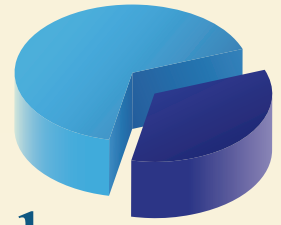




Diabetes Education

The type and amount of food you eat determine how **HIGH** and **FAST** your blood sugar level goes up. Carbohydrate in food affects your blood glucose the most. To help you work out when and where changes are needed, you will sometimes need to keep **RECORDS** of the foods you eat.



Carbohydrate Tables

Sugar-Free vs. Carbohydrate-Free:

Sugar-free **DOES NOT** mean carbohydrate-free. Compare the total carbohydrate content of a sugar-free food with that of the standard product.

If there is a big difference in carbohydrate content between the two foods, you may want to buy the sugar-free food.

If there is little difference in the total grams of carbohydrate between the two foods, choose the one you want based on price and taste. Make sure to **READ** the label carefully to make the best choice.






Carbohydrate Choice Tables:

(One carbohydrate choice equals 15 grams carbohydrate, 3 grams protein, 0-1 grams fat, and 80 calories.)

DESCRIPTION	AMOUNT
Bread: (15 grams carbohydrate, 3 grams protein, 0-1 gram fat, 80 calories)	
Bagel	1/4
Bread, reduced calorie	2 slices (1.5 oz)
Bread, white, whole-wheat, pumpernickel, rye	1 slice (1 oz)
Bread sticks, crisp, 4" long by 1/2"	2 (2/3 oz)
English muffin	1/2
Hot dog or hamburger bun	1/2 (1 oz)
Pita 6" across	1/2
Roll, plain, small	1 (1 oz)
Raisin bread, unfrosted	1 slice (1 oz)
Tortilla, corn, 6" across	1
Tortilla, flour, 7-8" across	1
Waffle, 4.5" square, reduced-fat	1

Starchy Vegetables:

(15 grams carbohydrate, 3 grams protein, 0-1 gram fat, 80 calories)

Baked beans 	1/3 cup
Corn	1/2 cup
Corn on the cob, medium	1 (5 oz)
Mixed vegetables with corn, peas 	1/2 cup
Peas, green 	1/2 cup
Plantain	1/2 cup
Potato, baked or boiled	1 small (3 oz)
Potato, mashed	1/2 cup
Squash, winter (acorn, butternut) 	1 cup
Yam, sweet potato, plain 	1/2 cup

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↓ Icons explained
more on last page

 3 Grams Dietary Fiber
* Heart Healthy Fats
 400mg Sodium



Follow Your Diabetes Meal Plan:

Use your diabetes meal plan. By using your meal plan and moving more you can help yourself stay at a healthy weight. If you do not have a meal plan, **ASK** your health care team about one.

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

Carbohydrate Tables

Carbohydrate Choice Tables (cont.):

DESCRIPTION	AMOUNT
-------------	--------

Dried Beans, Peas and Lentils:

(Count as 1 carbohydrate exchange, Plus 1 very lean meat)

Beans and Peas *	½ cup
(garbanzo, pinto, kidney, white, split, black-eyed)	
Lima beans	2/3 cup
Lentils *	½ cup
Misa*	3 Tbsp

Cereals and Grains:

(15 grams carbohydrate, 3 grams protein, 0-1 gram fat, 80 calories)

Bran cereals	½ cup
Bulgur	½ cup
Cereals	½ cup
Cereals, unsweetened, ready-to-eat	¾ cup
Cornmeal (dry)	3 Tbsp
Couscous	⅓ cup
Flour (dry)	3 Tbsp
Granola, low-fat	¼ cup
Grape-nuts	¼ cup
Grits	½ cup
Kasha	½ cup
Millet	¼ cup
Muesli	¼ cup
Oats *	½ cup
Pasta	1/3 cup
Puffed cereal	3/2 cup
Rice milk	½ cup
Rice, white or brown	⅓ cup
Shredded Wheat	½ cup
Sugar-frosted cereal	½ cup
Wheat germ	3 Tbsp

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Diabetes Education

Carbohydrate Tables

Free Food:

A **FREE FOOD** is one with less than 20 calories and 5 grams carbohydrate per serving. *Examples* include diet soft drinks, sugar-free gelatin dessert, sugar-free ice pops, sugarless gum, and sugar-free syrup.

