milk
- 1 cup soy milk
- 2/3 cup fat-free yogurt sweetened with sugar-free sweetener (6 ounces)

## Sweets and Desserts

- 2-inch square cake (unfrosted)
- 2 small cookies (2 or 3 ounces)
- ½ cup ice cream or frozen yogurt
- ¼ cup sherbet or sorbet
- 1 tablespoon syrup, jam, jelly, table sugar, or honey
- 2 tablespoons light syrup

## Other Foods

Foods that have less than 20 calories in each serving also may be counted as zero carbohydrate servings or “free” foods.

## Meal Planning Tips

- A meal plan tells you how many carbohydrate servings to eat at your meals and snacks. For many adults, eating 3 to 5 servings of carbohydrate foods at each meal and 1 or 2 carbohydrate servings for each snack works well.
  - In a healthy daily meal plan, most carbohydrates come from:
    - 5 servings of fruits and vegetables
    - 3 servings of whole grains
    - 2 to 4 servings of milk or milk products
- Check your blood glucose level regularly. It can tell you if you need to adjust the timing of when you eat carbohydrates.
- Eating foods that have fiber, such as whole wheat, and having very few salty foods is good for your health.
- Choose low-fat sources of protein, such as lean beef, lean pork, chicken, fish, low-fat cheese, or vegetarian foods such as soy.
- Eat some healthy fats, such as olive oil, canola oil, and nuts.
- Eat very little saturated fats. These unhealthy fats are found in butter, cream, and high-fat meats, such as bacon and sausage.
- Eat very little or no *trans* fats. These unhealthy fats are found in all foods that list "partially hydrogenated" oil as an ingredient.
- Eat lots of vegetables and fruits. Try picking from the rainbow of colors available to maximize variety. Eat non-starchy vegetables such as spinach, carrots, broccoli or green beans with meals.
- Include dried beans (like kidney or pinto beans) and lentils into your meals.
- Include fish in your meals 2-3 times a week.
- Choose water and calorie-free "diet" drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.
- Cut back on high calorie snack foods and desserts like chips, cookies, cakes, and full-fat ice cream.
- Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.

## Label Reading Tips

When reading the Nutritional Facts label always look at the serving size first. Remember there can be more than one serving per container. Then look at the total grams of total carbohydrates. You may ignore the grams of sugars on the Nutrition Facts panel because they are additional information included in the total grams of carbohydrate. Fiber is also found under total carbohydrates. Note that if there are more than 5 grams of fiber per serving you can subtract the fiber grams from your total carbohydrate, decreasing your total carbohydrate intake. Example: Total

carbohydrates 20g and Fiber 6 grams. Your total grams of carbohydrates that affect your blood glucose would then be 14g.

## **Sugar Alcohols**

Sugar alcohols include Mannitol, Sorbitol, Xylitol, Lactitol, Isomalt, and Maltitol. Sugar alcohols are found in sugar free foods. Sugar alcohols can be used to add a little sweetness to you meal plan with only a small affect to you blood sugars. Be aware that even though a product is marked sugar free if eaten in large amounts it will still have an impact on your blood sugar. To determine the total amount of carbohydrates in sugar free products that will affect you blood sugar level you simple divide the sugar alcohols grams listed on the label by 2. Example if the product label lists sugar alcohols: 26grams. You take 26 divide by 2 giving you 13. 13 grams of the 26 grams listed will cause you blood sugars to rise.

## **Tips for Eating Out**

- Skip or limit the appetizer, bread and alcohol.
- Split an entrée with someone or eat half and take the rest home for another meal.
- Order baked, broiled or grilled food. Avoid breaded, fried or creamed foods.
- Ask for gravy, sauce and salad dressing on the side. Be aware of how much you use.
- Fast food and convenience foods are high in fat, calories, carbohydrates and sodium and are low in nutrition. Limit fast food and convenience foods to less than once a week.

## **Physical Activity**

- Regular physical activity is part of any health and weight management plan. Physical activity means moving you body more than usual.
- It is recommend you are active for at least 60 min daily. This does not necessarily mean 60 minutes at one time. You can break you 60mins throughout the day.
- Begin slowly and increase you physical activity daily. You can begin with 5 minutes daily and then increase the amount of time you spend being physically active.
- Physical activity acts as a natural insulin for you body, helping keep you blood sugar regulated.
- Always check with you physician before starting any exercise program.

## Shop Smart

- Never go grocery shopping when you hungry.
- Make a list and stick to it.
- Shop on the “outside” aisles of the grocery store. This is where the fresh and healthier foods are located, such as breads, milk, fruit, vegetables, and meats. Processed foods higher in sodium and calories are found on the middle aisles.
- Remember fat-free doesn't mean calorie-free and that sugar-free doesn't mean fat-free.

