

CHAPTER THREE

EATING HEALTHY WHEN YOU HAVE DIABETES Very Important!!!



What should we do to control blood sugars?

African Americans are becoming more aware of ways to stay healthy. This includes keeping fit, enjoying healthy foods, watching your blood pressure, and taking control of your diabetes. In the past, people with diabetes were taught to avoid sugars. However, now we know that it is the total amount of **ALL carbohydrates (starches, and sugars)** that makes your blood sugar go up. A small amount of sugar should be OK if you eat it in place of other foods high in carbohydrates.

To get and keep blood sugars (blood glucose) balanced, you need to:

- Watch portion sizes of foods high in carbohydrates.
- Try to eat the same amounts of carbohydrates as you did the day before.
- Eat meals at about the same time every day.

- **Do Not Skip Meals** (this could cause more hunger at the next meal and/or blood sugar levels to drop to dangerously low levels). Low blood sugar levels can be as dangerous as high blood sugar levels.
- Eat a number of different foods in your diet for good nutrition.

Also, watch how much fat is in your food. Too much fat in your food can lead to weight gain and clogged arteries. These are real problems for people with diabetes. They can both lead to a heart attack or a stroke.



Everyone with diabetes needs to see a registered dietitian to get a meal plan. This meal plan will be geared towards your type of diabetes as well as the type(s) of medication you take.

Your meal plan should also address any other health concerns you might have (like extra weight, high cholesterol levels, and high blood pressure).

HOW MUCH SHOULD I EAT?

How much carbohydrate you eat depends on how many calories you need, and what is your diabetes treatment plan. Your dietitian will help you make the meal plan that is right for you.

Did your health care team ever make suggestions on what you should eat or not eat? Write down what they were.

What foods high in carbohydrates do you eat often?

Do you see any areas where you could improve? Please write them down.

HIGH CARBOHYDRATE FOODS

Baked beans - 1/3 cup

Bread - whole wheat or white - 1 slice

Buns, bagel, english muffin - 1/2 piece

Cereals - 3/4 cup dry unsweetened / 1/2 cup dry
sweetened/ 1/2 cup hot cereal or grits (cooked)

Corn - 1/2 cup

Cornbread (made low fat) - 2 inch square

Crackers - cheese with peanut butter filling - 3 crackers
graham - 3 squares / low fat round type - 5 / low salt
saltines - 6

Dried beans, peas, lentils (cooked) - 1/2 cup

Fruit - raw - 1 small piece or 1/2 of a large piece

dried - 1/4 cup /juices - 1/2 cup / berries/melon - 1 cup

Lima beans, butter beans, black-eyed peas - 1/2 cup

Milk - (2%, 1%, or skim) - 1 cup Muffin - 1 small

Noodles, spaghetti, pasta (cooked) - 1/2 cup

Pancakes, waffles - 1 (about 4 inches wide, 1/2 inch thick)

Popcorn (low fat) - 3 cups

Potatoes and sweet potatoes - 1/2 cup

Rice - 1/2 cup (cooked)

Snacks - cookies - 1 small / gelatin regular (Jello) - 1/2 cup

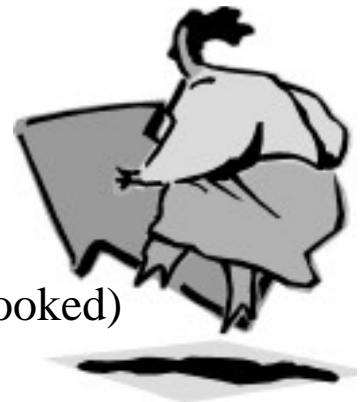
frozen yogurt or low fat ice cream - 1/2 cup /sherbet 1/4 cup

Soups - broth based - 1 cup / low fat cream or bean soup - 1/2 cup

Spaghetti sauce - 1/2 cup

Syrup - regular - 1 Tbsp. / lite - 2 Tbsp. / sugar free - 4 Tbsp.

Yogurt (plain or artificially sweetened) - 1 cup



LOW CARBOHYDRATE FOODS



Low Fat / High Protein Food

Eat smaller portions of any meats, fish, poultry, cheese, or eggs.

Either bake, broil, roast, stew, microwave, pan fry with cooking spray, or boil.

Save frying for special occasions.

Chicken or turkey (no skin)

Egg whites or egg substitutes (have no more than 3 egg yolks a week)

Fish - like cod, flounder, trout, salmon, catfish, etc.

