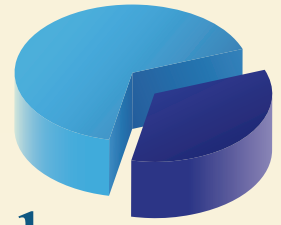




Diabetes Education

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 |
| <i>(garbanzo, pinto, kidney, white, split, black-eyed)</i> | |

| | |
|------------|---------|
| 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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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 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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Carbohydrate Tables

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.

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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