## Sample 1-Day Menu

Total carbohydrate grams: 225grams

### Breakfast

- 2 TBSP raisins (15 grams carbohydrate)
- ½ oatmeal (15 grams carbohydrate)
- 1 cup skim milk (15 grams carbohydrate)
- 1 slice whole-wheat toast (15 grams carbohydrate)
- 1 teaspoon margarine

### Lunch

- 2 ounces ham
- 2 slices whole wheat bread (30 grams carbohydrate)
- 1 small apple (15 grams carbohydrate)
- Lettuce and tomato salad with 1 tablespoon light salad dressing
- 1 cup skim milk (15 grams carbohydrate)

### Afternoon Snack

- 4-5 whole-wheat crackers (15 grams carbohydrate)
- 2 TBSP Peanut butter

### Evening Meal

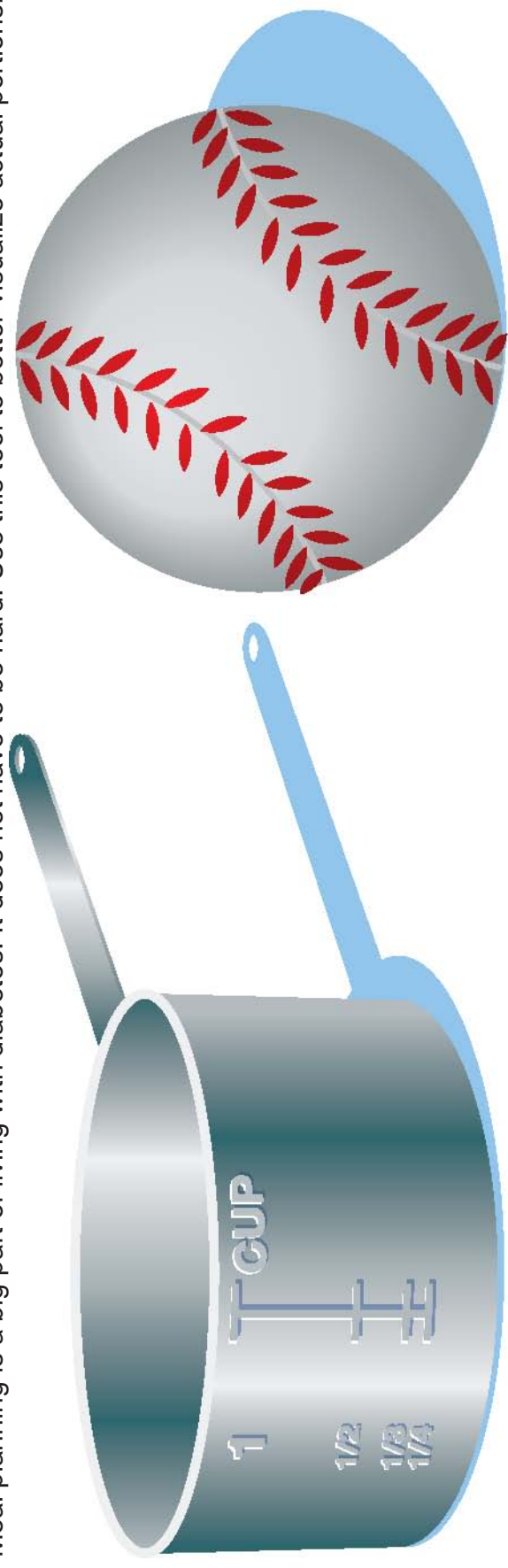
- 3 ounces breaded chicken (15 grams carbohydrate)
- 1 small baked potato (3 ounces) (15 grams carbohydrate)
- ½ cup green beans
- 1 small whole-wheat roll (15 grams carbohydrate)
- 1 teaspoon margarine
- Tossed salad with 1 tablespoon light salad dressing
- 1 cup skim milk (15 grams carbohydrate)

### Evening Snack

- 3 cups popcorn (15 grams carbohydrate)
- 1 cup skim milk (15 grams carbohydrate)

## Portion Estimator – actual-size

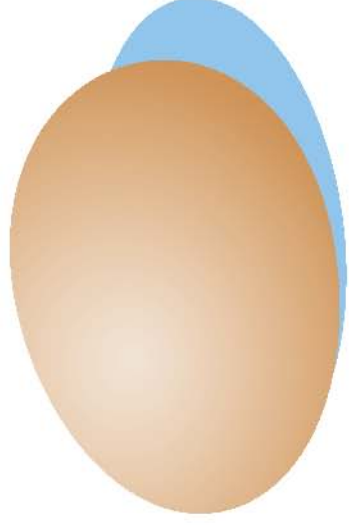
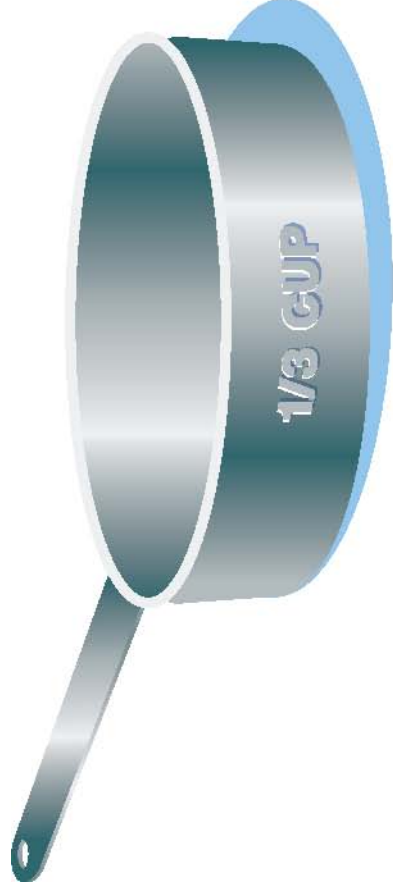
Meal planning is a big part of living with diabetes. It does not have to be hard. Use this tool to better visualize actual portions.



