

## Diabetes Information Forms

# WHAT CAN I EAT?

### EXAMPLES OF FOOD GROUP CHOICES

#### FOODS WITH CARBS

##### Grains, Beans, Starchy Vegetables

Serving Size: 1/2 cup  
15 Carb grams  
80 Calories



Pasta, rice, corn, peas, potato, hot and cold cereal, 1 slice of bread

##### Fruit

Serving Size:  
1/2 cup juice,  
1 cup cut  
15 Carb grams  
60 Calories



One small apple, orange, banana, or pear;  
1/2 small grapefruit,  
15 grapes

##### Milk

Serving Size:  
1 cup  
12 Carb grams  
80 Calories



Fat-free or 1% milk, yogurt, buttermilk, soymilk

#### FOODS WITH LITTLE OR NO CARBS

##### Vegetables (Non-Starchy)

1/2 cup cooked,  
1 cup raw  
25 Calories



Celery, zucchini, carrots, cauliflower, greens, peppers, and tomatoes

##### Meat

Serving Size:  
2-3 oz (palm of hand)  
150 Calories



Lean meat, fish, chicken or eggs, cheese, and peanut butter (2 tablespoons)

##### Fat

Serving Size:  
1 teaspoon  
45 Calories



Cooking oils, mayonnaise, margarine, or low-fat salad dressing

### THINGS TO REMEMBER

A good meal plan includes a balance of carbohydrate (carbs), protein, and good fats. Carbs are the body's main source of energy. About half of the calories you eat each day will come from carbs.

#### Know Your Serving Sizes Measure Your Food



TEASPOON    1/2 CUP    PALM

Blood sugar goes up when you eat. Your blood sugar will be easier to control if you eat a balance of foods from the different food groups in the right amounts (portions). You will get the sugar from food your body needs for energy without having high blood sugar problems.

#### Always Check Food Labels When You Shop

Nutrition Facts	
Serving Size: 2/3 cup (85g)	
Amount Per Serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 57g	11%
Dietary Fiber 4g	14%
Sugar 13g	26%
Includes 10g Added Sugar	20%
Protein 5g	10%

### SAMPLE MEAL PLAN

#### BREAKFAST

1/2 banana  
1 slice of whole-wheat toast  
1 tsp margarine  
1/2 cup hot cereal  
1 cup fat-free or 1% milk  
coffee or tea

#### LUNCH

1/2 cup tuna in water  
1 tsp mayonnaise  
1 slice whole-wheat bread  
1 tsp margarine  
1 small tomato, sliced  
1 cup melon  
1 cup plain or light yogurt

#### DINNER

3 ounces chicken (1/2 small breast)  
2/3 cup brown rice  
1 cup broccoli  
1 tsp cooking oil  
Mixed green salad with  
2 tbsp low-calorie dressing  
1 1/2 cup strawberries

#### SNACKS

(IF RECOMMENDED)

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There are many healthy foods you can eat. Your doctor, diabetes educator or dietitian will help you learn how to eat the right foods, in the right amounts, at the right times, to control your blood sugar.