



## Eating Healthy and Diabetes:

You can take good **CARE** of yourself and your diabetes by learning:

- WHAT to eat
- HOW much to eat
- WHEN to eat

Making wise food choices can help you feel good every day, lose weight if you need to, lower your risk of heart disease (*or a stroke*) and other problems caused by diabetes.

## Icons Explained:

Fiber - Increasing fiber intake will help control you appetite, improve your blood sugar and helps with weight loss.

Sodium - Controlling sodium intake helps lower your blood pressure.

Heart Healthy Facts - Foods that help lower cholesterol.

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# Diabetes Education

**CARBOHYDRATE COUNTING** means keeping track of the amount of carbohydrates you eat every day. Carbohydrates are found in breads and starches, dairy products, fruits, vegetables, sugars, and sweets. Carbohydrates become blood sugar (glucose) in your body after you eat. You may **PREVENT** kidney, eye, nerve, or heart problems by keeping your blood sugar within normal range diabetes.



## Carbohydrate Counting

### Carbohydrate Counting Diet:

People with diabetes may eat small amounts of food that contain carbohydrate (*starches*). But, these foods must be included in the carbohydrate amounts allowed for each meal or snack. To control blood sugar, a person with diabetes must eat certain amounts of carbohydrates at the same time each day.

1. One serving of a carbohydrate food contains 12 to 15 grams of carbohydrate. A **Carbohydrate Food** may be a fruit, dairy product, or a bread or starch serving in the amounts listed below.
2. Vegetables contain only 5 grams of carbohydrate per serving. Do not count vegetables as carbohydrates unless you eat more than 2 servings per meal.
3. Meat, meat substitutes, and fats are **NOT** counted as carbohydrates.

### Carbohydrate Intake:

- Your dietitian will explain when and how many carbohydrate servings or grams you can eat during the day. **ASK** your caregiver for a diabetic meal plan to learn more about serving sizes.
- Talk with your caregiver if your blood sugar levels are too low or too high. Make sure your cholesterol and other blood lipids (*fats*) are checked at least once a year. You may need to follow a low fat diet if they are too high.
- **CHECK** with your dietitian before changing the amount of carbohydrate you eat at each meal. Ask your dietitian or caregiver before eating the following foods with added sugar, corn syrup, honey (*molasses*), maple syrup or jams and jellies.
- **READ** the labels of packaged foods to find out how many grams of carbohydrate a serving has in it. Make sure you also eat non-sweetened foods with your meals, if you eat foods or drink liquids that contain sugar.



## TIP: About Fiber

Fiber is part of plant foods that is **NOT** digested. Dried beans such as kidney or pinto beans, fruits, vegetables and grains are all good sources of fiber. The recommendation is to eat 25-30 grams of fiber per day.

People with diabetes need the same amount of fiber as everyone else.

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# Carbohydrate Counting

## Carbohydrates Counting:

The lists on the following pages tell you how much carbohydrate is in each food group. Try to stick to the amount that is on the food list.

**Serving Sizes:** Use the list below to measure foods and serving sizes. A serving size means the size of food after it is cooked or prepared.

- ✓ 1 pint or 2 cups (16 fluid ounces) of liquid is the size of 1-1/3 soda-pop cans.
- ✓ 1½ cup (12 fluid ounces) of liquid is the size of a soda-pop can.
- ✓ 1 cup of food is the size of a large handful, or 8 fluid ounces of liquid.
- ✓ ½ cup of food is about half of a large handful, or 4 fluid ounces of liquid.
- ✓ 2 Tbsp is about the size of a large walnut.
- ✓ 1 Tbsp is about the size of the tip of your thumb (*from last crease*).
- ✓ 1 tsp is about the size of the tip of your little finger (*from last crease*).
- ✓ 3 ounces of cooked meat, fish, or poultry is about the size of a deck of cards.
- ✓ 1 ounce of cooked meat, fish, or poultry is about 1/4 cup.
- ✓ One ounce of hard cheese is about a 1 inch cube.
- ✓ A serving of vegetables is ½ cup (½ handful) cooked, or 1 cup (1 handful) raw.

