



NUTRITION AND DIABETES

What is diabetes?

The food you eat contains three main types of nutrients—carbohydrate, protein, and fat. When carbohydrates in food are digested, they turn into sugar (glucose) in the blood. Insulin is a hormone that is made in the pancreas and works like a key to a door – insulin opens the door of the cells of our body allowing the sugar to go from the bloodstream into the cells where it is then used for energy. If there is not enough insulin or if the insulin cannot open the door to the cell, the sugar levels rise in the blood and diabetes occurs. Regulating your diet, getting plenty of exercise, and taking your medication can help manage your diabetes.

Which foods contain carbohydrates?

Foods with carbohydrate include:

- Grains like breads, crackers, cereals, pasta, and rice
- Starchy vegetables like potatoes, corn, peas, and beans
- Dairy-based foods like milk, cheese, and yogurt
- Sweets like cakes, cookies, ice cream, soda, jam, jelly, syrup, honey, and candy

How do I manage my diet with diabetes?

- Eat meals and snacks at about the same time every day, approximately every 3-4 hours.
- Eat a consistent amount of carbohydrates at each meal.
 - 3-5 carbohydrate servings per meal
 - 1-2 carbohydrate servings per snack
- Check your blood sugar regularly. It can tell if you need to adjust the timing or amount of carbohydrates at meals.
- Learn to read the Nutrition Facts Label to determine the amount of carbohydrates in processed foods.
- Watch your portion sizes. Use a smaller plate, cup, or bowl to portion out food before eating.

WHAT EQUALS 1 CARBOHYDRATE SERVING?

1 carbohydrate serving = 15 grams of carbohydrate

- 1 slice of bread
- ½ muffin, bagel, or bun
- 1 tortilla
- ¾ cup cereal
- ½ cup oatmeal
- 1/3 cup pasta or rice
- 1 cup milk
- 8 oz. yogurt
- ½ cup corn, peas, potato, sweet potato, cooked beans
- 1 small fruit
- 1 cup melon or berries
- ½ cup 100% fruit juice
- 1 Tbsp. syrup, jam, jelly, or honey