Know Your ABC's of Diabetes:

(reach Your GOALS)

A ✓ EVERY 3-6 MONTHS

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⊙ Blood Glucose Targets:

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

Carbohydrate Choice Tables (cont.):

DESCRIPTION	AMOUNT
Crackers and Snacks: (15 grams carbohydrate, 3 grams protein, 0-1 gram fat, 80 calories)	
Animal crackers	8
Graham crackers, 2-1/2 inch square	3
Matzoh	3/4 oz
Melba toast	4 slices
Oyster crackers	24
Popcorn (popped, no fat added or low-fat microwave)	3 cups
Pretzels 	3/4 oz
Rice cakes, 4 inches across	2
Saltine-type crackers 	6
Snack chips, fat free (tortilla, potato) 	15-20 (3/4 oz)
Whole-wheat crackers, no fat added	2-5 (3/4 oz)
Starchy Food Prepared with Fat: (Count as 1 carbohydrate exchange, Plus 1 fat exchange)	
Biscuit, 2.5 inches across	1
Chow mein noodles	1/2 cup
Corn bread, 2 inch cube	1 (2 oz)
Crackers, round butter type	6
Croutons	1 cup
French-fried potatoes	16-25 (3 oz)
Granola	1/4 cup
Muffin, small	1 (1 1/2 oz)
Pancake, 4 inches across	2
Popcorn, microwave 	3 cups
Sandwich crackers, cheese or peanut butter filling	3
Taco shell, 6 inches across 	2
Waffle, 4.5 inch square	1
Whole-wheat crackers, fat added	4-6 (1 oz)

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No Sugar Can Still Mean Carbohydrates:

“No Sugar Added” foods do not have any form of sugar added during processing or packaging, and **DO NOT** do not contain high-sugar ingredients. BUT remember, they may still be high in carbohydrate, so you have to check the label.

Carbohydrate Tables

Carbohydrate Choice Tables (cont.):

FOOD (Starch Group)	UNCOOKED	COOKED
---------------------	----------	--------

Cooked vs. Uncooked Starches Table:

(Some food you buy uncooked will weigh less after you cook it. Starches often swell in cooking, so a small amount of uncooked starch will become a much larger amount of cooked food. The following table shows some of the changes.)

Oatmeal *	3 Tbsp	½ cup
Cream of Wheat	2 Tbsp	½ cup
Grits	3 Tbsp	½ cup
Rice	2 Tbsp	⅓ cup
Spaghetti	2 Tbsp	⅓ cup
Noodles	2 Tbsp	⅓ cup
Macaroni	2 Tbsp	⅓ cup
Dried beans *	1/4 cup	½ cup
Dried peas *	1/4 cup	½ cup
Lentils *	3 Tbsp	½ cup

DESCRIPTION	SERVING SIZE	EXCHANGES
-------------	--------------	-----------

Other Carbohydrates:

Angel food cake, unfrosted	1/12 cake	2 carbohydrates
Cake, unfrosted	2 inch square	1 carbohydrate, 1 fat
Cake, frosted	2 inch square	1 carbohydrate, 1 fat
Cookie, fat-free	2 inch square	2 carbohydrates, 1 fat
Cookie or sandwich cookie with creme filling	2 small	1 carbohydrate
Cupcake, frosted	2 small	1 carbohydrate, 1 fat
Cranberry sauce, jellied	1 small	2 carbohydrates, 1 fat
Doughnut, plain cake	1/4 cup	1.5 carbohydrates, 2 fats
Doughnut, glazed	1 medium (1.5 oz)	2 carbohydrates, 2 fats
Fruit juice bars, frozen, 100% juice	3.75" across (2 oz)	1 carbohydrate

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Diabetes Education


Carbohydrate Tables

Read Your Labels Carefully

Fat-free foods can be **HIGHER** in carbohydrate and contain almost the same calories as the foods they replace.

