



Diabetes and Meal Planning

A diabetes meal plan can help guide you through how much and what kinds of food you can choose to eat for meals and snacks. Creating a meal plan that fits in with your schedule and eating habits can put you on track to improving your blood pressure, cholesterol, and blood glucose.

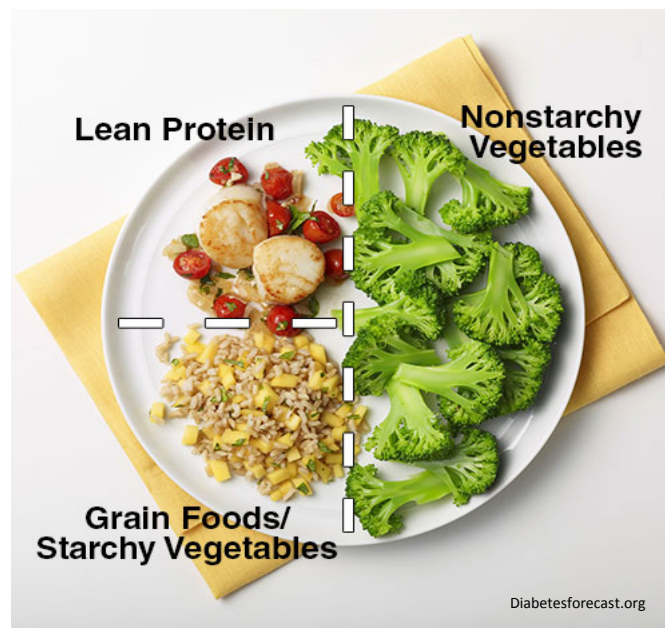
There are several important meal planning tools:

- The Plate Method
- Reading a Food Label
- Carb counting

The Plate Method

This method allows you to create a balanced meal with special attention to your carbohydrate and calorie intake.

1. To get started, imagine there is a line straight down the center of a standard nine inch dinner plate. Then picture a second line cutting horizontally through one of the halves so that you now have three sections.





2. Fill the largest section with non-starchy vegetables. The following are good choices for non-starchy vegetables.

- Cucumber
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Mushrooms
- Onions
- Peppers
- Radishes
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Sprouts
- Squash (cushaw, summer, crookneck, spaghetti, zucchini)
- Tomato
- Artichoke
- Asparagus
- Baby corn
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Coleslaw (packaged, no dressing)

3. In one of the smaller sections, place grains and starchy foods. The following are good choices for grains and starchy foods:

- Bulgur (cracked wheat)
- Whole wheat flour
- Whole oats/oatmeal
- Whole grain corn/corn meal
- Popcorn
- Brown rice
- Whole rye
- Whole grain barley
- Whole farro
- Wild rice
- Buckwheat
- Buckwheat flour
- Millet
- Quinoa
- Parsnip
- Plantain
- Potato
- Pumpkin
- Acorn squash
- Butternut squash
- Green Peas
- Corn
- Dried beans such as black, lima, and pinto
- Lentils
- Dried peas such as black-eyed and split
- Fat-free refried beans
- Vegetarian baked



4. In the other small section, put your protein. The following are good choices for proteins:

Plant-Based Proteins

- Beans such as black, kidney, and pinto
- Bean products like baked beans and refried beans
- Hummus and falafel
- Lentils such as brown, green, or yellow
- Peas such as black-eyed or split peas
- Edamame
- Soy nuts
- Nuts and spreads like almond butter, cashew butter, or peanut butter
- Tempeh
- Tofu Products

Poultry

- Chicken
- Turkey
- Cornish hen

Cheese and Eggs

- Reduced-fat cheese
- Cottage cheese
- Egg whites and egg substitutes

Fish and Seafood

- Fish high in omega-3 fatty acids like Albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon
- Other fish including catfish, cod, flounder, haddock, halibut, orange roughy, and tilapia
- Shellfish including clams, crab, imitation shellfish, lobster, scallops, shrimp, oysters.

Beef, Pork, Veal, Lamb

- Select or Choice grades of beef trimmed of fat including: chuck, rib, rump roast, round, sirloin, cubed, flank, porterhouse, T-bone steak, tenderloin
- Beef jerky
- Lamb: chop, leg, or roast
- Organ meats: heart, kidney, liver
- Veal: loin chop or roast
- Pork: Canadian bacon, center loin chop, ham, tenderloin

Game

- Buffalo, ostrich, rabbit, venison
- Dove, duck, goose, or pheasant (no skin)

5. Add a serving of fruit, a serving of dairy or both as your meal plan allows.
6. Choose healthy fats in small amounts. For cooking, use oils. For salads, some healthy additions are nuts, seeds, avocado and vinaigrettes.
7. To complete your meal, add a low-drink like water, unsweetened tea or coffee.

