

Planning healthy meals



Know your nutrients and create your plate

Nonstarchy Vegetables

- Do not raise blood glucose very much
- High in vitamins, minerals, and fiber, making them an important part of any healthy eating plan
- 1 cup raw or ½ cup cooked = 5 grams of carbohydrates

Artichoke hearts	Mixed vegetables (without corn, peas, or pasta)
Asparagus	Mushrooms, all kinds, fresh
Baby corn	Okra
Bamboo shoots	Onions
Bean sprouts	Pea pods
Beans (green, wax, Italian)	Peppers (all varieties)
Broccoli	Radishes
Brussels sprouts	Salad greens (lettuce, arugula, endive)
Cabbage (green, bok choy, Chinese)	Sauerkraut
Carrots	Soybean sprouts
Cauliflower	Spinach
Celery	Squash (summer, crookneck, zucchini)
Cucumber	Tomato
Eggplant	Turnips
Green onions or scallions	Water chestnuts
Leafy greens (collard, kale, mustard, turnip)	
Leeks	

1. Nonstarchy Vegetables

Fill half your plate with nonstarchy vegetables such as salad greens, broccoli, cauliflower, or squash.

2. Protein Foods

Fill one quarter of your plate, about 3 ounces, with lean protein foods. Fish, chicken, lean beef, soy products, and cheese are all foods that are high in protein.



Each carb serving listed contains 15 grams of carbs.

I need _____ grams of carbs per meal.

Ask your diabetes care team what the right amount of carbs is for you.



3. Carbohydrate Foods

Fill one quarter of your plate with carbohydrate foods like whole grains, starchy vegetables, fruit, or dairy.

4. Water or a 0-calorie drink

Choose a drink without calories or carbs like water or unsweetened tea or coffee (hot or iced).

Diabetes and healthy eating

Good diabetes self-care includes following a healthy eating plan. Try to:

- Eat a variety of foods in the right amounts
- Check food labels for calorie, carbohydrate, total fat, and sodium amounts
- Eat regularly (small portions several times a day)
- Match how much you eat with your activity level
- Eat fewer foods high in calories, cholesterol, saturated fat, trans fat, and sodium

Talk with your diabetes care team if you have any questions about your healthy eating plan.

"Every time I prepare my foods now I think of my health beforehand."

– NovoCare® Education & Resources Member

Making healthy food choices

- Lots of nonstarchy vegetables
- Whole-grain foods
- Fish at least 2 times a week
- Lean cuts of beef and pork
- Remove skin from chicken and turkey
- Non-fat or low-fat dairy products
- Water, unsweetened tea, coffee, and calorie-free "diet" drinks instead of drinks with sugar
- Liquid oils for cooking instead of solid fats
 - Limit quantities
- Choose whole foods over processed foods whenever possible



Ask your diabetes care team how many fruits a day are right for you

Tips for dining out with diabetes

- If you don't know what's in a dish or how it's prepared, ask
- Ask for salad dressing, sauces, and gravy on the side
- Estimate your normal portion and put the extra in a container to go
- Try to limit alcohol and sugary drinks, or avoid them
- Don't rush! Eat slowly and really enjoy your meal



Noncarbohydrates

Protein Foods



- Protein foods do not raise blood glucose significantly
- Try to choose lean proteins and bake, grill, or broil them
- Each serving size of protein foods listed below = 0 grams of carbs
- A portion on your plate may be 3 oz of cooked meat or 3 servings
- Your number of servings per day will depend on your eating plan

	Protein	Fat
Lean meat	7 g	0–3 g
Medium-fat meat	7 g	4–7 g
High-fat meat	7 g	8+ g

Meat

		SERVING SIZE
Beef	Lean—Ground round, roast, round, sirloin, steak, tenderloin	1 oz
	Medium-fat—Corned beef, ground beef, prime rib, short ribs	1 oz
Chicken	Lean—Without skin	1 oz
	Medium-fat—With skin	1 oz
Fish	Lean—Smoked: herring or salmon (lox)	1 oz
	Medium-fat: Any fried product	1 oz
Lamb	Lean—Chop, leg, or roast	1 oz
	Medium-fat—Ground, rib roast	1 oz
Pork	Lean—Canadian bacon, rib or loin chop/roast, ham, tenderloin	1 oz
	Medium-fat—Cutlet, shoulder roast	1 oz
	High-fat—Ground, sausage, spareribs	1 oz
Sandwich meats	Lean—Chipped beef, deli thin-sliced meats, turkey ham	1 oz
	High-fat—Bologna, pastrami, hard salami	1 oz
Sausage	Medium-fat—With 4–7 grams of fat per oz	1 oz
	High-fat—Bratwurst, chorizo, Italian, knockwurst, Polish, smoked	1 oz
Shellfish	Lean—Clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Veal	Lean—Loin chop, roast	1 oz
	Medium-fat—Cutlet (no breading)	1 oz

