

# Eating Healthy with Diabetes

*Note: This material is not intended to replace the advice of a registered dietitian or your physician.*

## 1 Divide your food intake into regular meals and snacks.

- A sample eating plan includes 3 meals and 1 to 3 snacks. The number of snacks planned is based on each person's needs and eating habits.

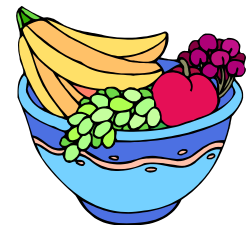
*-Do not skip meals.*

*-Avoid overeating.*



## 2 Eat about the same amount of carbohydrate foods at about the same time each day.

- Carbohydrate foods influence your blood sugar more than any other foods that you eat.
- Carbohydrate foods include milk, fruits, starchy vegetables, breads, cereals, grains, beans, lentils and peas.
- Sugar sweetened foods may be included if substituted for other carbohydrate foods.



**Foods that provide similar amounts of carbohydrate (about 15 grams) include:**

Milk and yogurt- 1 cup

Fruits- 1 medium fruit or ½ cup

Starchy vegetables- ½ cup

Cooked beans, lentils or peas- ½ cup

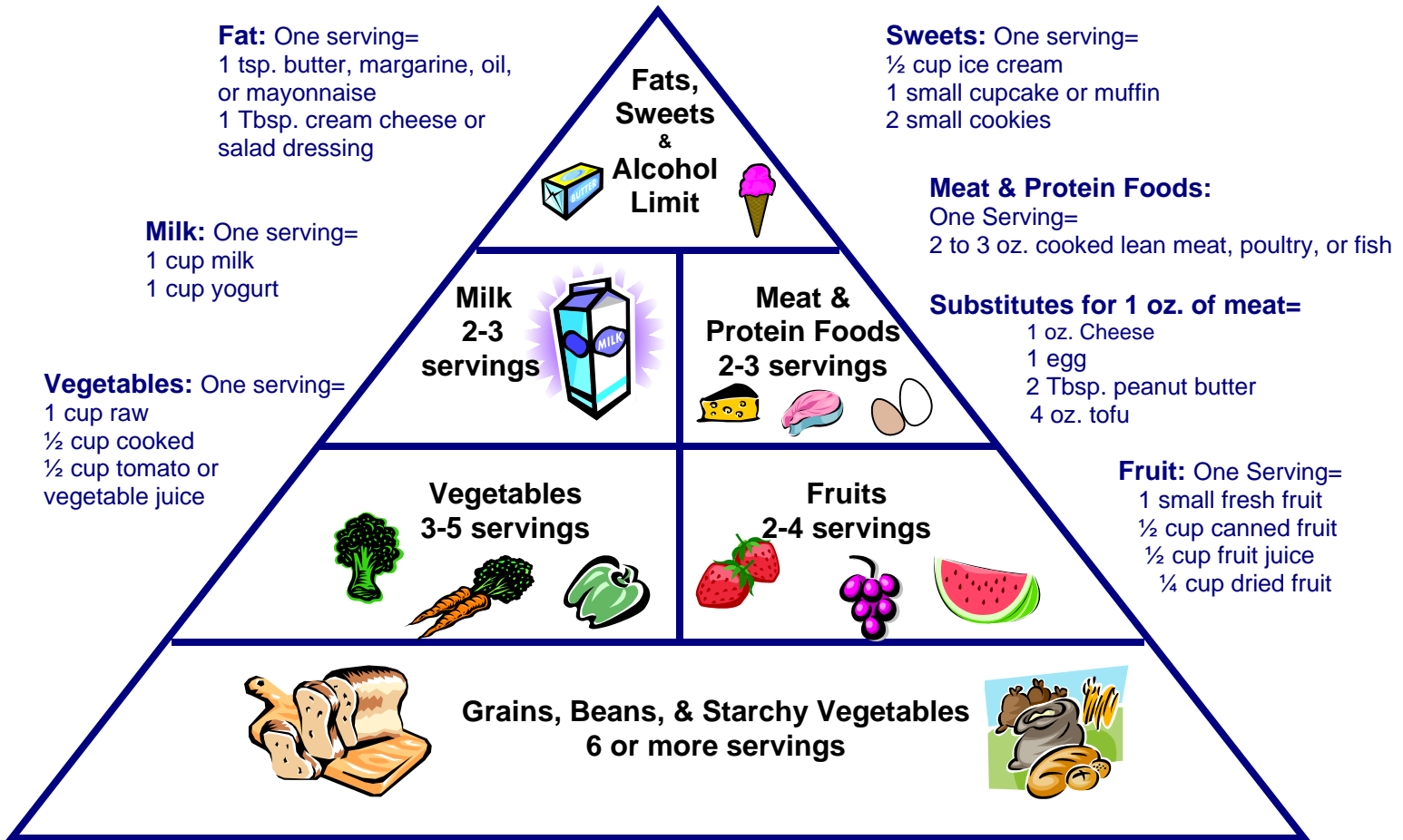
Cereals- ½ cup cooked, ¾ cup dry

Breads- 1 slice, ½ bagel, 1 6-inch tortilla