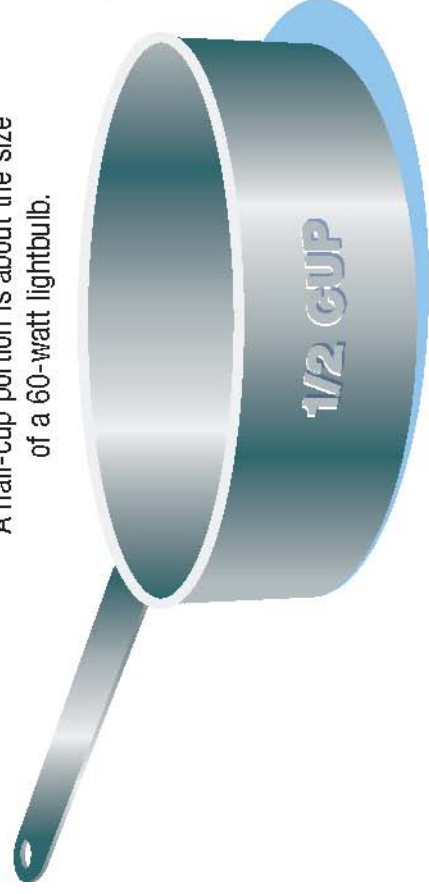
A one-cup portion is about the size of a baseball.



## Portion Estimator – actual-size



A third-cup portion is about the size of a large egg.

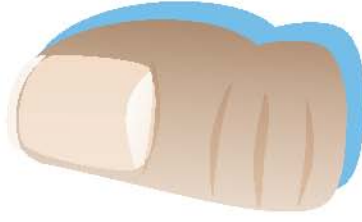


A half-cup portion is about the size of a 60-watt lightbulb.

# Portion Estimator – actual-size



Two Tablespoons is a portion about the size of a golf ball.



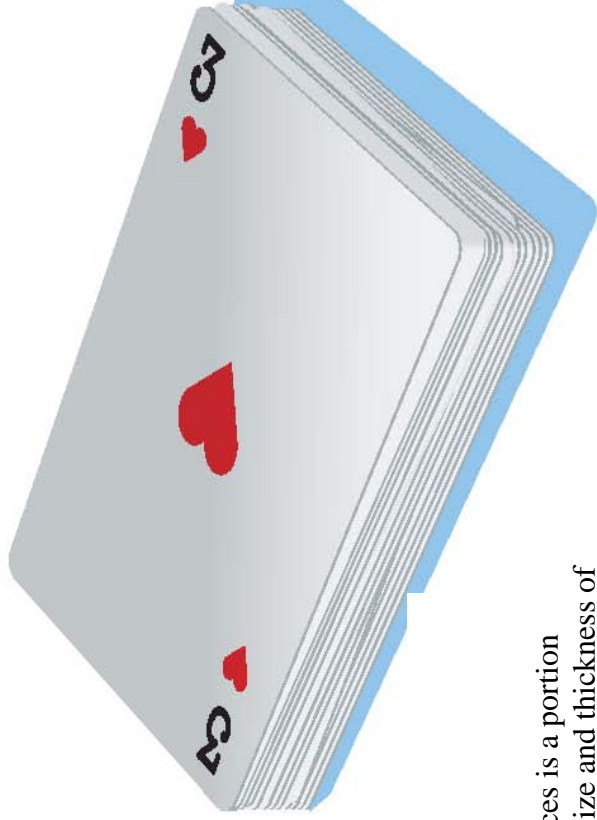
One Tablespoon is a portion about the size of the tip of your thumb.



One teaspoon is a portion about the size of a penny.