One good *EXAMPLE* of this are fat-free cookies. Fat-free foods are not necessarily a better choice than the standard product, so read your labels **CAREFULLY**.

Carbohydrate Choice Tables (cont.):

DESCRIPTION	SERVING SIZE	EXCHANGES
Other Carbohydrates:		
Fruit snacks, chewy	1 roll (3/4 oz)	1 carbohydrate
Fruit spreads, 100% fruit	1 Tbsp	1 carbohydrate
Gelatin, regular	½ cup	1 carbohydrate
Gingersnaps	3	1 carbohydrate
Granola bar	1 bar	1 carbohydrate, 1 fat
Granola bar, fat-free	1 bar	2 carbohydrates
Hummus 	1/3 cup	1 carbohydrate, 1 fat
Ice cream	½ cup	1 carbohydrate, 2 fats
Ice cream, light	½ cup	1 carbohydrate, 1 fat
Ice cream, fat-free, no sugar added	½ cup	1 carbohydrate
Jam or jelly, regular	1 Tbsp	1 carbohydrate
Milk, chocolate whole	1 cup	2 carbohydrates, 1 fat
Pie, fruit, 2 crusts	1/6 pie	3 carbohydrates, 2 fats
Pie, pumpkin or custard	1/8 pie	1 carbohydrate, 2 fats
Potato chips 	12-18 (1 oz)	1 carbohydrate, 2 fats
Pudding, regular (with low-fat milk)	½ cup	2 carbohydrates
Pudding, sugar-free (made with low-fat milk)	1/2 cup	1 carbohydrate
Salad dressing, fat-free	1/4 cup	1 carbohydrate
Sherbet, sorbet	½ cup	2 carbohydrates
Spaghetti or pasta sauce, canned	½ cup	1 carbohydrate, 1 fat
Sweet roll, or Danish	1 (2.5 oz)	2.5 carbohydrate, 2 fats
Syrup, light	2 Tbsp	1 carbohydrate
Syrup, regular	1 Tbsp	1 carbohydrate
Syrup, regular	1/4 cup	4 carbohydrates
Tortilla chips 	6-12 (1 oz)	1 carbohydrate, 2 fats
Yogurt, frozen, low-fat, fat-free	½ cup	1 carbohydrate, 0-1 fat
Yogurt, frozen, fat-free, no sugar added	½ cup	1 carbohydrate
Yogurt, low-fat, with fruit	1 cup	3 carbohydrates, 0-1 fat
Vanilla wafers	5	1 carbohydrate, 1 fat

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Carbohydrate Tables

Carbohydrate Choice Tables (cont.):

DESCRIPTION	AMOUNT	DESCRIPTION	AMOUNT
Fruits: (15 grams carbohydrate, 60 calories)			
Apple, unpeeled, small 🌾	1 (4 oz)	Figs, dried	1½
Pear, large, fresh 🌾	½ (4 oz)	Applesauce, unsweetened	½ cup
Fruit cocktail	½ cup	Pears, canned	½ cup
Apples, dried	4 rings	Grapefruit, large 🌾	½ (11 oz)
Pineapple, canned	½ cup	Apricots, canned	½ cup
Grapefruit sections, canned	¾ cup	Pineapple, fresh	¾ cup
Apricots, dried	8 halves	Grapes, small	17 (3 oz)
Plums, canned	½ cup	Apricots, fresh	4 whole
Honeydew melon	10 oz	Plums, small	2 (5 oz)
Banana, small	1 (4 oz)	Kiwi	1 (3.5 oz)
Prunes, dried	3	Blackberries 🌾	¾ cup
Mandarin oranges, canned	¾ cup	Raisins	2 Tbsp
Blueberries 🌾	¾ cup	Mango, small	½ fruit or ½ cup
Raspberries 🌾	1 cup	Cantaloupe, small	⅓ melon
Nectarine, small	1 (5 oz)	Strawberries 🌾	1.25 cup whole berries
Cherries, sweet, canned	½ cup	Orange, small 🌾	1 (6.5 oz)
Tangerines, small	2 (8 oz)	Cherries, sweet, fresh	12 (3 oz)
Papaya	1 cup cubes (8 oz)	Watermelon	1.25 (13.5 oz)
Dates	3	Peach, medium, fresh 🌾	1 (6 oz)
Figs, fresh 🌾	2 medium	Peaches, canned	½ cup

🌾 3 Grams Dietary Fiber
* Heart Healthy Fats

What is The Plate Method?

