



## What is Nutrition?

Nutrition is the process of eating, absorbing, and using foods to nourish the body and maintain good health. Diabetes treatment is centered on **CONTROLLING** the level of sugar or glucose in the blood. This is done using diet, exercise, and sometimes medicine.

What is eaten is directly related to the amount of sugar in the blood. Right food choices **HELP** to keep blood sugar levels in the normal range.

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# Diabetes Education

*People with diabetes have the same nutritional needs as anyone else. Along with exercise and medications, nutrition is important for good diabetes control. By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible.*



**DRINK 6-8 CUPS WATER/SELTZER DAILY** →

## Nutrition Tips

### Take Heed to These Nutritional Tips:

- ✓ 6-8 cups water/seltzer **DAILY**.
- ✓ Limit diet drinks to 16oz. (caffeine free) **DAILY** and no fruit juices, regular soda, ice tea, ect.
- ✓ Avoid fried food, fast food and Chinese Food.  
Use canola or olive oil. Avoid butter and margarine.
- ✓ Use fresh and frozen vegetables and salads **DAILY** and liberally.  
Avoid bottled salad dressing.
- ✓ 2-3 medium sized fruits daily. Eat one at a time.  
(1/2 banana or grapefruit, 12 Grapes/Cherries, etc.)
- ✓ Choose lean protein-chicken, fish, turkey most often. Lean red meat 1-2 times per week **MAXIMUM**.  
(Lean types include white meat, pork loin, eye round cut beef, london broil, flank steak, veal and well trimmed lamb.)
- ✓ Certain fish are high in DHA, a type of fat, that can help lower cholesterol levels. These fish include, salmon, tuna, herring, lake trout, halibut, white fish and mackerel.
- ✓ Choose whole grains instead of processed foods-beans, lentils, peas, brown rice, barley, oats, whole grain cereal, etc.  
**Reduce** portions if needed. Avoid bagels, rolls, italian bread, muffins, croissants, etc. Use whole wheat bread, wheat pita and rye instead.
- ✓ Use non-fat dairy products-milk, yogurt, cheese, 2-3 whole eggs **MAXIMUM** per week.



## Tips to Keep Fat Calories Down:

- ✓ **DO NOT** buy self-basting chicken or turkey
- ✓ Choose low fat cooking methods like bake, broil, roast, steam, or stir fry
- ✓ Roast meats on a rack
- ✓ *LIMIT* use of gravies and de-fat before using
- ✓ Keep meat portions small; 3-6 ounces at a meal depending on meal plan and calorie needs

# Nutrition Tips

## Nutritional Food Choices:

### 1. Best Choices:

- Chicken and turkey, skinless white meat
- Fish high in DHA  
(*Salmon, tuna, herring, lake trout, halibut, white fish and mackerel*)
- Seafood - all varieties
- Egg whites

### 2. Next Best Choices:

- Chicken and turkey, skinless dark meat
- Shellfish
- Pork tenderloin
- Veal



### 3. Next Choices:

- Lean ham
- Lean lamb, leg
- Lean goat
- Lean beef cuts  
(*Bottom round, eye round, top round, sirloin, minute flank*)

What you eat is DIRECTLY related to the amount of sugar in your blood.

### 4. Deli Meats:

- Low salt, chicken breast
- Low salt, turkey breast
- Low salt, ham
- Roast beef
- Alpine lace reduced fat cheese or other brands
- Home made tuna in water with light mayo

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