# Portion Estimator – actual-size



Three ounces is a portion about the size and thickness of a deck of cards or a piece of meat



One ounce is a portion about the size and thickness of 4 dice or a small fillet of fish





*Additional  
Information*

# An Easy Guide to Reading Nutrition Labels

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Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from Fat 120	
		% Daily Value*	
Total Fat	13g		20%
Saturated Fat	5g		25%
Trans Fat	2g		
Cholesterol	30mg		10%
Sodium	660mg		28%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A	4%	•	Vitamin C 2%
Calcium	15%	•	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

■ Serving size  
■ Number of servings

■ Calories  
■ Total fat in grams  
■ Saturated fat in grams  
■ Cholesterol in milligrams

Here, the label gives the amounts for the different nutrients in one serving. Use it to help you keep track of how much fat, saturated fat, cholesterol, and calories you are getting from different foods. Pay attention to the actual amounts (in grams or milligrams). Don't use the percents shown (percent daily value) because they are not geared to the TLC diet.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	3g		15%
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A	4%	•	Vitamin C 2%
Calcium	20%	•	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4

## BREAKING DOWN THE NUTRITION FACTS LABEL

Reading Nutrition Facts labels can be difficult, especially if you don't know what to look for. The Nutrition Facts Label gives a lot of information but the key is to know how to use it to help you make healthy food choices.

### 1. SERVING SIZE

This is the food's recommended serving size. It can include a weight measurement (for example: one cup) or a number of pieces of food (12 pretzels).

#### Serving per Container

This is the suggested number of servings. For example, if a food has four servings per container and you eat half of the bag, you would be eating two servings. It is always important to look at these numbers because you may be eating more than you think!

### 2. CALORIES

This is the amount of calories per serving (using the correct serving size). Eating

too many calories promotes weight gain. Calorie needs are based on individual needs.

### **Calories from Fat**

These are calories solely from fat. Choose foods with less than 30% of calories coming from fat.

### **3. TOTAL FAT**

This is the total fat per one serving in grams and in % Daily Value. Choose foods with less fat.

### **Saturated Fat**

This is fat from animal and dairy products and tropical oils measured in grams. A diet high in saturated fat is a risk factor for coronary artery disease. Choose foods with 2 grams or less saturated fat.

- Labels may also list monounsaturated and polyunsaturated fats. These are unsaturated fats that may help protect your heart, however all fats should be used in moderation.

### **4. TRANS FATS**

Trans Fats are to be on every nutrition label by January 2006. Trans fats are formed by chemically changing the oil called hydrogenation, which increases product shelf life and flavor. A diet high in Trans fats have shown to increase cholesterol levels, which increases risk of heart disease. If a food has the words "partially hydrogenated oil" on the label it contains Trans fats. It is recommended to avoid Trans fats.

### **5. CHOLESTEROL**

This is another form of fat measured in milligrams. Too much dietary cholesterol is another risk factor for heart disease. Cholesterol is found in organ meats, dairy products, shrimp, and egg yolks. Limit intake to 300 milligrams daily.

- Use foods with 5% or less saturated fats and cholesterol and avoid those with over 20% of the daily value.

### **6. SODIUM**

This is a nutrient that helps regulate blood pressure and fluid balance measured in milligrams which most people consider "salt".

Research has suggested that a high sodium intake can be related to high blood pressure. The RDA for sodium is 2400 milligrams per day. For example, one teaspoon of table salt has ~2400 milligrams of sodium.

### **7. TOTAL CARBOHYDRATE**

This is the amount of total carbohydrate per serving measured in grams. Carbohydrates are primarily found in starches, vegetables, fruits, sweets and milk. Carbohydrate counting is used in diabetes meal planning.

### **8. DIETARY FIBER**

This is the amount of indigestible bulk from plant foods such as fruits, vegetables, whole grains, oats, nuts and seeds and is measured in grams. Foods high in fiber are shown to be beneficial for weight control, diabetes, high cholesterol and

some forms of cancer. Foods with five grams of fiber or more are considered “high fiber” foods.

### **9. SUGARS**

These are part of the Total Carbohydrate content and are measured in grams. These contain sugars from natural and artificial sources. There are no daily reference values for sugars.

### **10. PROTEIN**

This is the amount of total protein the food contains measured in grams. Protein contains amino acids found in meat, poultry, fish, dairy, eggs, nuts, beans, grains and some vegetables. Protein needs are individualized based on height, weight, age and physical activity level.

### **11. VITAMINS AND MINERALS**

These are micronutrients measured in percentages. The goal is to consume 100% of each of these nutrients daily to prevent nutrition related diseases.

### **12. PERCENT DAILY VALUES**

The Percent Daily Value shows the amount of each of the nutrients listed above needed daily in a 2000 and a 2500-calorie diet. This is the percentage of each nutrient recommended to meet the needs of the average person each day and is measured in grams and milligrams depending on the nutrient. The Percent Daily Values are listed on the top half of the food label and are based on recommendations for a 2,000 calorie diet, not a 2,500 calorie diet. Five percent or less of the % Daily Value is considered low, whereas 20% or more is considered high.

### **INGREDIENT LIST**

The ingredient list is another part of the Nutrition Label. Items are listed by weight in descending order of predominance. Spices, artificial coloring and flavors are listed on the ingredient list.



