



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?

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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.

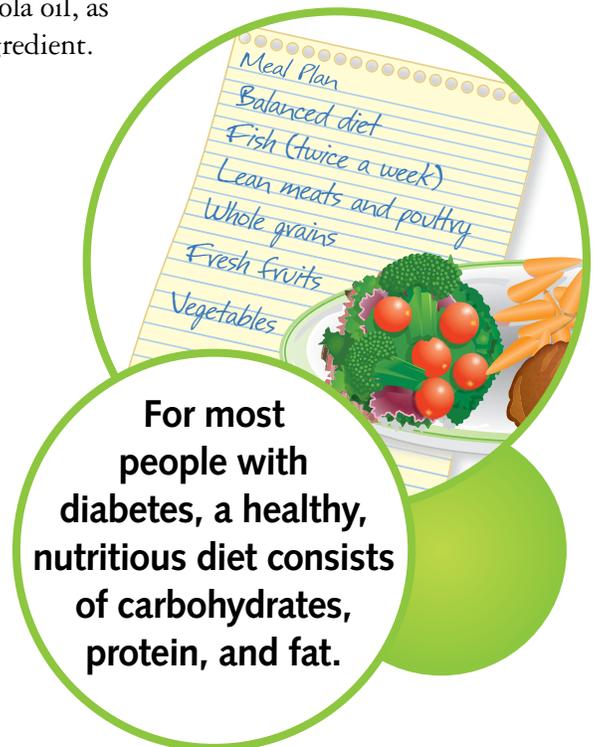
Protein comes from meat, chicken, fish, dairy products (such as cheese, milk, and yogurt), beans, and some vegetables. In following a nutritious diet, try to eat more chicken and fish than red meat, and trim extra fat off all meat. Also choose nonfat or reduced-fat dairy products.

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.