"Create Your Plate - American Diabetes Association." American Diabetes Association. American Diabetes Association, 1995. Web. 05 Nov. 2015.

"Diabetes Meal Plans and a Healthy Diet." American Diabetes Association. American Diabetes Association, 1 July 2015. Web. 30 Oct. 2015.



Reading a Nutrition Label

Learning how to read a food label can help you manage your calorie, sodium, carb, and fat intake. On a whole, it is a great tool to help you make healthier and more informed eating choices.

1. Start with the serving information at the top of the label.
 - This will tell you the size of a single serving and how many total servings there are in the package or container.
 - The nutritional information on the rest of the label applies to one serving.
2. Next, check the total number of calories per serving.
 - Pay attention to the calories per serving and how many servings you're really consuming if you eat the whole package.
 - Calories on a nutrition label are frequently the first stop on the label. But keep in mind that a higher-calorie food might be worth eating if it also contains a lot of nutrients.
3. Then move onto the listing for fats.
 - Based on a 2,000 calorie diet per day, no more than 11-13 grams of saturated fat should be consumed.
 - Try to choose foods with relatively more polyunsaturated and monounsaturated fat, and less saturated and trans fat.
4. Shift down to sodium next. Like trans and saturated fats this is a nutrient that you'll want to consume in limited amounts.
 - In some people, sodium can increase blood pressure because it holds excess fluid in the body, creating an added burden on your heart.
 - Sodium also isn't just found in basic table salt. It can be found large in large quantities in processed foods. Good options to avoid excess salt intake include eating pizza with more vegetables than meat or cheese, fresh skinless poultry, and lower-sodium soups.
 - It's recommended that adults consume no more than 2,000mg of sodium daily.





5. Now let's focus on dietary fiber.
 - Eating a diet high in dietary fiber promotes healthy bowel function.
 - Additionally, a fiber rich diet may reduce the risk of heart disease.
 - The American Heart Association recommends at least 25mg of fiber a day.
6. No daily reference value has been established for sugars because no recommendations have been made for the total amount to eat in a day. Keep in mind, the sugars listed on the Nutrition Facts label include naturally occurring sugars (like those in fruit and milk) as well as, those added to a food or drink.
 - Consuming too much added sugar in your diet can increase your risk for cardiovascular disease, and contribute to obesity, high blood pressure and high cholesterol.
 - Added sugars are those that are not naturally occurring in foods and add calories without contributing nutrients. Common added sugars include corn sweetener, corn syrup, fruit juice concentrates and high-fructose corn syrup.
7. A %DV is required to be listed if a claim is made for protein, such as "high in protein". Otherwise you're not likely to find a % daily value for protein on a label.
 - The Centers for Disease Control and Prevention recommends that 10 percent to 35 percent of your daily calories come from protein. For adult women that's about 46 grams of protein a day, and 56 grams for adult men.
8. Many Americans don't get enough Vitamin A, Vitamin C, Iron or Calcium in their diets. Getting enough of these nutrients can improve your health and help reduce the risk of certain diseases and conditions.
 - Vitamin A is important for normal vision, the immune system, and reproduction. It can also help the heart, lungs, kidneys, and other organs work properly. Vitamin A can be found in animal products like eggs, milk and fish, as well as in fruits and vegetables including oranges and apricots and spinach and carrots.
 - Vitamin C is a powerful antioxidant that can help boost the immune system, and help prevent damage to our bodies from pollutants and other toxic substances. Good sources of vitamin C include oranges and grapefruits, and peppers, tomatoes and spinach.





- Calcium is a mineral that is needed by the body for strong bones, normal pulse rate, blood clotting, and the transmission of nerve impulses. Fortified foods like milk, orange juice and margarine are good sources of calcium. It can also be found in collard greens, spinach and many beans.

- Iron is crucial in distributing oxygen around to different tissues in the body. Red meat, chicken,



soybeans, spinach and strawberries are just a few great sources of iron.

9. Dietary Values (DV) are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500 calorie diet. % of Dietary Values (%DV) are based on the Daily Value recommendations for key nutrients for a 2,000 calorie daily diet.

"How to Read a Food Label." Health.com. Health Media Ventures, Inc., 2015. Web. 05 Nov. 2015.

"Nutrient Facts - MyFoodDiary." Nutrient Facts - MyFoodDiary. MyFoodDiary, 2003. Web. 09 Nov. 2015.

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