## **Tips on Adding Fiber to Your Diet**

Increasing fiber in your diet is not as hard as it may seem and everyone can approach the recommendation of 25-35 grams a day. A product or a food item can be labeled "High Fiber" when it contains more than 5g of fiber per serving. Benefits of High Fiber foods include lowering cholesterol, help manage blood glucose levels, weight management, and ect. Fiber needs to be eaten on a daily basis. Fiber makes us feel fuller longer which can reduce the frequency and amount of food eaten. Increasing fluid intake when increasing fiber is necessary to prevent gastrointestinal upset.

- ✓ Get the best of both kinds of fiber by choosing soluble rich sources (oats, beans, legumes, fruit) and insoluble rich foods (vegetable, whole wheat products).
- ✓ Use brown rice rather than white rice, whole wheat rather than white pasta.
- ✓ Choose fresh fruits over canned or juice.
- ✓ Choose 100% whole grain breads.
- ✓ Leave peeling on fruits and vegetables when possible.
- ✓ Use oats as fillers in casseroles or as thickening agents in sauces.
- ✓ Have a high-fiber cereal or muffin for breakfast. Examples of high fiber cereals are: Fiber One and All-Bran.
- ✓ Add slices or shredded vegetable to potato or pasta salads, sandwich spreads, or spaghetti sauce.
- ✓ Increase the amount and frequency of dried beans and peas. . Such as kidney, pinto, lentils, or black-eyed peas. (1/2 cup canned red kidney beans contain 8g fiber.
- ✓ Add nuts to salads, vegetables, snacks and desserts.
- ✓ Snack on popcorn, whole grain pretzels, or oven-crisped whole-wheat pita triangles.

# **Your blood glucose numbers**

## **Why should I check my blood glucose?**

Your blood glucose numbers give you important information about how well your diet, medications, insulin, and activity are working. Blood glucose levels change all the time. You need to check your blood glucose to make sure it's in your target range. How you feel isn't always a correct sense of what your blood glucose is.

## **How often should I check my blood glucose?**

If you take insulin, the American Diabetes Association recommends checking your blood glucose three to four times each day. If you don't take insulin to control your diabetes, there is no set number of times each day to check your blood glucose. However, if there is a change in your treatment, activity or health, check your blood glucose more often to see how the changes affect your usual blood glucose patterns.

## **When should I check my blood glucose?**

By checking your blood glucose at different times, you can learn how it changes throughout the day and how it is affected by food and activity. Write down your daily blood glucose numbers. Look for times when the blood glucose is NOT in your target range.

## **When you check depends on what you want to learn**

- Any time you feel it might be low, before and after activity, and when you are sick. If you don't have symptoms when your blood glucose is low, (known as hypoglycemia unawareness), always check before driving, and more often when exercising or sick.
- To see how a meal affects your blood glucose, check before and one to two hours after the meal.
- To see how certain medications affect your blood glucose, check when the medication is most active. For example, check your morning fasting blood glucose to see how long-acting medications taken the night before are working.
- If you have type 2 diabetes and are not taking medication, a morning fasting blood glucose in the target range shows you that your body is making enough insulin overnight.
- To see how activity and exercise affect your blood glucose, check before and after activity and note the change.
- If the blood glucose is often high or low at certain times of the day, you may need to make changes in your diet, medication or activity. Talk with your health care provider before you make any medication changes.

## **Why do I sometimes get unusual readings?**

Use your meter's control solution to check the test strip any time you question the reading or get a reading that doesn't match how you feel. The most common cause of wrong blood glucose readings is not using the meter correctly. Check your meter instruction guide if you think your blood glucose readings may not be right.

## **Do I always have to prick my fingers to check my blood glucose?**

The most common site used to check your blood glucose is the fingertip. It is possible to get blood samples from sites other than the fingers. To avoid the pain of finger pricks, some meters allow for alternate site testing. Check your meter to see if it is approved for alternate site testing. Read your meter's instruction guide to learn how to use these other sites. Alternate site testing should NOT be used to check for low blood glucose. ***Always use your fingers when checking for low blood glucose. Since blood lows to your fingers three to five times faster than other parts of your body, low blood glucose will be noticed at your fingers first.***

Your blood glucose record is an important part of your health care. Take your records to each visit with your health care team. Checking your blood glucose regularly is an important part of caring for your health. If you have questions about checking blood glucose, contact your health care provider or a certified diabetes educator.

**Alternate Site Testing Areas are: upper arm, thigh, calf, fleshy parts of the hand, and abdomen. Note: Always use your fingers when checking for low blood glucose.**

*Artwork courtesy of Abbott Laboratories.*

### ***A nutrition resource for living well with diabetes***

For more information: Contact the American Dietetic Association at [www.eatright.org](http://www.eatright.org) or 1-800-366-1655.