## Other Concerns:

- **DO NOT** eat too much protein or fat because they can increase your risk of kidney or heart disease.
- Choose high fiber foods to help control your blood sugar. Examples of high fiber foods are fresh fruits and vegetables, whole grain breads, cooked dried beans, and bran cereals.
- Increase your activity level to help control your blood sugar levels. Tell your dietitian about your exercise plan so your diet can be adjusted to keep your blood sugar normal.



# Diabetes Education

## Carbohydrate Counting

### Call Your Caregiver If You Have Questions...

- About the Serving Sizes on this diet.
- About **HOW** to prepare or cook foods on this diet.
- About **HOW** or **WHERE** to buy foods on this diet.
- About your illness, medicine or diet.

### Sample Menu 1200 Calorie Diet:

*A sample of a 1200 calorie diet is shown below:*

#### **Breakfast:** 3 carbohydrate servings, or 42 grams carbohydrate:

- 1 bread or starch, like 3/4 cup bran flakes cereal, 15 carbs
- 1 fruit, like 1 small banana (5 inch) or 1/2 of a 9 inch banana, 15 carbs
- 1 milk, like 1 cup skim or 1% milk, 12 carbs
- 1 meat or meat substitute, like 1/4 cup cottage cheese or 1 poached egg. **DO NOT** eat more than 3 eggs a week.
- 1 fat, like 1 tsp. margarine

#### **Lunch:** 2 1/3 carbohydrate servings, or the following foods can be combined to make a tuna salad, or 37 grams carbohydrate:

- ♥ • 1 ounce meat or meat substitute, like 1/4 cup water-packed drained tuna
- 1 fat, like 1 tsp regular mayonnaise or 2 tsp **LOWFAT** mayonnaise
- 1 vegetable, like 1/2 cup chopped celery with 1 lettuce leaf and 1 slice tomato
- 1 bread or starch, like 1 slice bread, 15 carbs
- 1 fruit, like 1 medium orange (15 x 1.5 carbs), 22 carbs
- 1 free food, like 12 ounces diet soda

#### **Afternoon Snack:** 15 grams carbohydrate:

- 1 bread, like three 2 1/2 inch square graham crackers, 15 carbs

#### **Dinner:** 3 carbohydrate servings, or 47 grams carbohydrate:

- 2 ounces meat or meat substitute, like 2 ounces lean chicken breast
- 1 starch, like 1/3 cup cooked pasta, 15 carbs
- 1 fruit, like 1-1/4 cup melon cubes, 15 carbs
- 1 milk, like 1 cup skim milk, 12 carbs
- 1 vegetable, like 1 cup steamed broccoli, 5 carbs
- 1 fat, like 1 tsp. margarine

#### **Evening Snack:** 1 carbohydrate serving, or 15 grams carbohydrate:

- 1 fruit, like 1/2 cup canned sugar-free fruit, 15 carbs

↑ Icons explained  
more on first page

• 3 Grams Fiber  
♥ Heart Healthy Facts

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# Carbohydrate Counting

## Sample Menu 1600 Calorie Diet:

### Carbohydrate and Combination Foods and Serving Sizes:

**1. Breads and Starches:** Each serving contains 15 grams carbohydrate. Eat **5 SERVINGS** per day from this list. Most people need 5-8 servings per day.

- 1 slice bread (*1 ounce*)
- 1/3 cup cooked pasta or rice
- Green peas
- 1/2 cup cooked rice, dried beans, or dried peas
- 3/4 cup flake cereal
- 1/2 hamburger or hot dog bun, English muffin, or frozen bagel
- 3 cups air-popped popcorn
- 1 small (*3 inch*) potato
- 2 rice cakes
- 6 saltines or three (*2 1/2 inch squares*) graham crackers
- 1/2 cup of any casserole, like tuna or chicken noodle, macaroni and cheese, chili with meat, or spaghetti and meat sauce
- 1 cup bean, tomato, or vegetable soup
- 1/8 of a 10-inch pizza
- 1/2 of a store-bought pot pie, like chicken, turkey, or beef
- One 3 ounce taco

**2. Fruits:** Each serving contains 15 grams carbohydrate. Eat **2 SERVINGS** per day from this list. Most people need 2-4 servings per day.