Meat Substitutes

	SERVING SIZE
Beef jerky (lean)	½ oz
Cheese	
Lean—Cottage cheese	¼ cup
Medium-fat—Feta, mozzarella, reduced-fat cheeses, string	1 oz
High-fat—American, bleu, brie, cheddar, queso, and Swiss	1 oz
Egg (medium-fat)	1
Egg substitutes, plain (lean)	¼ cup
Egg whites (lean)	2
Hot dog	
Lean—3 grams of fat or less per oz	1
High-fat—Beef or pork	1
Sardines, canned (lean)	2 small
Tofu	½ cup

Fats



- Do not raise blood glucose significantly
- Use sparingly and limit saturated fat
- Will help slow the rise of blood glucose after meals
- Each serving size of fats listed below = 5 grams of fat

Unsaturated Fats (Monounsaturated)

	SERVING SIZE
Avocado	2 Tbsp
Nut butters (<i>trans</i> fat-free)	1½ tsp
Nuts	
Almonds	6
Cashews	6
Peanuts	10
Pecans	4 halves
Pistachios	16
Oil: canola, olive, peanut	1 tsp
Olives, Black	8 large
Olives, Green, stuffed	10 large

Polyunsaturated Fats

	SERVING SIZE
Margarine	
Lower fat spread (30%–50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp
Stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 tsp
Mayonnaise	
Reduced-fat	1 Tbsp
Regular	1 tsp
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Salad dressing	
Reduced-fat	2 Tbsp
Regular	1 Tbsp
Seeds: flaxseed (whole), pumpkin, sunflower, sesame	1 Tbsp
Walnuts	4 halves

Saturated Fats

	SERVING SIZE
Bacon	1 slice
Butter	
Reduced-fat	1 Tbsp
Stick	1 tsp
Whipped	2 tsp
Cream	
Half and half	2 Tbsp
Heavy	1 Tbsp
Light	1½ Tbsp
Whipped, pressurized	¼ cup
Cream cheese	
Reduced-fat	1½ Tbsp
Regular	1 Tbsp
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Shortening, solid	1 tsp
Sour cream	
Reduced-fat or light	3 Tbsp
Regular	2 Tbsp

Carbohydrate Foods

- Most of the carbohydrates we eat quickly turn into blood glucose
- There are 3 main types of carbohydrates in the foods you eat, sugar, starch, and fiber
- When you look at food labels, "total carbohydrate" includes all 3 types
- A serving size of carbs listed = 15 grams of carbs



Starch/Grains

Bread	SERVING SIZE
Bagel, large (about 4 oz)	¼ (1 oz)
Bread, reduced-calorie	2 slices
Bread, white, whole-grain, pumpernickel, rye	1 slice (1 oz)
English muffin	½
Hot dog or hamburger bun	½ (1 oz)
Pancake, 4 inches across	1
Pita, 6 inches across	½
Roll, plain, small	1 (1 oz)
Taco shell, 5 inches across	2
Tortilla, corn or flour, 6 inches	1
Waffle, 4-inch square	1

Crackers and Snacks	SERVING SIZE
Animal crackers	8
Cookies, Chocolate chip	2 cookies
Crackers	
Round, butter type	6
Saltine-type	6
Sandwich-style, cheese or peanut butter filling	3
Whole-wheat	2-5
Graham cracker, 2½-inch square	3
Oyster crackers	20
Popcorn	3 cups
Pretzels	¾ oz
Rice cakes, 4 inches across	2
Snack chips	
Fat-free or baked (tortilla, potato, pita)	15-20
Regular (tortilla, potato)	9-13