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Sponsored by: Abbott Laboratories, the makers of FreeStyle and Precision Blood Glucose Meters. For more information, visit [www.AbbottDiabetesCare.com](http://www.AbbottDiabetesCare.com).

[www.dce.org](http://www.dce.org)

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## Using the Diabetes Food Pyramid

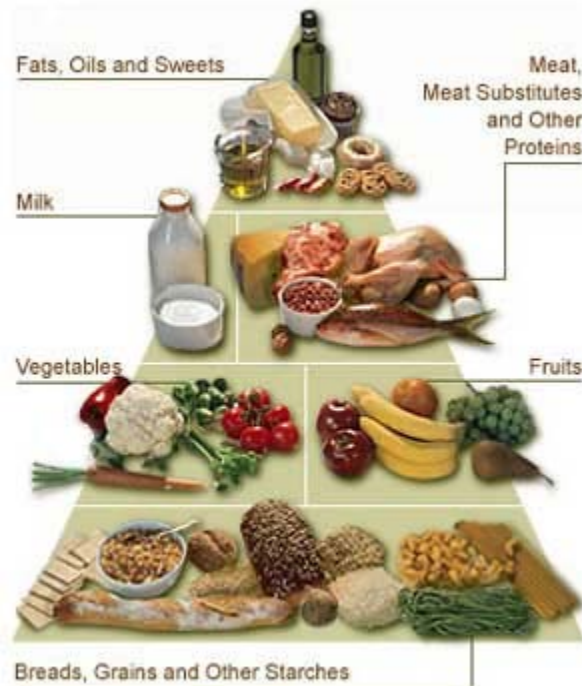
The Diabetes Food Pyramid divides food into six groups. These groups or sections on the pyramid vary in size. The largest group -- grains, beans, and starchy vegetables -- is on the bottom. This means that you should eat more servings of grains, beans, and starchy vegetables than of any of the other foods. The smallest group -- fats, sweets, and alcohol -- is at the top of the pyramid. This tells you to eat very few servings from these food groups.

On April 19, 2005 the United States Department of Agriculture (USDA) released a new food guidance system replacing the former Food Guide Pyramid. The new system, called "MyPyramid," provides a set of tools based on caloric requirements to help Americans make healthy food choices.

The Diabetes Pyramid gives a range of servings. If you follow the minimum number of servings in each group, you would eat about 1600 calories and if you eat at the upper end of the range, it would be about 2800 calories. Most women would eat at the lower end of the range and many men would eat in the middle to high end of the range if they are very active. The exact number of servings you need depends on your diabetes goals, calorie and nutrition needs, your lifestyle, and the foods you like to eat. Divide the number of servings you should eat among the meals and snacks you eat each day.

The Diabetes Food Pyramid is a little different than the USDA Food Guide Pyramid because it groups foods based on their carbohydrate and protein content instead of their classification as a food. To have about the same carbohydrate content in each serving, the portion sizes are a little different too. For example: you will find potatoes and other starchy vegetables in the grains, beans and starchy vegetables group instead of the vegetables group. Cheese is in the meat group instead of the milk group. A serving of pasta or rice is 1/3 cup in the Diabetes Food Pyramid and 1/2 cup in the USDA pyramid. Fruit juice is 1/2 cup in the Diabetes Food Pyramid and 3/4 cup in the USDA pyramid. This difference is to make the carbohydrate about the same in all the servings listed.

Following is a description of each group and the recommended range of servings of each group.



## **Grains and Starches**

At the base of the pyramid are bread, cereal, rice, and pasta. These foods contain mostly carbohydrates. The foods in this group are made mostly of grains, such as wheat, rye, and oats. Starchy vegetables like potatoes, peas, and corn also belong to this group, along with dry beans such as black-eyed peas and pinto beans. Starchy vegetables and beans are in this group because they have about as much carbohydrate in one serving as a slice of bread. So, you should count them as carbohydrates for your meal plan.

**Choose 6-11 servings per day.** Remember, not many people would eat the maximum number of servings. Most people are toward the lower end of the range.

Serving sizes are:

1 slice of bread

¼ of a bagel (1 ounce)

½ an English muffin or pita bread

1, 6 inch tortilla

¾ cup dry cereal

½ cup cooked cereal

½ cup potato, yam, peas, corn, or cooked beans

1 cup winter squash

1/3 cup of rice or pasta

## **Vegetables**

All vegetables are naturally low in fat and good choices to include often in your meals or have them as a low calorie snack. Vegetables are full of vitamins, minerals and fiber. This group includes spinach, chicory, sorrel, Swiss chard, broccoli, cabbage, bok choy, brussels sprouts, cauliflower, and kale, carrots, tomatoes, cucumbers, and lettuce. Starchy vegetables such as potatoes, corn, peas, and lima beans are counted in the starch and grain group for diabetes meal planning.