One method for planning meals is the Plate Method which requires no measuring. Use the plate method to improve understanding and encourage portion control when eating your meals.

Healthy Fats:

Certain fats can help lower your cholesterol. Nutrition professionals recommend eating more foods that contain DHA and monounsaturated fatty acids. DHA content is **HIGH** in certain fish **ucno qp."vwpc."y jkvg"Lu j." etc)* and walnuts, pecans, ground flaxseed and canola oil.

Foods **HIGH** in monounsaturated fat are found on the next page.

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Diabetes Education











Carbohydrate Tables

Counting the Calories and Reading the Label

If you are trying to **LOSE** or **MAINTAIN** your weight, the number of calories you eat counts. To lose weight you need to eat fewer calories than your body burns. You can use the labels to compare similar products and determine which contains fewer calories.

To find out how many calories you need each day, **TALK** with your dietitian or certified diabetes educator.

Carbohydrate Choice Tables (cont.):

DESCRIPTION	AMOUNT		
Skim and Very Low-fat Milk: (12 grams carbohydrate, 8 grams protein, 0-3 grams fat, 90 calories)			
Skim Milk	1 cup		
1/2% Milk	1 cup		
1% Milk	1 cup		
Nonfat or low-fat buttermilk	1 cup		
Evapoated skim milk	½ cup		
Nonfat dry milk	⅓ cup, dry		
Plain nonfat yogurt	¾ cup		
Nonfat or low-fat fruit flavored yogurt sweetened with aspartame or a nonnutritive sweetener	1 cup		
Low-Fat Milk: (12 grams carbohydrate, 8 grams protein, 5 grams fat, 120 calories)			
2% Milk	1 cup		
Plain low-fat yogurt	¾ cup		
Sweet acidophilus milk	1 cup		
Whole Milk: (12 grams carbohydrate, 8 grams protein, 8 grams fat, 150 calories)			
Whole milk	1 cup		
Evaporated whole milk	½ cup		
Goat's milk	1 cup		
Kefir	1 cup		
Vegetables: (5 grams carbohydrate, 2 grams protein, 0 grams fat, 25 calories)			
Artichoke	Cauliflower 	Mushrooms	Summer squash 
Artichoke hearts	Celery 	Mustard 	Tomato 
Asparagus 	Collard 	Okra	Tomatoes, canned
Beans (green, wax, Italian)	Cucumber	Onions 	Tomato sauce
Bean sprouts	Eggplant	Pea pods 	Tomato/vegetable juice 

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 3 Grams Dietary Fiber
 400mg Sodium



Carbohydrate Tables

How Often Should You Exercise?

Exercise, in combination with a healthy diet, is one of the best things you can do to take care of yourself if you have diabetes. Try to exercise at the same time every day for the same duration. You should exercise for at *LEAST* 30 minutes working your way up to 45 minutes.

Checking for Portion Sizes:











This is where the food label can come in handy. For portion size on items like canned soup, yogurt, snack foods, sauces, etc., you can discover what is considered one serving by checking the top of the food label.

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Carbohydrate Choice Tables (cont.):

Vegetables (cont.):

(5 grams carbohydrate, 2 grams protein, 0 grams fat, 25 calories)

Beets	Green onions	Peppers 	Turnips 
Broccoli 	Kale 	Radishes	Water chestnuts
Brussels sprouts 	Kohlrabi	Salad greens 	Watercress
Cabbage 	Leeks	Sauerkraut	Zucchini 
Carrots 	Mixed vegetables (without corn, peas, or pasta)	Spinach 	


Protein Choice Tables:

DESCRIPTION

AMOUNT

Lean Meat and Substitutes:

(7 grams protein, 3 grams fat, 55 calories)