- 1/2 cup apple, orange, or grapefruit juice
- 1 small (*2 1/2 inch*) apple, peach, or orange
- 1/2 cup applesauce or canned fruit
- 3/4 cup fresh blueberries
- 1/3 cup cranberry juice cocktail, grape juice, or prune juice
- 15 small grapes or 12 large grapes
- 1 kiwi fruit
- 1/2 large pear or fresh grapefruit
- 2 Tbsp raisins or 1/4 cup dried fruit
- 1-1/4 cup fresh strawberries or melon cubes

## Know Your ABC's of Diabetes:

(Reach Your GOALS)

**A** ✓ EVERY 3-6 MONTHS

- **A1c:** Below 7%

**B** ✓ EVERY VISIT

- **Blood Pressure:** Below 130/80mmHg

**C** ✓ ONCE A YEAR

- **Cholesterol:**  
LDL: Below 100mg/dL  
HDL: Above 40mg/dL for Men & Above 50mg/dL for Women

**⊙ Blood Glucose Targets:**

- Fasting, 90-130mg/dL
- 2 Hours after eating, Less Than 180mg/dL



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## Good To Know:

- Fruit, popcorn, bread, biscuits, crackers, cake, yogurt and potato/rice/corn based snacks are **HIGH** carbohydrate foods
- Eating too many carbohydrate snacks may raise blood glucose levels above desirable levels
- Morning and afternoon snacks may not be necessary, **ASK** your dietitian
- Try mini or bite sized bars as a snack rather than full sized bars
- Chips, corn chips, other fried snacks, **REDUCED** cream and sour cream dips, pies and pastries are high in fat and calories

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# Diabetes Education

## Carbohydrate Counting

### Sample Menu 1600 Calorie Diet (cont.):

**3. Dairy:** Each serving contains 12 grams carbohydrate. Eat or drink **2 SERVINGS** per day from this list. Most people need 2-3 servings per day.

- ½ cup sugar-free custard, pudding, or evaporated milk
- 1 cup milk 1% or skim or sugar-free yogurt
- 1/3 cup nonfat milk powder

**4. Vegetables:** Each serving contains 5 grams carbohydrate. Only count a vegetable as carbohydrate if you have more than 2 servings per meal. Eat **3 SERVINGS** per day from this list. Most people need 2-4 servings per day.

- 2 Tbsp tomato sauce
- 1 cup vegetable or tomato juice
- ½ cup cooked vegetables or 1 cup raw vegetables




### Non-Carbohydrate Foods to INCLUDE in Your Diet:

**5. Meat / Meat Substitutes:** The foods on this list do not count as carbohydrates. Eat **5 SERVINGS** per day from this list. Most people need 2-3 servings per day.

- ½ cup cottage cheese
- ½ cup cooked dried beans
- 1 to 2 oz low fat cheese
- 1 large egg (*Limit eggs to 2 or 3 per week.*)
- 2 to 3 oz cooked lean meat, fish, poultry
- 2 Tbsp peanut butter

**6. Fats:** The foods on this list do not count as carbohydrates. Eat **1-2 SERVINGS** per day from this list. Most people need 1-3 servings per day.

- 6 almonds or 10 small peanuts
- 1/8 avocado
- 1 teaspoon canola or olive oil
- 6 small olives
- 2 Tbs. low calorie salad dressing
- 1 Tbsp regular salad dressing
- 1 teaspoon margarine

 **3 Grams Dietary Fiber**  
 **Heart Healthy Fats**  
 **400mg Sodium**





# Carbohydrate Counting

## Did You Know:

- Chocolate (*including 'diabetic' chocolate*) and carob are **HIGH** in fat and calories
- Diabetic sweets may contain sorbitol or fructose, which, if eaten in large amounts, may cause stomach cramps and diarrhea.
- Lollipops, chocolates, roll-ups, dried fruit and muesli bars are all high carbohydrate foods and can **RAISE** blood glucose levels above desirable, especially when eaten as extras