**Choose at least 3-5 servings per day.**

A serving is:

1 cup raw

½ cup cooked

## **Fruit**

The next layer of the pyramid is fruit, which also contain carbohydrates. They have plenty of vitamins, minerals, and fiber. This group includes blackberries, cantaloupe, strawberries, oranges, apples, bananas, peaches, pears, apricots, and grapes.

**Choose 2-4 servings per day**

A serving is:

½ cup canned fruit  
1 small fresh fruit  
2 tbs dried fruit  
1 cup of melon or raspberries  
1 ¼ cup of whole strawberries

### **Milk**

Milk products contain a lot of protein and calcium as well as many other vitamins. Choose non-fat or low-fat dairy products for the great taste and nutrition without the saturated fat.

### **Choose 2-3 servings per day**

A serving is:

1 cup non-fat or low-fat milk  
1 cup of yogurt

### **Meat and Meat Substitutes**

The meat group includes beef, chicken, turkey, fish, eggs, tofu, dried beans, cheese, cottage cheese and peanut butter. Meat and meat substitutes are great sources of protein and many vitamins and minerals.

Choose from lean meats, poultry and fish and cut all the visible fat off meat.

Keep your portion sizes small. Three ounces is about the size of a deck of cards. You only need 4-6 ounces for the whole day

### **Choose 4-6 oz per day divided between meals**

Equal to 1 oz of meat:

¼ cup cottage cheese  
1 egg  
1 Tbsp peanut butter  
½ cup tofu

### **Fats, Sweets, and Alcohol**

Things like potato chips, candy, cookies, cakes, crackers, and fried foods contain a lot of fat or sugar. They aren't as nutritious as vegetables or grains. Keep your servings small and save them for a special treat!

Serving sizes include:

½ cup ice cream  
1 small cupcake or muffin  
2 small cookies

The Diabetes Food Pyramid makes it easier to remember what to eat. For a healthy meal plan that is based on your individual needs, you should work with a registered dietitian (RD) with expertise in diabetes management.

## For More Help and Support

To find out exactly how much of what types of foods you should eat, we suggest you work with a registered dietitian (RD) who has experience working with people who have diabetes. This person can help support your efforts to change your eating habits and control your blood glucose level. To find a registered dietitian near you:

<http://www.diabetes.org>

# RECIPES

## Baked Chicken Breasts Supreme

1 1/2 cups plain yogurt *or* sour cream  
1/4 cup lemon juice  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon celery seed  
1/2 teaspoon Hungarian sweet paprika  
1 garlic clove, minced  
1/2 teaspoon salt (optional)  
1/4 teaspoon freshly ground pepper  
8 boneless, skinless chicken breast halves  
2 cups fine dry bread crumbs

1. In a large bowl, combine first eight ingredients. Place chicken in mixture and turn to coat. cover and marinate overnight in the refrigerator.
2. Remove chicken from marinade; coat each piece with crumbs.
3. Arrange on a lightly greased shallow baking pan.
4. Bake, uncovered, at 350°F (175°C) for 45 minutes or until juice run clear.

Makes 8 servings.

**Nutrition information per serving:** 271 calories, 293 mg sodium, 76 mg cholesterol, 22 gm carbohydrate, 8 gm protein, 5 gm fat.

## Bean Trio with Citrus Cumin Dressing

1 (19-ounce) can black beans, drained and rinsed  
1 (19-ounce) can dark red kidney beans, drained and rinsed  
1 (15-ounce) can garbanzo beans, drained and rinsed  
1/2 cup frozen corn kernels, thawed  
1/3 cup red onion, small chop  
1/2 cup celery hearts, small chop  
2 tablespoons fresh parsley, chopped  
2 tablespoons *plus* 2 teaspoons SLENDA® Granular  
4 tablespoons lemon juice, fresh  
3 tablespoons orange juice  
2 tablespoons lime juice  
2 tablespoons olive oil, extra virgin  
1 teaspoon salt  
1/4 teaspoon ground cumin

1. In large bowl mix together drained and rinsed beans, corn kernels, chopped onion, celery, and parsley.

2. In medium bowl whisk together SPLENDA® Granular, lemon, lime, and orange juices, olive oil, salt, and cumin. Pour over bean mixture and toss.
3. Refrigerate for two hours before serving. Toss and serve.

Makes 14 servings.

**Nutrients Per Serving:**

Serving Size 4.5 g, Calories 120, Carbohydrates 18 g, Protein 6 g, Dietary Fiber 5 g, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 440 mg.

**Down Home Barbecued Beef**

1 slice bacon  
1/2 cup chopped onion  
1/2 cup ketchup  
1/2 cup apple juice  
1 tablespoon white vinegar  
1 teaspoon prepared mustard  
1 teaspoon Worcestershire sauce  
1/8 teaspoon salt  
1/8 teaspoon ground black pepper  
2-1/2 teaspoons Equal® for Recipes or 8 packets Equal® sweetener or 1/3 cup Equal® Spoonful™  
12 ounces thinly sliced roast beef  
4 Kaiser rolls (optional)

Cut bacon into 1-inch pieces; cook in medium saucepan over medium-high heat 3 to 4 minutes or until almost cooked. Add onion; cook 3 to 5 minutes or until bacon is crisp and onion is tender, stirring occasionally.

