

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 $\frac{1}{2}$ cup cooked = 5 grams of carbohydrates

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

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.

2



Size of a deck of cards

3



Size of a computer mouse

4



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

Meat

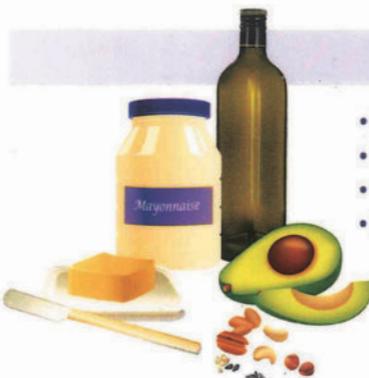
Beef	Lean—Ground round, roast, round, sirloin, steak, tenderloin Medium-fat—Corned beef, ground beef, prime rib, short ribs	1 oz 1 oz
Chicken	Lean—Without skin Medium-fat—With skin	1 oz 1 oz
Fish	Lean—Smoked: herring or salmon (lox) Medium-fat: Any fried product	1 oz 1 oz
Lamb	Lean—Chop, leg, or roast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



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

	SERVING SIZE	Meat Substitutes	SERVING SIZE
Beef jerky (lean)	1/2 oz		
Cheese		Lean—Cottage cheese	1/4 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)	1/4 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	1/2 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

	SERVING SIZE	Polyunsaturated Fats	SERVING SIZE	Saturated Fats	SERVING SIZE
Avocado	2 Tbsp	Mayonnaise	1 Tbsp	Bacon	1 slice
Nut butters (<i>trans</i> fat-free)	1 1/2 tsp	Reduced-fat Regular	1 tsp	Butter	
Nuts		Margarine		Reduced-fat	1 Tbsp
Almonds	6	Lower fat spread (30%-50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp	Stick	1 tsp
Cashews	6	Stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free)	1 tsp	Whipped	2 tsp
Peanuts	10			Cream	
Pecans	4 halves			Half and half	2 Tbsp
Pistachios	16	Salad dressing		Heavy	1 Tbsp
		Reduced-fat		Light	1 1/2 Tbsp
		Regular		Whipped, pressurized	1/4 cup
Oil: canola, olive, peanut	1 tsp			Cream cheese	
Olives, Black	8 large	Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp	Reduced-fat	1 1/2 Tbsp
Olives, Green, stuffed	10 large	Salad dressing	2 Tbsp	Regular	1 Tbsp
		Reduced-fat	1 Tbsp	Lard	1 tsp
		Regular		Oil: coconut, palm, palm kernel	1 tsp
				Shortening, solid	1 tsp
				Sour cream	
				Reduced-fat or light	3 Tbsp
				Regular	2 Tbsp
		Seeds: flaxseed (whole), pumpkin, sunflower, sesame	1 Tbsp		
		Walnuts	4 halves		

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)	1/4 (1 oz)
Bread, reduced-calorie	2 slices
Bread, white, whole-grain, pumpernickel, rye	1 slice (1 oz)
English muffin	1/2
Hot dog or hamburger bun	1/2 (1 oz)
Pancake, 4 inches across	1
Pita, 6 inches across	1/2
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, 2 1/2-inch square	3
Oyster crackers	20
Popcorn	3 cups
Pretzels	3/4 oz
Rice cakes, 4 inches across	2
Snack chips	
Fat-free or baked (tortilla, potato, pita)	15-20
Regular (tortilla, potato)	9-13

Dairy

Milk and Yogurts

Chocolate milk, fat-free or whole	
Evaporated milk (all kinds)	
Ice cream, light, no sugar added, or regular	
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



SERVING SIZE
1/2 cup
1/2 cup
1/2 cup
1 cup
1 cup
1 cup

Fruit



Fruits

SERVING SIZE
Apple, unpeeled, small
Applesauce, unsweetened
Apricots, whole
Banana
Blackberries
Blueberries
Cantaloupe, small
Cherries
Dates
Dried fruits
Figs (fresh or dried)
Fruit juice
Grapefruit, large
Grapes, small
Honeydew melon
Kiwi
Mango, small
Corn on cob, large
Lentils, cooked
Mixed vegetables with corn, peas, or pasta
Peas, green
Potato
Baked with skin
Boiled, all kinds
Mashed, with milk and fat
French fried (oven-baked)
Pumpkin, canned, no sugar added
Squash, winter (acorn, butternut)
Yam, sweet potato, plain
Nectarine, small
Orange, small
Papaya
Peaches, medium
Pears
Pineapple
Plums, small
Prunes
Raspberries
Strawberries, whole
Tangerines, small
Watermelon

SERVING SIZE

1 (4 oz)
1/2 cup
4 (5 1/2 oz)
1/2 (4 oz)
3/4 cup
3/4 cup
1/3 melon or 1 cup
12 (3 oz)
3
2 Tbsp
1 1/2
1/2 cup
1/2 (11 oz)
17 (3 oz)
1 slice or 1 cup
1 (3 1/2 oz)
1/2 fruit (5 1/2 oz) or 1/2 cup
1 (5 oz)
1 (6 1/2 oz)
1/2 fruit or 1 cup
1 (6 oz)
1/2 cup (4 oz)
3/4 cup
3
2 (5 oz)
1 cup
1 1/4 cups
2 (8 oz)
1 slice or 1 1/4 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**

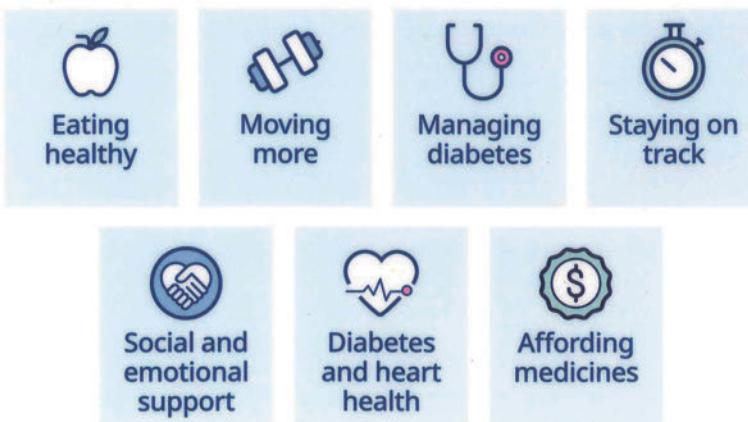
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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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