## Popcorn Recipes:

We love popcorn and wish to share some interesting ways to season it without adding calories or fat. You'll need a hot-air popper to make the popcorn (*or you can use a popper that calls for 1 teaspoon of canola oil, that adds a fat exchange*). Using 3 cups unseasoned popped corn, 1 carbohydrate exchange, **you can make these treats:**

- ✓ **Italian Popcorn:** Preheat oven to 300°F (150°C, Gas Mark 2). Spread popcorn on a nonstick cookie sheet and lightly coat with refrigerated butter-flavored cooking spray. Mix together 1 tsp crushed dried Italian herbs, 1/8 tsp cayenne pepper, and 1 teaspoon grated Parmesan cheese. Sprinkle over popcorn and lightly coat again with cooking spray. Toss. Bake for 10 minutes, tossing once. Serve warm.
- ✓ **Mexican Popcorn:** Put the popcorn in a large bowl and lightly coat with refrigerated butter-flavored cooking spray. Combine 1 Tbsp dried Mexican spiced salad dressing mix with 1/4 tsp crushed dried oregano, 1/4 tsp crushed dried thyme, and 1/4 tsp garlic powder. Sprinkle over popcorn. Toss to evenly coat. Lightly coat with additional cooking spray. Toss again and serve.
- ✓ **Spicy and Sweet Popcorn:** Preheat oven to 300°F (150°C, Gas Mark 2). Spread popcorn on a nonstick cookie sheet and lightly coat with refrigerated butter-flavored cooking spray. Combine 2½ Tbsp spoonable sugar substitute, 1/4 tsp ground cinnamon, 1/8 tsp ground nutmeg and 1/4 tsp dried orange peel. Sprinkle over the popcorn and toss. Lightly coat again with cooking spray and toss. Bake for 10 minutes, tossing once. Serve warm.



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# Diabetes Education

## Carbohydrate Counting

### Counting Carbohydrates:

When first diagnosed with diabetes it is **IMPORTANT** to become familiar with the amount of carbohydrate in the foods you eat. Most adults need between 30 to 60 grams of carbohydrates at each meal. Most of those carbohydrates come from complex carbohydrates in the grains and starch food groups such as bread, potatoes, cereals and rice. The other food groups where carbohydrates count are fruit and certain dairy such as milk and yogurt. It is important to note that the “total carbohydrate” includes the dietary fiber, sugars and any sugar alcohols listed below. In other words, the fiber, sugars, etc. are not counted separately.

### nutrition label

#### Nutrition Facts

Serving Size 1 cup (240 gms)  
Servings Per Container About 16

Amount Per Serving	
	% Daily Value
Calories 240	Calories from Fat 54
Total Fat 6g	0%
Saturated Fat 1g	0%
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
Trans Fat 0g	
Cholesterol < 5mg	0%
Sodium 125mg	5%
Total Carbohydrate 25g	4%
Dietary Fiber 9g	40%
Sugars 2g	
Sugar alcohol 4g	0%
Protein 8g	

Vitamin A 10% Vitamin C 4%  
Calcium 30% Iron 5%

A  
B  
C  
D  
E

### Know Your ABC's of Diabetes:

(Reach Your GOALS)

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  - **Blood Pressure:** Below 130/80mmHg
- C** ✓ ONCE A YEAR
  - **Cholesterol:**
    - LDL: Below 100mg/dL
    - HDL: Above 40mg/dL for Men & Above 50mg/dL for Women

- © Blood Glucose Targets:**
  - Fasting, 90-130mg/dL
  - 2 Hours after eating, Less Than 180mg/dL

**In this example (section D)**, a 1 cup serving of cereal contains 25 grams of carbohydrate. You would add this number to any other carbohydrates you might have at that same meal. So if you also have 1 cup of milk, this contains 12 grams of carbohydrate. Your total at that meal so far is 37 grams of carbohydrate. Add to this 1 small 6 inch banana, that has 15 grams of carbohydrate.

**Your total at this meal is:**  
25+12+15 = 52 grams of carbohydrate.



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## Snacks, A Healthy Necessity in a Diabetic Diet:

Here's a list of snacks that can be purchased at most supermarkets calculated to supply **12 to 15** grams of carbohydrate exchange.

