



Smart Solutions for People with **DIABETES**

When you find out you have diabetes, one of your first fears may be that you have to give up many of your favorite foods, but according to current guidelines, no food is off limits--and you don't have to sacrifice taste.

Healthy living and diabetes

Consistency counts

- Eat a variety of foods in moderate amounts. Try to eat about the same amount of food at about the same time each day to keep blood glucose under control. If you're on the run, pack something healthy for the road.

Keep moving

- Being physically active helps your insulin work better and can improve blood glucose levels.

Watch your weight

- Research shows that losing as little as ten pounds can improve control of Type 2 diabetes. Focus on eating smaller portions, eating less fat and more vegetables, and becoming more active.

Today's guidelines for carbohydrates

- It's important to pay the most attention to the total amount of carbohydrates you eat. Choose nutrient-rich carbohydrate foods often (whole-grain products, fruits, vegetables, and low-fat dairy products) and round out the rest of your meal plan with lean meat, fish, and poultry. Check food labels for the Total Carbohydrate per serving to help you plan food choices.

Sugars are carbohydrates, too

- In the past, people with diabetes were told to avoid sugars. It was assumed that sugars raised blood glucose levels more than other foods like potatoes, rice, or beans. But research has shown that the effect of different carbohydrates on blood glucose is more complex. Work with a dietitian to learn how much carbohydrate to eat and how to fit in occasional sweet foods.

Sugar free foods can help

- Although table sugar and other calorie-containing sweeteners are acceptable as part of the diabetes meal plan, you still want to use them sparingly. Sugar free foods and beverages generally provide fewer calories and carbohydrates and can be great tasting choices as part of your strategy for holding blood glucose levels in line.

The facts about fat

- By making lower fat and fat free choices, you can help limit your intake of total fat, saturated fat, cholesterol, and calories. And eating less saturated and trans fat is one way to lessen your risk for heart disease.

A dietitian can help you build a meal plan that will manage your diabetes and fit with your lifestyle. Ask your doctor for a referral.

For more info Contact: The American Dietetic Association/National Center for Nutrition and Dietetics
Consumer Nutrition Hotline 800/366-1655.

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