Combine ketchup, apple juice, vinegar, mustard, Worcestershire sauce, salt and pepper; add to bacon mixture. Reduce heat; cover and simmer until flavors are blended, 15 to 20 minutes.

Stir in Equal® and sliced beef. Serve warm on rolls, if desired.

Makes 4 servings.

**Nutrition information per serving:** 223 cal., 26 g pro., 16 g carbohydrates., 6 g fat, 70 mg cholesterol., 542 mg sodium.

**Meatballs with Sweet and Sassy Sauce**

**Meatballs:**

1 pound ground turkey breast  
1 pound ground sirloin  
2 large eggs, slightly beaten  
3/4 cup saltine cracker crumbs  
1/4 cup grated Asiago cheese  
3 tablespoons minced onion  
2 cloves garlic, minced  
1/4 teaspoon ground black pepper

**Sauce:**

1 cup medium salsa  
1 (14 3/4-ounce) can reduced-fat and sodium chicken broth  
1 (12-ounce) can tomato paste  
1/4 cup Equal® Spoonful\*  
2 tablespoons lemon juice  
2 teaspoons Jamaican jerk seasoning  
Hot cooked rice *or* pasta (optional)

1. Preheat oven to 425°F.



2. For Meatballs: Combine all ingredients. Shape into 1 1/2-inch diameter meatballs. Place on 15 x 10-inch baking pan. Bake 18 to 20 minutes. Remove pan from oven to wire rack.
3. Meanwhile, for Sauce, combine all ingredients in large saucepan with cover. Place cooked meatballs in sauce. Heat to simmer over medium heat. Simmer, covered, 20 minutes to blend flavors. Serve over hot cooked rice or pasta, if desired.

Makes 8 servings.

**Nutrition Information Per Serving:**

calories 266, protein 28 g, carbohydrate 16 g, fat 10 g, cholesterol 131 mg, sodium 461 mg

**Autumn Pumpkin Bread**

1/4 cup margarine, softened  
 10 3/4 teaspoons Equal® for Recipes *or* 36 packets Equal® sweetener *or* 1 1/2 cups Equal® Spoonful™  
 1 large egg  
 2 large egg whites  
 1/2 to 3/4 teaspoon orange extract  
 1 cup canned pumpkin  
 1 1/4 cups all-purpose flour  
 2 teaspoons baking powder  
 3/4 teaspoon baking soda  
 1/2 teaspoon salt  
 1 1/2 teaspoons ground cinnamon  
 3/4 teaspoon ground ginger  
 1/4 teaspoon ground nutmeg  
 1/2 cup raisins  
 1/3 cup chopped pecans  
 3 tablespoons apricot fruit spread  
 Pecan halves *or* chopped pecans (optional)

1. Beat margarine and Equal® until blended in mixer bowl; beat in egg, egg whites, orange extract, and pumpkin. Mix in combined flour, baking powder, baking soda, salt, and spices; mix in chopped raisins and chopped pecans. Spread batter evenly in greased loaf pan, 8 1/2 x 4 1/2 x 2 1/2-inches.
2. Bake bread in preheated 350°F (175°C) oven until browned and toothpick inserted in center comes out clean, 50 to 60 minutes. Cool bread in pan 5 minutes; remove from pan and cool on wire rack.
3. Heat fruit spread until melted in small saucepan; brush on bread and garnish with pecans.

**Nutrition Information Per Serving:** 125 calories, 2 g protein, 18 g carbohydrate, 5 g fat, 13 mg cholesterol, 233 mg sodium. Makes 1 loaf (about 16 slices)

**Cranberry Orange Muffins**

1 3/4 cups all-purpose flour  
 1 cup chopped fresh, frozen *or* dried cranberries  
 2/3 cup Equal® Spoonful\*  
 2 teaspoons baking powder  
 2 teaspoons grated orange peel  
 3/4 teaspoon ground cinnamon  
 1/4 teaspoon salt  
 1 cup 2% milk

3 tablespoons vegetable oil  
1 large egg

1. Lightly coat 12 muffin cups with nonstick spray or line with paper-liners; set aside.
2. Combine flour, cranberries, Equal®, baking powder, orange peel, cinnamon and salt. Stir in milk, oil and egg until all ingredients are just moistened. Spoon batter into muffin cups, filling 3/4 full.
3. Bake in preheated 375°F oven 16 to 18 minutes or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes. Remove muffins from pan and cool on wire rack. Serve warm or at room temperature.

**Nutrition Information Per Serving:** calories 120, protein 3 g, carbohydrate 17 g, fat 5 g, cholesterol 19 mg, sodium 148 mg. Makes 12 muffins.





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