

INFORMATION FOR PEOPLE WITH DIABETES

EAT THIS, NOT THAT

Food is an important factor in controlling diabetes. Since blood sugar is mostly affected by what you eat, you will help regulate your blood sugar by:

- eating around the same amount each day from a variety of healthy foods
- eating at around the same times each day
- taking your medication at the same times each day (if you take medication)
- exercising at the same times each day

This will also help you maintain a healthy weight, which helps with insulin sensitivity, and will help you get the most benefit from the least amount of medication.

Eat This	Not That
<p>Eat 3 regular meals a day</p> <p>Eating breakfast, a noon meal, and an evening meal helps ensure you don't eat too much – or too little – throughout your day</p>	<p>Don't skip meals or eat at irregular times. This can cause unhealthy highs or lows in blood sugar levels.</p>
<p>Eat small meals spaced across the day</p>	<p>Don't eat 1 or 2 big meals</p>
<p>Choose your daily foods from a balance of whole grain starches, vegetables, fruits, and protein</p>	<p>Don't be attracted to faddish diets from month to month</p>

Use the Plate Method



Breakfast: 1/3 fruit, 1/3 starchy fiber foods, and 1/3 protein



Lunch and dinner: 1/2 vegetables, 1/4 starchy fiber foods, and 1/4 protein



Fruits, vegetables, and grains are high in fiber, also called roughage, which helps in the management of diabetes. Fiber delays glucose absorption from the small intestine, helping to prevent the spike in blood glucose levels that follow a meal or snack. More and more emphasis is put on eating a wide variety of foods, especially fruits and vegetables. Fill your plate based on the recommended foods below:

Fruits

Eat This	Limit That
<p>Apples, bananas, berries, grapefruit, grapes, kiwi, melon, oranges, peaches, pears</p>	<p>Pineapple, watermelon, dried fruit</p>

Starchy fiber

Recommended starchy fiber includes multigrain bread and cereal products. Starches made from white flour are empty calories because they have been stripped of their fiber and nutrients.

Eat This	Limit That
<p>Whole grain breads, oatmeal (slow-cooked oats), brown rice, bran and whole grain cereals, pasta, legumes (beans, peas, lentils), corn, bulgur, millet, barley, rye, sweet potato</p>	<p>White bread, white potatoes, mashed potatoes, refined cereals such as corn flakes and Rice Krispies, waffles/pancakes, bagels, pretzels, chips, french fries, cookies and crackers</p>

Non-starchy vegetables

You can eat basically as many non-starchy vegetables as you wish. Green leafy vegetables are great – as long as you don't use salad dressing! Instead, try seasoning your salad with lemon juice and herbs such as oregano.

Eat This	Limit That
Green leafy vegetables, artichokes, beets, broccoli, cabbage, carrots, cauliflower, collard greens, cucumbers, eggplant, kale, lettuce, onion, peas, peppers, pumpkin, radishes, spinach, tomatoes, zucchini	Acorn squash, butternut squash, potatoes

Interestingly, even though root vegetables such as beets and carrots contain sugar, they have been shown to be helpful in the diet of people with diabetes. For example, beets contain anthocyanins, which in Type 2 diabetes have been suggested to help reverse metabolic issues by reducing inflammation and increasing antioxidant activity. The point is, you shouldn't omit foods to reduce carbs to the point where you exclude the benefits that many of these colorful veggies provide.

It all goes back to diversity in the diet. Eating a wide range of nutritious foods is important for good health.

Proteins

For most people with diabetes, the amount of protein you need is the same as for people without diabetes. The National Institutes of Medicine recommends that protein should typically provide 10-35% of total calories. For most people, this amounts to 6 to 8 ounces of lean meat, poultry, or fish daily.

Think of a portion of protein as the size of the palm of your hand. Aim for including roughly two of these in your diet daily. Get what you need from low-fat protein sources like lean meats, poultry and fish, low-fat or nonfat dairy products, and vegetarian protein sources like tofu. With meats and poultry, be sure to trim fats and remove skin.

The way you cook your protein is also important. Avoid frying. Instead, opt for low-fat methods such as baking, broiling, and roasting.

People with kidney problems should limit their protein intake and should consult with a registered dietician for guidance.

Eat This	Limit That
Chicken, turkey, lean beef and pork (cuts such as "loin" and "round"), nuts, eggs, tofu, beans, lentils, low-fat dairy products	Fatty meats like bacon, sausage, ribs, and hot dogs, pork rinds, fatty red meat, high-fat dairy products such as hard cheeses

Fats

Fat is a problem for people with diabetes. The more fat there is in the diet, the harder time insulin has in getting glucose into the cells. Minimizing fat intake and reducing body fat help insulin do its job much better.

Avoid saturated fats, trans fats, and hydrogenated and partially hydrogenated vegetable oils, which are associated with coronary heart disease.

When eating fats, it's preferable to choose polyunsaturated and monounsaturated fats found in vegetable oils that are liquid at room temperature. Another "good" fat is Omega-3 fatty acids, found in salmon, herring, and mackerel.

However, take care! Even these "good" fats are high in calories, and most will raise your triglyceride levels. **You have to limit how much you eat – even if considered "good" fats.** The National Academy of Medicine's guideline is that 20 to 35 percent of total calories should come from fat – but that's a very small serving size because of fat's high caloric value.

Eat This	Limit That
Olive oil, soybean oil, sesame oil, sunflower oil, nuts (watch the salt)	Lard, suet, butter, margarine, shortening, chicken skin, fast foods, processed foods, coconut and palm oils, ice cream, french fries, chips

Sources:

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