



# Nutrition Know-How

## What is a **Diabetes Meal Plan**?

A diabetes meal plan tells you how much and what kinds of food and drinks you can choose and how much to have at meals and snacks. For most people with diabetes, a healthy, nutritious diet consists of 40% to 60% of calories from carbohydrates, 20% from protein, and 30% or less from fat. Follow a balanced eating plan filled with fresh fruits, vegetables, whole grains, and a controlled amount of lean meats and poultry. Try to eat fish at least twice a week. Also, cut back on beverages and foods with added sugars. And pay attention to how much you eat—even with healthful foods, you can have too much of a good thing!

**Carbohydrates** are 1 of 3 sources of calories or energy that we need in our diets (the other 2 are protein and fat). Carbohydrates provide most of the energy needed in our daily lives and tend to have the greatest effect on blood sugar. Carbohydrates are found in fruits, vegetables, beans, dairy foods, and breads—as well as mayonnaise, ketchup, and mustard.

The amount listed is for the serving size shown.

### Are you eating more, less, or the same?

<b>Nutrition Facts</b>	
<b>8 servings per container</b>	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
<b>Calories</b>	<b>230</b>
% DV*	
12%	<b>Total Fat</b> 8g
5%	<b>Saturated Fat</b> 1g
	<b>Trans Fat</b> 0g
0%	<b>Cholesterol</b> 0mg
7%	<b>Sodium</b> 160mg
12%	<b>Total Carbs</b> 37g
14%	<b>Dietary Fiber</b> 4g
	Sugars 1g
	Added Sugars 0g
	<b>Protein</b> 3g
10%	<b>Vitamin D</b> 2mcg
20%	<b>Calcium</b> 260mg
45%	<b>Iron</b> 8mg
5%	<b>Potassium</b> 235mg

\* Footnote on Daily Values (DV) and calories reference to be inserted here.

Compare your serving size to figure out the number of carbs you are eating.

Total carbs per serving (in grams) are listed on the label.

Half the grams of dietary fiber should be subtracted from the total grams of carbs if the food or drink contains more than 5 grams of dietary fiber.

**Protein** comes from meat, chicken, fish, dairy products (such as cheese, milk, and yogurt), beans, and some vegetables. In following a nutritious diet, try to eat more chicken and fish than red meat, and trim extra fat off all meat. Also choose nonfat or reduced-fat dairy products.

**Fat** is contained in butter, margarine, oils, and many meat and dairy products. Your meals will be more nutritious if you eat less fat, especially saturated fat and trans fats.

**Saturated fat** is found in meat, chicken skin, butter, 2% or whole milk, ice cream, and cheese.

**Trans fat** is produced when liquid oils are turned into solids.

Rather than use butter or stick margarine, choose soft margarine in a tub that lists a liquid oil, such as soybean or canola oil, as an ingredient.



For most people with diabetes, a healthy, nutritious diet consists of carbohydrates, protein, and fat.

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.