

I Have Diabetes, What Can I eat?

One of the biggest concerns people newly diagnosed with diabetes have is “**What can I eat?**” People with Diabetes can eat almost anything. The trick is to choose wisely. Use these simple tips and advice to eat healthily with diabetes and form a meal plan that will work for you.

1. Eat the Right Amount of Calories ~ Portion control

Calorie needs depend on many factors. Eat more than you need and you gain weight; eat less (or burn more) than you need and you lose weight. Talk with your healthcare provider about the right amount of calories for you. Portion control is a good way to start.

2. Choose Your Calories Wisely

Some foods have more calories in smaller portions than others. For example: a large apple and a small snack size bag of chips may both have the same amount of calories. However, only the apple provides the vitamins and nutrients your body needs and will satisfy your hunger.

3. Follow a Balanced Diet

Remember to use “**The Plate Method**” to help when you serve your meals. Fill half the plate with non-starchy vegetables and the other half with proteins and starches evenly.

4. Learn to Identify Carbohydrates

Carbohydrates have the greatest impact on your blood glucose. Carbs can be found in most foods, some more than others. More can be found in grains (bread, pasta, rice), starchy vegetables (potatoes, corn, peas), beans, legumes, fruit, dairy products, sweets, and sugary foods. Try limiting the amount of carbs you take in at each meal. **Aim for 2-4 servings per meal.**

5. Eat the Right Amount of Carbs

As with the number of calories you need, the amount of carbohydrates you need depends on gender, weight, age, activity level, weight goals, and cholesterol levels. Try to **aim for 30-60 grams of carbs per meal.**

Invest in your health by choosing:

More	Less
<ul style="list-style-type: none">○ Whole grains○ Vegetables○ Fruit○ Low-fat milk and yogurt○ Lean chicken, fish, and beans○ Canola oil and olive oil	<ul style="list-style-type: none">○ Refined sugars and flour○ French fries○ Sweetened drinks○ High-fat ice cream and cheese○ Fried chicken and fast food○ Butter, margarine, shortening, lard○ Sweets, alcohol, and salty foods

The American Diabetes Association recommends:

- That you eat a combination of carbohydrates (fruit, grains and starchy vegetables) in each meal. Remember each serving is 15 grams of carbohydrates. Aim for 2-4 servings of carbohydrates per meal or 30-60 grams of carbohydrates per meal.
- **Grains, beans, and starchy vegetables (such as potatoes):** 6 or more servings per day. Each serving equals **15 grams of Carbohydrates (Carbs)**



Food	Serving Size	Food	Serving Size
Corn Tortilla 6 inches	1	English Muffin	½ muffin
Flour Tortilla 10 inches	⅓ tortilla	Oatmeal (cooked)	½ cup
Sliced Bread	1 slice	Grits	½ cup
Peas or Lentils	½ cup	Rice	⅓ cup
Cornbread less than 2 in	1	Pasta	⅓ cup
Potato or Yam	½ cup	Corn	½ cup
Pop Corn	3 cups	Beans	½ cup

- **Fruit:** 2–4 servings per day. Each serving equals **15 grams of Carbohydrates (Carbs)**



Food	Serving Size	Food	Serving Size
Apple	1 small	Grapes	17 small
Banana	½ large	Mango	½ cup
Cherries	12	Strawberries	1 ¼ cup
Blueberries	¾ cup	Pineapple	½ cup canned ¾ cup fresh
Dried Fruit	2 tablespoons	Orange	1 small
Peaches	½ cup canned 1 small	Plum	2 small
Nectarine	1 small	Prunes	3
Cantaloupe (cubed)	1 cup	Watermelon (cubes)	1 ¾ cups

- **Non-Starchy Vegetables:** 3–5 servings per day
- **Meat, fish, and cheese:** 2–3 servings per day
- **Milk and yogurt:** 2–3 servings per day
- **Fats, sweets, and alcohol:** Small amounts