



# Diabetes Education

*When someone is diagnosed with having diabetes, it is simply that person's body saying it is time to eat **HEALTHIER**. Each person has individual nutritional needs and with the help of your doctors and nutritionist you can come up with a meal plan that won't leave you hungry and will help you control your blood glucose levels.*



## What Is A Healthy Diet?

A healthy diet is a way of eating that **REDUCES** risk for complications such as heart disease and stroke. Healthy eating consists of eating a wide variety of foods including vegetables, whole grains, fruits, non-fat dairy products, beans, lean meats, poultry and fish.

There is no one perfect food so including a **VARIETY** of different foods and watching portion sizes is key to a healthy diet.

## Healthy Diet

### What Is A Diabetes Meal Plan?

People with diabetes have to take extra care to make sure that their food is balanced with insulin and oral medications, as well as exercise to help manage their blood glucose levels.

This might sound like a lot of work, but your doctor and/or dietitian can help you create a **MEAL PLAN** that is best for you. When you make healthy food choices, you will improve your overall health and you can even prevent or delay complications like heart disease, some cancers, and hypertension.



← Create a meal plan that is **BEST** for you.

See the Reverse Side for TIPS on Making Healthy Food Choices →

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# Healthy Diet



## Making Healthy Food Choices:

Choose lean meats like cuts of beef and pork and Include fruit into your meals **DAILY**.

## 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

## Making Healthy Food Choices:

- ✓ Add color to your meals with lots of vegetables, salad and fruit.
- ✓ Include fruit into your meals **DAILY**.
- ✓ Choose water and calorie-free “diet” drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks. **DRINK 6-8 CUPS of WATER or SELTZER DAILY.**
- ✓ Choose whole grain foods instead of processed products to help ***INCREASE*** your dietary fiber intake.
- ✓ Use dried beans (*like kidney or pinto beans*) and lentils in your meals. Also, try to include fish in your meals 2 times a week.
- ✓ Choose lean meats like cuts of beef and pork.  
(*Lean types include meat pork loin, london broil, veal and well trimmed lamb.*)
- ✓ Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
- ✓ Limit high calorie snack foods and desserts like chips, cookies, cakes, and full-fat ice cream.  
(*Such snacks should be saved for special occasions.*)
- ✓ Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.

Watch Your Portion Sizes, refer to the Plate Method to learn **MORE** about portion sizes.



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