

## Nutrition Recommendations for People with Diabetes

### Learn about Carbohydrates

- ◆ When you have diabetes it is important to know which foods contain carbohydrates:
  - Sugars (e.g. table sugar, honey, syrup, corn syrup) are pure carbohydrates
  - Fruit juice and fruit are primarily carbohydrate
  - Starches (e.g. bread, cereal, rice, pasta, tortillas, beans) are high in carbohydrates
  - Milk, yogurt and ice cream contain carbohydrates or "milk sugars"
  - Some vegetables (like white potatoes, yams, corn, peas) have a high carbohydrate content while others (like broccoli and green beans) are low in carbohydrates
- ◆ During digestion **all** carbohydrates (except for fiber) break down into sugars
- ◆ **Because carbohydrates cause blood sugar levels to rise, carbohydrate intake usually needs to be reduced and spread evenly throughout the day**

### Do's:

1. Do combine carbohydrate, protein and unsaturated fat for "balanced" meals and snacks
2. Do choose high fiber, unrefined carbohydrates (e.g. whole wheat bread)
3. Do eat a heart-healthy diet low in saturated fat, trans fat and cholesterol
4. Do test your blood sugar as recommended by your health care provider
5. Do keep a food record if blood sugar levels become elevated
6. Do take medications as directed by your medical team
7. Do exercise daily (ideally for 30 minutes or more) to improve blood sugar control
8. Do maintain -- or work toward -- a healthy weight

### Don'ts:

1. Don't skip meals
2. Don't drink fruit juice, regular sodas or other sweetened beverages on a regular basis
3. Don't regularly eat concentrated sources of sugar (candy, cookies, cakes, ice cream) unless you decrease other carbohydrates
4. Don't eat too much carbohydrate at one meal or snack; follow the recommendations of your dietitian or diabetes educator

### Blood Sugar Goals:

	Acceptable	Ideal
Fasting	70 - 120	70 - 100
1 hour after a meal	140-180	less than 160
2 hours after a meal	less than 150	120-140
3 hours after a meal	90-130	80-120
Before a meal	70-130	70-120
Hemoglobin A1c (HbA1c)	less than 7%	4% to 6%