Game meats like venison, buffalo, ostrich, rabbit

Ham

Lamb roast, chops, leg

Lean fresh pork (tenderloin and center cut loin chops)

Lean beef (flank steak, tenderloin, eye of round, stew beef)

Low fat cottage cheese

Low fat lunch meats (4 grams of fat or less per ounce)

Sardines (canned) - eat only 4-6 at a time

Shellfish- like clams, crab, lobster, shrimp, imitation shellfish

Tuna (water packed), salmon, mackerel (canned)

Veal chops (lean) and roasts



High Saturated Fat Foods

Small amounts of fat in your diet are OK. But most of us eat WAY too much fat. This can lead to being overweight. That can increase your need for insulin or diabetes pills. The following is a list of popular foods that are not good choices:

*Bacon	Cream	Lard	*(Potato chips)
*Bologna	Cream cheese	Liver	*Rib
Butter	Egg yolks	*Lunch meat	*Salami
Cheese	*Ham hocks	*Pig's feet	*Salt pork
Chitterlings	*Hot dogs	*Polish boys	*Sausage shortening
(Chocolate)	(Ice cream)	*Pork rind	*Souse meat
*Corned beef	Kidney	*Pork trimmings	(Whole milk)

These foods could raise your blood cholesterol level. Eat these as little as possible. The high sodium or salt foods (foods with an *) can cause some people's blood pressure to go up. Both high cholesterol and high blood pressure increase risk for heart disease, which is more common in people with diabetes. (Foods in brackets () are also high in carbohydrates.)

High Sodium (Salt) Foods

(Avoid these if you have high blood pressure)

Accent	Broth or bouillon	Fast foods	Lemon pepper
Pickles	Prepared mustard	Seasoning salt	Tabasco sauce
Soy sauce, regular or light		Worcestershire sauce	

Free Foods

There are some foods you can add to your diet that won't make your blood sugar go up. These foods can be used as much as you want. Here is a list of some of those:

Broth or bouillon, low sodium
Club soda
Coffee and tea
Diet soda pop
Drink mixes, sugar free
Gelatin desserts, sugar free
Gum, sugar free
Herbs, fresh and dried
Horseradish

Lemon and lime juices
Mineral water
Non-stick cooking spray
Seasoning and flavoring extracts
Spices
Sugar substitutes
Tonic water, sugar free
Vinegar
Water



Low Carbohydrate Vegetables

The following vegetables are low in carbohydrates and can be eaten as much as you want. But be careful not to use too much salad dressing on a salad or too much margarine, cream sauce, or fat of any type on vegetables.

Artichoke	Cabbage	Kohlrabi	Salad greens
Artichoke hearts	Carrots	Leeks	Sauerkraut
Asparagus	Cauliflower	Mushrooms	Spinach
Beans	Celery	Okra	Tomatoes
Bean sprouts	Cucumber	Onions	Turnips
Beets	Eggplant	Pea pods	Zucchini
Broccoli	Green onions	Peppers	
Brussel sprouts	Greens	Radishes	

TIPS

- Measure the correct amount of servings with a measuring tool. You may use a measuring cup, a bowl or a plate. Every time you eat the same foods, like macaroni and cheese, use the same type of bowl or plate and fill it to the same level.
- Eat at least 3 meals each day. Eat at regular times each day and do not skip meals.
- Eat and drink the same amount of carbohydrates at each meal.
- If you get hungry between meals, eat vegetables or “free” foods.
- Cut the extra fat off meats and toss it out.
- Take the skin off chicken and toss it out.
- Use less fat to cook vegetables.
- Pour the fat from the pan before you make gravy and toss it out.
- Use less fat and more spices such as garlic, onion, celery, bell peppers or lemon juice.
- Eat bread with less butter or margarine.
- Use less mayonnaise or Miracle Whip on sandwiches.



FOOD LABELS



How about food labels?

What do I look for on a label?

Don't be confused by the extra information on food labels. Use labels to help you find foods that fit your nutritional needs. Here's how:

- Check out the serving size. All of the information is based upon this size.
- Check out the total fat content. This tells you whether the food will fit into a lower fat meal plan or not.
- Check the total carbohydrate content. This lets you know if this food will increase your blood sugar very much. **DO NOT** look at how much sugar is in food. It is not the sugar but the total carbohydrates in a food that causes blood sugars to go up.
- Do not bother to look at percents. These are based on a 2,000 calorie diet that may not be right for you. Stick with the numbers only.

There is an example of a food chart on the next page.

Nutrition Facts - Corn Flakes		% DV
Serving Size	3/4 Cup	
Calories	80	
Fat calories	0	
Total Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	230 mg	10%
Total Carbohydrate	18 g	6%
Fiber	1 g	4%
Sugars	2 g	
Protein	1 g	
Percent Daily Value (DV) are based on a 2,000 calorie diet		