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
Eat a wide variety of foods everyday for good health.

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

- **Milk:** One serving = 1 cup milk, 1 cup yogurt
- **Fat:** One serving = 1 tsp. butter, margarine, oil, or mayonnaise; 1 Tbsp. cream cheese or salad dressing
- **Sweets:** One serving = ½ cup ice cream, 1 small cupcake or muffin, 2 small cookies
- **Meat & Protein Foods:** One serving = 2 to 3 oz. cooked lean meat, poultry, or fish
- **Substitutes for 1 oz. of meat:** 1 oz. Cheese, 1 egg, 2 Tbsp. peanut butter, 4 oz. tofu
- **Vegetables:** One serving = 1 cup raw, ½ cup cooked, ½ cup tomato or vegetable juice
- **Fruit:** One serving = 1 small fresh fruit, ½ cup canned fruit, ½ cup fruit juice, ¼ cup dried fruit
- **Grains, Beans, & Starchy Vegetables:** One serving = 1 slice of bread, ½ hamburger or hot dog bun, 1 6-inch tortilla

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.