

So you just found out you have DIABETES?

What do I do about food & eating?

We know that what you eat affects your blood sugar, it is best if you make an appointment with a (our) registered dietitian (RD)*. An RD will help you improve your eating habits so your diabetes will not keep you from enjoying life. The RD will work with YOU, so the foods you like can be part of your food plan. SOOOOO before you see the dietitian/nutritionist these are some things you can do, food wise, to help your diabetes-blood sugar, right now:

- If you can, stop sugared beverages and real fruit juices – soda, sports drinks, Kool-Aid®, punch, fruit drinks, orange juice, grape juice, cranberry juice, etc.
- Buy sugar free beverages or healthier yet-
drink water!
- Eat meals about the same time every day [about every 4 hours while you are awake]
- You will hear many things about starchy foods. **You need to eat some starchy food but not too much.** At each meal, be sure to eat only 1-2 small servings. See back for a list of starches and serving sizes.
- Use artificial sweeteners [Sweet n Low ®(pink package), Equal® (blue package), Splenda® (yellow package)] instead of table sugar, honey, syrups, etc.

***Visits with the RD are paid for by your insurance carrier!**

Written by Nancy C. KupperSmith, RD, MS, CDE 2011

STARCHES – SERVING SIZE (1)**Contains @ 15 g. Carbohydrate**

BAGEL (med) – ½

BISCUITS – 2 ½ inches across* - 1

BREAD-WHITE / WHOLE WHEAT – 1 slice

- FRENCH / ITALIAN – 1 inch slice

CEREAL-COOKED / DRY ½ CUP

CHIPS 10-12 (1 ounce) * ?

=CORN – ½ CUP POPCORN – 3 CUPS

CORNBREAD – 2 inches x 2 inches *

CRACKERS – 6-12 * ? Read label for number to eat that contains 15 grams CHO

ENGLISH MUFFIN – ½

=LIMA BEANS – 2/3 cup (veggie)

cooked dry beans – ½ CUP pinto, white, black, red, kidney, black-eye, lentil, etc.

MUFFINS – 1 (3 inches across) *

PASTA – ½ CUP

=PEAS – ½ cup (veggie)

PITA POCKET – ½

=POTATO-MASHED/BAKED – ½ CUP / 1 MED

PRETZELS – ½ CUP

RICE-WHITE/BROWN – ½ CUP

ROLL – 1 MED

=SWEET POTATO / YAM – ½ CUP / 1 MED

TORTILLA (6-7") – 1

=starchy vegetable

*contains some fat