Beef: USDA Select or Choice grades of lean beef trimmed of fat, such as:	1 oz
Round, sirloin and flank steak	1 oz
Tenderloin	1 oz
Roast (rib, chuck, rump)	1 oz
Steak (T-bone, porterhouse, cubed)	1 oz
Ground round	1 oz
Pork: Lean pork, such as fresh ham; canned, cured, or boiled ham; Canadian bacon; tenderloin, center loin chop 	1 oz
Lamb: Roast, chop or leg	1 oz
Veal: Lean, chop or roast	1 oz
Poultry: Chicken, turkey (dark meat, no skin), check (white meat with skin), domestic duck or goose (well-drained of fat, no skin)	1 oz
Fish: Herring (uncreamed or smoked), salmon * (fresh or canned), catfish, tuna (canned in oil, drained)	1 oz
Oysters	6 medium
Sardines (canned) *	2 medium
Game: Goose (no skin), rabbit	1 oz
Cheese: 4.5% fat Cottage cheese	1/4 cup
Grated Parmesan	2 Tbsp
Cheese with 3g or less fat per ounce	1 oz
Other: Hot dogs with 3g or less fat per ounce	1.5 oz
Processed sandwich meat with 3g or less fat per ounce, such as turkey pastrami or kielbasa	1 oz
Liver, heart (high cholesterol)	1 oz

* Heart Healthy Fats



Diabetes Education

Carbohydrate Tables

Free Food:

A **FREE FOOD** is one with less than 20 calories and 5 grams carbohydrate per serving. *Examples* include diet soft drinks, sugar-free gelatin dessert, sugar-free ice pops, sugarless gum, and sugar-free syrup.

Healthy Fats:

Foods containing these types of fats help lower cholesterol. You want to watch the amounts because they still contain calories.

Fat Choice Tables:

(One fat choice equals 5 grams fat and 45 calories.)

DESCRIPTION	AMOUNT
Monosaturated Fats: (5 grams fat, 45 calories)	
Acocado, medium	1/8 (1 oz)
Oil: (Canola, olive, peanut) *	1 tsp
Olives: ripe (black) *	8 large
Olives: green, stuffed *	10 large
Nuts: almonds, cashews *	6 nuts
Mixed nuts (50% peanuts)	6 nuts
Peanuts	10 nuts
Peacans	4 halves
Peanut butter, smooth or crunchy *	2 tsp
Sesame seeds	1 Tbsp
Tahini pasta	2 tsp
Polyunsaturated Fats: (5 grams fat, 45 calories)	
Margarine: stick, tub or squeeze *	1 tsp
lower-fat (30% to 50% vetable oil)	1 Tbsp
Mayonnaise: regular	1 tsp
reduced-fat	1 Tbsp
Nuts: walnuts, English *	4 halves
Oil: corn, safflower, soybean *	1 tsp
Salad Dressing: Regular	1 Tbsp
reduced-fat	2 Tbsp
Miracle Whip (R) Salad Dressing: regular	2 tsp
reduced-fat	1 Tbsp
Seeds: pumpkin, sunflower *	1 Tbsp

 400mg Sodium
* Heart Healthy Fats



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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.

Icons Explained:

Fiber - Increasing fiber intake will help control your 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.



Healthy Fats - Foods containing these fats help lower cholesterol. You want to watch the amounts because they still contain calories.

Carbohydrate Tables

Fat Choice Tables (cont.):

Saturated Fats:

(5 grams fat, 45 calories)

Bacon, cooked 	1 slice (20 slice2 Tbsps/lb)
Bacon, grease	1 tsp
Butter: stick	1 tsp
whipped	2 tsp
reduced-fat	1 Tbsp
Chitterlings, boiled 	2 Tbsp (1/2 oz)
Coconut, sweetened, shredded	2 Tbsp
Cream, half and half	2 Tbsp
Cream cheese: regular	1 Tbsp (1/2 oz)
reduced-fat	2 Tbsp (1 oz)
Shortening or lard	1 tsp
Sour Cream: regular	2 Tbsp
reduced-fat	3 Tbsp

Serving Sizes:

You may find that your serving sizes are much bigger. If so, it's time to make a change! Get started by using measuring cups and spoons to serve your food. After a while, you'll be able to "eyeball" the amount.



After a while, you'll be able to "eyeball" your serving size to serve your food.

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