

DIABETES MANAGEMENT

Preprandial Glucose: 90 – 130
Postprandial Glucose: <140 – 180

Bedtime Glucose: 110 – 150
A1c: < 7

DIETARY RECOMMENDATIONS

Healthy eating is the first step in taking care of your diabetes. You can make a difference in your blood sugar control through your food choices.

Your meal plan should help you to:

- have better blood sugar results
- lower or control your blood fats (cholesterol, HDL (good), LDL (bad), and triglycerides)
- lose weight if you need to lose

Carbohydrates are the main type of food that raises blood sugar. Carbohydrates include foods that would be starch (ex: bread, pasta, rice, cereal), fruit, starchy vegetables (ex: peas, lima beans, dried beans, potatoes, baked beans, corn), milk (milk, yogurt), sugars and to a lower extent, other vegetables. Sweets should not be chosen over healthier food choices, but may be included if calorie, carbohydrate, and fat levels have not been exceeded.

Meats and fats have little or no carbohydrates. However, the meats and fats, if eaten in large quantities, can affect your blood fats.

BASIC NUTRITION GUIDELINES FOR DIABETES:

- Eat 3 meals (and snack, if needed), at regular times every day.
- A meal plan helps control blood sugar levels. If your plan is to lose weight, start by smaller portions, not skipping meals.
- Eat about the same amount of food each day. Consistency is very important in controlling blood sugar levels. It helps keep your blood sugar in control and helps the medicine work better.
- Alternate sweeteners may be used in meal planning. The key is to use sweeteners in moderation.
- Eat a variety of foods each day. Look at your plate- is it colorful? The protein should take up $\frac{1}{4}$ of the plate, the starch or starchy vegetables should take up $\frac{1}{4}$ of the plate and the vegetables should cover $\frac{1}{2}$ of the plate. Remember that the recommended intake of fiber is 20 – 35 grams per day. To help reach this fiber goal, strive for the “5-a-day” combination of fruits and vegetables.

- Choose whole wheat/whole grain breads, crackers, pasta and rice. This will add to your fiber intake.
- Eat sweets, salt and fried foods in SMALL amounts. Sweets do contain carbohydrates; however, they can be calculated into the total carbohydrates you are eating.
- Eliminate fruit juices (if you must have juice, no more than ½ cup per day – 4 ounces), regular soda, Gatorade, Kool-Aid, Smoothies, Fruitopia's. USE: Water, sugar free lemonade, sugar free ice tea.
- Exercise has many health benefits! If it is done properly, it may improve glucose control, reduce the risk of heart disease, and promote feeling well. Before beginning any exercise program, discuss it with your doctor. A snack is needed before exercising if the blood glucose level is less than 100 mg/dl with type 1 diabetes. If the exercise will last over 30 minutes, a snack may be needed during and/or immediately afterwards. Persons with type 2 diabetes who take insulin or an oral glucose lowering pill should follow the same guidelines as those with type 1 diabetes. If diabetes is managed without medication, no additional food is needed.