

# Healthy Eating

## Does diabetes change the way I eat?

You do not have to eat different foods than others. It means you need to **learn healthy eating habits to help control your blood sugar, your weight and reduce your risk of problems.**



## What healthy eating habits do I need to learn?

- Eat a **variety** of foods.
- Keep your **weight at a healthy level**.
- **Limit fat and salt** in your meal plan.
- **Eat** meals **at regular times** to help keep your blood sugar levels steady.
- **Don't skip meals**.
- Eat the **same amount of food** at the **same time each day** to help keep your blood sugar levels steady.
- **Never drink alcohol on an empty stomach** – it can make your blood sugar fall too low.
- Choose baked, broiled, grilled, poached or steamed foods – **limit fried foods**.
- **Read food labels**.
- **Watch the serving size** of a food – check the food label.

## What is a carbohydrate?

Carbohydrates (CHO) are the **body's main source of energy**. Up to 100% of carbohydrate changes into sugar. Sugar, either naturally in starches, fruits or milk, or added extra to foods, is a carbohydrate and the body uses all carbohydrates the same way. **You can not cut out the sugar in your diet** – but you can **limit your choice of foods with added sugar**.

## Carbohydrate Tips:

- One carbohydrate serving equals 15 grams of carbohydrate.
- Carbohydrates are not bad for you – eat moderate amounts.
- It is **not which carbohydrate food** you eat, it is **how much**.
- Spread **carbohydrates evenly through the day**.
- Eat the **same amount of carbohydrates at each meal or snack** – usually 3 to 5 servings (45-75 grams) per meal and 1-2 servings (15-30 grams) per snack.
- Diabetes will not go away if you stop eating carbohydrates. Do not take all carbohydrates out of your meal plan. You may need to change the number of carbohydrate choices you eat each meal.
- Carbohydrate choices include breads, cereals, crackers, rice, pasta, potatoes, beans, peas, corn, fruits, fruit juices and milk.
- You do not have to stop eating sweets (like cake, cookies, and pies).
- **Replace sweets for a carbohydrate choice in your meal instead of adding them to your meal**. Eat sweets once in a while, not at every meal.



**Talk with a Dietitian or Diabetes Educator  
and build a healthy meal plan that is best for you.**

Please **call 1-800-SENTARA (736-8272)** to sign up for the  
**“Healthy Living with Diabetes”** classes.

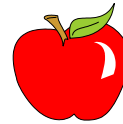
# Carbohydrates 1 Choice = 15 gm



## Bread/Starch:

Bread	1 slice
Cereal	3/4 cup
Corn	1/2 cup
Pasta	α cup
Potato	1 small
Rice	α cup

## Fruits



Apple	1
Banana	1/2
Orange	1
Pear	1
Fruit Juice	1/2 cup



Milk	1 cup
Yogurt	1 cup

## Non-Starchy Vegetables:



Up to 1 1/2 cups cooked or 3 cups raw vegetables are free.

## Others:



Sweets may be substituted but best kept as a treat - not eaten daily.

**1 teaspoon of sugar = 4 grams of carbohydrate.**