Nutrition Goals for Diabetes

Dietary Goals
- To help keep blood sugar within the normal range.
- To maintain a healthy weight for good blood sugar control.
- To help prevent or delay complications.
- To eat a well-balanced diet for good health.

Nutrition Guidelines
- Eat at the same time daily, eat about the same amount, and take your medication at the same time.
- **DO NOT SKIP MEALS**
  - Skipping meals may lead to overeating at a later meal. Overeating can lead to increased blood sugars & weight gain. Skipping meals can also lead to low blood sugar.
- Avoid or limit sugar and sweets: jelly, candy, cookies, pie, ice cream, soda and juice. These will raise the blood sugar very quickly. Try using sugar substitutes, sugar free puddings, Jell-O, sugar free sodas, etc.
- Foods affect blood sugars differently:
  - **Carbohydrates**
    - **Starches** (rice, tortillas, bread, pasta, cereals, dried beans, potatoes, corn, peas, and winter squashes). One serving is 1 slice of bread, 1 small potato, 1/3 cup rice and 1/4 cup noodles/corn/green peas, 1/4 cup cold cereal.
    - **Milk/Yogurt** (non-fat or 1%) 2-3 servings per day, a serving are 1 cup.
    - **Fruit** (fresh, canned, frozen, and dried). One serving is 1 small apple, orange, peach etc., or 1/4 cup fruit
    - **Eat CHO in measured portions, 3-4 servings per meal (these foods raise your blood sugar). Choose whole grain products to increase fiber.**
  - **Proteins**
    - Eat 2-3 servings per day (lean beef, chicken, fish, low or non-fat cheeses or cottage cheese, peanuts, tuna, tofu, eggs, or egg substitute). A serving is about the size of a deck of cards or the palm of your hand. (2-3 oz. or 1/4 cup)
  - **Non-starchy vegetables**
    - Eat 3-5 servings per day (broccoli, carrots, tomatoes, zucchini, spinach, bell pepper, and cucumbers). Anything not listed as a starchy vegetable.