Cereals and Grains

Cereals	SERVING SIZE
Bran, dry, wheat	½ cup
Cooked (oats, oatmeal)	½ cup
Puffed	1½ cups
Shredded wheat, plain	½ cup
Sugar-coated	½ cup
Unsweetened, ready-to-eat	¾ cup
Couscous	⅓ cup
Granola, low-fat or regular	¼ cup
Grits, cooked	½ cup
Pasta, cooked	⅓ cup
Rice, white or brown, cooked	⅓ cup
Wild rice, cooked	⅓ cup

Starchy Vegetables

Starchy Vegetables	SERVING SIZE
Baked beans	⅓ cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	½ cup
Corn on cob, large	½ cup
Lentils, cooked	½ cup
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	½ cup
Potato	
Baked with skin	¼ large (3 oz)
Boiled, all kinds	½ cup
Mashed, with milk and fat	½ cup
French fried (oven-baked)	1 cup (2 oz)
Pumpkin, canned, no sugar added	1 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	½ cup

Dairy

Milk and Yogurts

Chocolate milk, fat-free or whole	½ cup
Evaporated milk (all kinds)	½ cup
Ice cream, light, no sugar added, or regular	½ cup
Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole	1 cup
Soy milk, light or regular, plain	1 cup
Yogurt, plain, whole	1 cup



Fruit

Fruits	SERVING SIZE
Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	½ cup
Apricots, whole	4 (5½ oz)
Banana	½ (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	⅓ melon or 1 cup
Cherries	12 (3 oz)
Dates	3
Dried fruits	2 Tbsp
Figs (fresh or dried)	1½
Fruit juice	½ cup
Grapefruit, large	½ (11 oz)
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup
Kiwi	1-(3½ oz)
Mango, small	½ fruit (5½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6½ oz)
Papaya	½ fruit or 1 cup
Peaches, medium	1 (6 oz)
Pears	½ cup (4 oz)
Pineapple	¾ cup
Plums, small	3
Prunes	2 (5 oz)
Raspberries	1 cup
Strawberries, whole	1¼ cups
Tangerines, small	2 (8 oz)
Watermelon	1 slice or 1¼ cups

Estimating portion sizes

When you can't measure, you can estimate!

Keep in mind that all hands are different sizes. Before you estimate, compare your fist size to a measuring cup.

Portion size is the amount of a food you choose to eat at any one time.

Serving size is a set, measured amount of food as shown on the label below.

A loose fist equals about 1 cup
(milk, yogurt, dry cereal, etc.)



A palm equals about 3 ounces
(cooked, boneless meat)

A thumb equals about 1 ounce or 1 tablespoon
(peanut butter or salad dressing)



Reading a Nutrition Facts label

Use it to compare foods and to help you make decisions about the foods you choose to eat.

Check serving size. Information on the label is based on 1 serving. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 8 servings. But the food facts given are for only 1 serving.

Look at the amount of fat. Try to limit saturated fats and avoid trans fats.

Check how many grams of total carbs are in each serving. This number is important if you are counting carbs.

Notice how many grams of fiber are in each serving. Dietary fiber has many benefits on your body, such as helping to lower cholesterol. Therefore, try to choose foods with the most fiber.

Look at how many grams of added sugar the food contains. This is sugar that has been added as the food is made. Try to choose foods with less added sugar.

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%

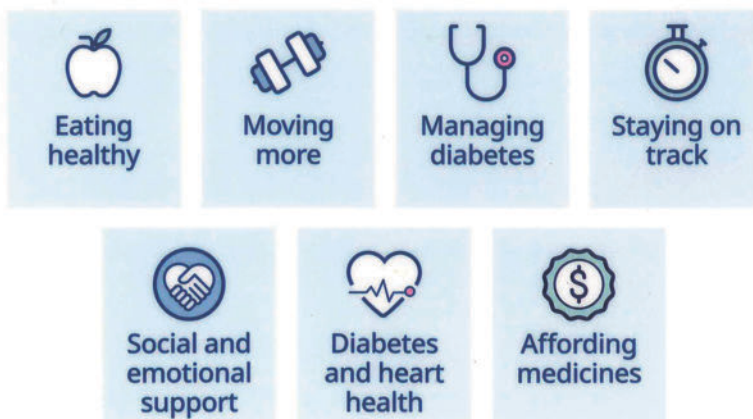
Potassium 235mg 6%

* 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.



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