










EAT BETTER & FEEL THE DIFFERENCE!

1. When you eat, your blood sugar (glucose) goes up.
2. Foods containing carbohydrates raise glucose the most.
3. You *can* have carbohydrates; keep portions controlled and consistent day to day.
4. Choose a variety of foods rich in vitamins, minerals and low in calories.
5. Eat regularly with 3 small meals a day, and snacks if needed 2 to 3 hours after a meal.
6. Skipping meals can cause weight gain and glucose fluctuations.
7. Test glucose levels before one meal and 2 hours after. If the glucose value goes up less than 50 points, your body can manage the carbohydrates in that meal.
8. Losing 5-7% of your current weight can lower glucose levels as does a 20 minute walk.
9. Products that state “No Added Sugar” or “Sugar Free” often have carbohydrates!
Check food labels (under total carbohydrate amount and serving size)
10. See a registered dietitian for an individualized meal plan.


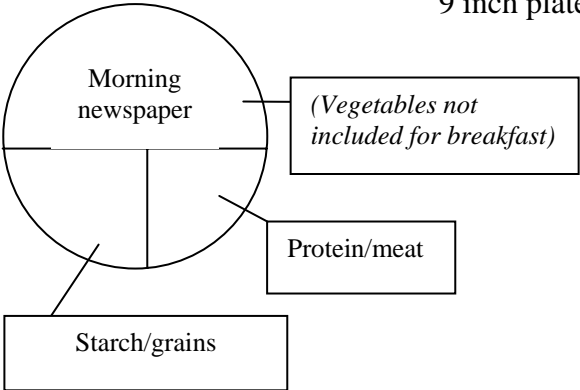


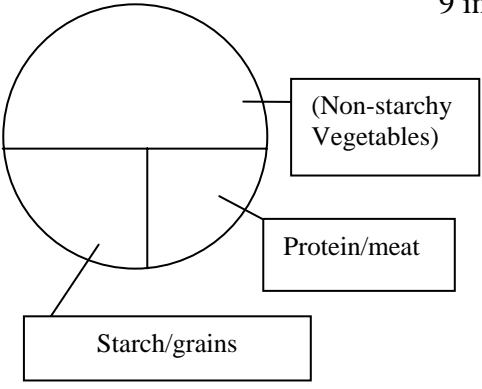

	Choose often	Choose less
Food prep	Bake, broil, BBQ, steam, grill	Fried food
Breads/grains* 	Whole wheat, whole grains, bulgar, wild rice, brown rice, small bagels, French bread	White bread, muffins, croissants, biscuits, white rice
Starchy vegetables* 	Peas, corn, winter squash, baked/mashed/boiled potato	French fries, instant mashed potatoes
Non-starchy vegetables 	Broccoli, bell peppers, mushrooms, zucchini, celery, spinach, eggplant	Tempura or fried vegetables with added fat
Fruits* 	Whole fruits (small portions), dried fruits without added sugar	Juice with added sugar (eat fruit instead, or add water to dilute it); canned fruit with added sugar
Milk/dairy* 	Non-fat, 1% low fat, plain yogurt or no sugar added	Whole milk, half and half, ice cream, milk shakes, yogurt with fruit on the bottom
Meat, and meat alternatives 	Skinless, white poultry, lean beef/pork (trim off fat); fish/seafood; natural peanut butter, tofu/gluten, legumes* (beans, peas, lentils)	Bacon, sausage, ham, luncheon meats, poultry skins, fatty meats, hard cheeses, breaded or fried fish/chicken/meats/tofu/gluten
Fats, oils, seasonings 	Liquid oils (canola, olive), soft tub margarines without trans fatty acids, nuts in small amounts, 1/8 avocado	Butter, lard, solid fats, sour cream, mayonnaise, tropical oils (palm, palm kernel, coconut)
Sweeteners, condiments* 	Sugar substitutes: Splenda (Sucralose), NutraSweet or Equal (Aspartame), Sweet-n-Low (Saccharin); sugar-free syrups/jams/jellies	Table sugar, honey, syrup, regular jams/jellies
Desserts*, Beverages(*) 	Water, diet sodas or other sugar-free beverages, sugar-free candies (a few), diet pudding, sugar-free jello, a couple of sugar-free cookies	Regular soda, juice, hot chocolate, donuts, pastries, cake, pie, candy, sherbet, ice cream

***Contains carbohydrates (*)May contain carbohydrates**

THE PLATE METHOD

The Plate Method helps people with diabetes decide what to eat.

Women: Start with 2-3 carb choices per meal. **Men:** Start with 3-4 carb choices per meal.
1 carb = 15 grams carb (examples 1 slice of bread, 1 cup of milk, or 1/3 cup of pasta or rice).

Breakfast	Fruit  <i>(Move the fruit choice to the a.m. snack to trade for more carbs)</i>	9 inch plate  <i>(Vegetables not included for breakfast)</i> Protein/meat Starch/grains	Milk  <i>(Move the milk choice to the a.m. snack to trade for more carbs)</i>
Snack	15-20 grams of carbohydrate (can use the fruit or milk choice from above)		
Lunch and Dinner	Fruit  <i>(Move the fruit choice to a snack to trade for more carbs)</i>	9 inch plate  (Non-starchy Vegetables) Protein/meat Starch/grains	Milk  <i>(Move the milk choice to a snack to trade for more carbs)</i>
Snack	15-20 grams of carbohydrate (can use the fruit or milk choice from above)		

Fruit: use one small piece of fruit or a small bowl of berries or melon. Examples: apple, small banana, kiwi, orange, peach; 1 cup raspberries/strawberries, ¾ cup blueberries, 15 grapes.

Vegetables: fill it up with 1-2 servings of non-starchy vegetables (meaning, if you want to have potatoes, peas, corn or winter squash, count them as a starch, not vegetables). Examples: ½ cup of cooked or 1 cup raw broccoli, spinach, carrots, beets, green beans, cauliflower, zucchini, bell peppers, mushrooms, lettuce, celery, tomato, cucumber.

Protein/Meat: 1 serving is about 3-4 ounces of fish, lean meat, chicken. Beans, lentils, or tofu count as 1 carb and lean meat choice. Examples: 1 ounce of white turkey or chicken, tuna (canned in water), halibut, shrimp, scallops, salmon, fat-free cheese, pork, beef, egg (limit 3 per week), veggie patties.

Starch/grains: fill up ¼ of the plate. Examples: 1 small potato, 1/3 cup pasta, small bowl of soup or cereal, 1 slice of bread, ½ English muffin, ½ cup of beans or peas or corn. May double the starch/grain serving sizes if you trade the milk or fruit choice for a snack later.

Milk: use a small cup (4 ounce); low-fat and non-fat are best.

Snacks: may or may not be needed based on your hunger level, preventing lows, and weight loss plans. Have a snack before bedtime if your glucose is less than 120.