### Know Your ABC's of Diabetes:

(Reach Your GOALS)

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# Carbohydrate Counting

Portion	FOOD ITEM	Portion	FOOD ITEM
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**Diabetic-Lifestyle Cooking Tips** features useful ways to cook with more flavor, using less fat, salt and sugar.

1	Small apple	1	Small orange
8	Animal crackers	1	Small peach
4	Medium fresh apricots or 7 dried halves	15	Fat-free potato or tortilla chips
½	of a banana rolled with 2 Tbsp. Grape Nuts cereal	6	<i>Vanilla Wafers (adds 1 fat choice)</i>
1	Cup cubed cantaloupe	¾	Ounce pretzels
12	Bing cherries	2	Tablespoons raisins
2	Chocolate mousse bars ( <i>Weight Watchers</i> )	6	<i>Waverly Wafers (adds 1 fat choice)</i>
½	Cup chow mein noodles	1	Small pear
3	Dried dates	2	Small plums
2	Small dried figs	24	Oyster crackers
2	Sugar-free fudgesicles	6	Saltine crackers
3	Gingersnaps	1	Tangerine
36	Goldfish ( <i>adds 1 fat choice</i> )	2	Rice cakes ( <i>4" diameter</i> )
3	Graham crackers ( <i>2½ inch square</i> )	7	Ritz crackers ( <i>adds 1 fat choice</i> )
½	Low-fat granola bar	3	Dried pitted prunes
15	Grapes	5	Reduced-fat Triscuits
3	Lorna Doones ( <i>adds 1 fat choice</i> )	12	<i>Original Wheat Thins (adds 1 fat choice)</i>
12	Loquats	5	Slices melba toast
1	Small nectarine	1	Cup skim milk
5	Kumquats		
3	Thin sliced Norwegian Kavli flatbread ( <i>2 thick sliced</i> )		
3	Peanut butter sandwich crackers ( <i>adds 1 fat choice</i> )		
16	Mr. Phipps Tater Crisps ( <i>adds 1 fat choice</i> )		
3	Cups popcorn ( <i>popped by hot air, or low-fat microwave</i> )		
2	Stella d'Oro Sesame Breadsticks ( <i>adds 1 fat choice</i> )		
15	Teddy Grahams ( <i>adds 1 fat choice</i> )		
13	Reduced-fat Wheat Thins ( <i>adds ½ fat choice</i> )		
1	Cup nonfat fruit-flavored yogurt ( <i>sweetened with sugar substitute</i> )		
½	Cup of either I Can't Believe It's Yogurt or TCBY frozen yogurt or Baskin Robbins, Sugar-Free Ice Cream		

**3 GRAMS DIETARY FIBER**  
 **400mg SODIUM**





# Diabetes Education

## Carbohydrate Counting

### Southern Cuisine:

**1,600:** 100% RDA met for all nutrients except: Vit E 97%, Magnesium 98%, Iron 78% and Zinc 90%

**1,200:** 100% RDA met for all nutrients except: Vit E 82%, Vit B1 & B2 95%, Vit B3 99%, Vit B6 88%, Magnesium 83% and Iron 56%

#### ✓ Calories 1,653:







Total Carb, % kcals: 53  
 Total Fat, % kcals: 28  
 Sodium, mg\*: 1,231  
 SFA, % kcals+: 8  
 Cholesterol, mg: 172  
 Protein, % kcals: 20

#### ✓ Calories 1,225:

Total Carb, % kcals: 50  
 Total Fat, % kcals: 31  
 Sodium, mg\*: 867  
 SFA, % kcals+: 9  
 Cholesterol, mg: 142  
 Protein, % kcals: 21

\*No salt added in recipe preparation or as seasoning. Consume at least 32 oz. water.  
 +Saturated fatty acid.  
 Limit this type of fat.