Sweets- ½ cup ice cream, 1 small cupcake or muffin, or 2 small cookies

# 3 Eat a wide variety of foods everyday for good health.

Use the food pyramid below as a guide to recommended daily serving amounts.

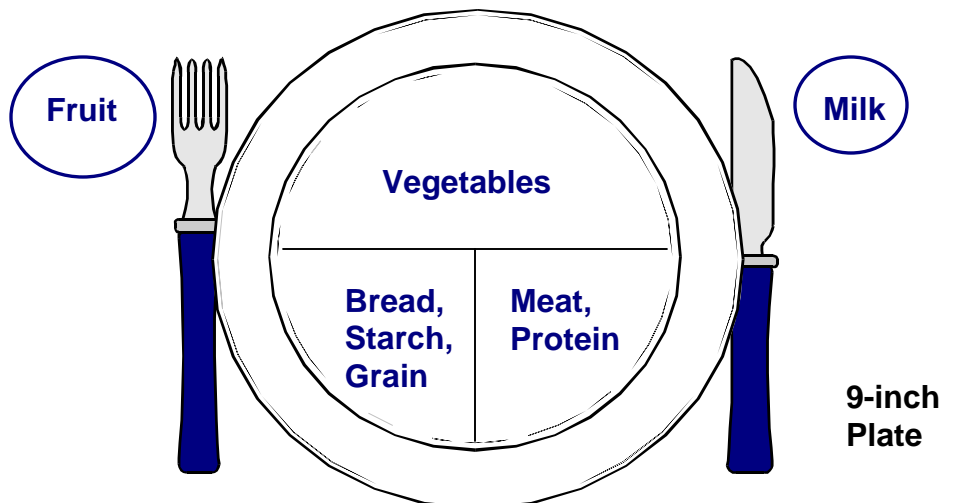


**Grains, Beans, & Starchy vegetables: One serving =**

- |                            |                              |                    |  |
|----------------------------|------------------------------|--------------------|--|
| 1 slice of bread           | 1/3 cup cooked rice          | ¾ cup dry cereal   | ½ cup beans and peas (pinto, navy, black-eyed) |
| ½ hamburger or hot dog bun | 1 small potato               | 4 to 6 crackers    | ½ cup corn, green peas                         |
| 1 6-inch tortilla          | ½ cup cooked cereal or pasta | 3 cups popped corn |  |

## Lunch or Dinner Sample Meal Plate

This sample plate shows how food groups from the food pyramid are combined to make a lunch or dinner meal. Recommended portion sizes are illustrated by the amount of space that different foods should occupy on a 9-inch plate.



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