



## Diabetes “What Should I Eat?”

### *Education Outreach*

- 1. Eat three meals a day.** How often you eat is just as important as what you eat. We use food to fuel the work we do every day. Without this fuel, we cannot function at our best and our blood sugars (and work) suffer. This means eating three times daily approximately three to five hours apart.
- 2. Use your plate to guide you.** Eating a variety of foods is important – whether you have diabetes or not. See the plate diagram on the reverse side of this sheet to help you determine the right amount and types of food to choose at each meal.
- 3. Choose fiber.** Fiber can help in blood sugar control, blood pressure, weight management, improve your cholesterol profile, and help prevent cancer. Fiber is found in whole grains (100% whole wheat bread, brown rice, whole wheat noodles, whole grain cereal), fruits, dried beans, and vegetables.
- 4. Choose low fat dairy.** Dairy products are a good source of calcium and also high in fat, especially saturated fat. Choose nonfat (skim) or 1% milk, low fat yogurt, low fat cream cheese, and low fat sour cream. Limit low fat ice cream and cheese.
- 5. Choose fat carefully.** Saturated fat raises blood cholesterol. It is found in dairy and meat. Choose low fat meats; look for the words “loin” (sirloin, tenderloin) or “round” on labels. Eat less butter, cheese, ice cream, bacon, sausage, and breaded meat. Choose fish, such as salmon or tuna, and unsaturated oils like canola or olive.
- 6. Limit trans fats.** Trans fats are in foods that have “partially hydrogenated oil.” They raise your bad cholesterol and lower your good cholesterol! Limit foods that may have trans fat such as French fries, commercial baked goods such as donuts, pastries, cookies and crackers, shortening, and stick margarine.
- 7. Meet with a registered dietitian.** Registered dietitians are trained professionals who will teach you how foods affect your blood sugar levels, and many other health issues. They will help you learn how your favorite foods can fit into a healthy diet and help you develop a meal plan that is right for you.