### Menu Plan for Southern Cuisine:

	<b>1,600 Calories</b>	<b>1,200 Calories</b>
<b>• Breakfast:</b>		
Oatmeal, prepared with 1% milk 	½ cup	½ cup
Milk 1%, low fat	½ cup	½ cup
English Muffin	1 medium	---
Cream Cheese, light, 18% fat	1 T	---
Orange Juice	¾ cup	½ cup
Coffee	1 cup	1 cup
Milk 1%, low fat	1 oz	1 oz
<b>• Lunch:</b>		
Baked Chicken, without skin	2 oz	2 oz
Vegetable Oil	1 tsp	1/2 tsp
Salad: 		
Lettuce	½ cup	½ cup
Tomato	½ cup	½ cup
Cucumber	½ cup	½ cup
Oil & Vinegar Dressing	2 tsp	1 tsp
White Rice <i>...seasoned with margarine, diet</i>	1/3 cup	1/3 cup
Margarine <i>...seasoned with margarine, diet</i>	½ tsp	½ tsp
Water	1 cup	1 cup
Baking Powder Biscuit, prepared with vegetable oil	1 small	½ small
<b>• Dinner:</b>		
Lean Roast Beef	3 oz	3 oz
Onion	1/4 cup	1/4 cup
Beef Gravy, water-based	1 T	1 T
Turnip Greens, seasoned with 	½ cup	1/cup
margarine, diet	½ tsp	½ tsp
Sweet Potato, baked 	1 small	1 small
Margarine, diet	½ tsp	1/4 tsp
Ground Cinnamon	1 tsp	1 tsp
Brown Sugar	1 tsp	1 tsp
Honeydew Melon 	1/4 medium	1/8 medium
Iced Tea, sweetened with sugar	1 cup	1 cup
Cornbread prepared with margarine, diet	½ medium slice	½ medium slice
<b>• Snacks:</b>		
Saltine Crackers, unsalted tops 	4 crackers	4 crackers
Mozzarella Cheese, part-skin, low-sodium	1 oz	1 oz



## Mexican-American Cuisine:

**1,600:** 100% RDA met for all nutrients except: Vit E 97%, Magnesium 98%, Iron 78% and Zinc 90%

**1,200:** 100% RDA met for all nutrients except: Vit E 82%, Vit B1 & B2 95%, Vit B3 99%, Vit B6 88%, Magnesium 83% and Iron 56%

### ✓ Calories 1,653:

Total Carb, % kcals: 53  
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\*No salt added in recipe preparation or as seasoning. Consume at least 32 oz. water.  
 +Saturated fatty acid. Limit this type of fat.

# Carbohydrate Counting

## Menu Plan for Mexican-American Cuisine:

	1,600 Calories	1,200 Calories
<b>• Breakfast:</b>		
Cantaloupe 	1 cup	½ cup
Farina, prepared with 1% milk, low fat	½ cup	½ cup
White Bread	1 slice	1 slice
Margarine	1 tsp	1 tsp
Jelly	1 tsp	1 tsp
Orange Juice	1½ cup	¾ cup
Milk 1%, low fat	½ cup	½ cup
<b>• Lunch:</b>		
Beef Enchilada	2 tortillas	2 tortillas
Tortilla, corn 	2½ oz	2 oz
Lean Roast Beef	2/3 tsp	2/3 tsp
Vegetable Oil	1 T	1 T
Onion	4 T	4 T
Tomato 	½ cup	½ cup
Lettuce	2 tsp	2 tsp
Chili Peppers	1/4 cup	1/4 cup
Refried Beans, prepared with vegetable oil 	5 sticks	5 sticks
Carrots 	6 sticks	5 sticks
Celery 	½ cup	---
Milk 1%, low fat		
<b>• Dinner:</b>		
Chicken Taco		
Tortilla, corn	1 tortilla	1 tortilla
Chicken Breast, without skin	2 oz	2 oz
Vegetable Oil	2/3 tsp	2/3 tsp
Cheddar Cheese ...low-fat and low-sodium	1 oz	½ oz
Guacamole	2 T	2 T
Salsa	1 T	2 T
Corn, seasoned with margarine	½ cup	½ cup
Banana	1 large	½ large
Coffee	1 cup	1 cup
Milk 1%, low fat	1 oz	1 oz
Spanish Rice without meat	1/3 cup	1/3 cup



 **3 Grams Dietary Fiber**  
 **400mg Sodium**

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