



Community Health Connections

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Fact Sheet

Diabetic Diet

Diabetes is a condition whereby the body is not able to regulate levels of glucose (a sugar) in the blood, resulting in too much glucose being present in the blood. Diabetes means thinking differently about food and nutrition. According to the ADA (American Diabetes Association) healthy eating can make it easier to stay on target with blood glucose levels, as well as delay and help manage the complications of diabetes.

Along with monitoring blood glucose levels, nutrition can play a big role in managing diabetes. Eating a healthy diet, counting carbohydrates, and exercising helps control diabetes and reduces the risk of diabetes-related conditions, such as heart disease and stroke. Always consult with a nutritionist or dietitian to find out what plan is right for you.

Some important points to remember:

- Monitor blood glucose levels as directed by the physician
- Control portion sizes and the total number of calories you consume
- Eating the same amount of carbohydrates with each meal will help control blood glucose
- Eat a wide variety of fruits, vegetables and whole grains
- Reduce your intake of saturated fat, trans fat and cholesterol
- Limit sweets and salt
- Limit or avoid alcoholic beverages
- Include physical activity in your daily routine, if approved by your doctor

Counting Carbohydrates

Carbohydrates are the main nutrient that affects blood glucose levels. The more carbohydrates you eat, the higher your blood glucose level will go up. One way to count carbohydrates is to count the amount of servings that are eaten daily. One serving of a carbohydrate is equal to 15 grams of carbohydrates. For example: a 1/2 of a banana is 15 carbohydrate grams which equals 1 serving of carbohydrates. Please remember to consult with the physician or dietitian to know how many carbohydrates are appropriate.

Food	Amount	Carb grams	Food	Amount	Carb grams
1 % fat milk	1 cup	12	yogurt fruited	1 cup	40
Bran Chex	2/3 cup	23	yogurt fruit	1 cup	19
Frosted Flakes	3/4 cup	26	Raisin Bran	3/4 cup	28
fruit juice	1/2 cup	15	bread/toast	1 slice	15
banana	1/2	15	sugar	1 tsp.	4
pancake syrup	2 Tbsp.	30	pancakes - 4	2	15
low-fat granola	1/2 cup	30	sugar-free syrup	2 Tbsp.	4

For additional information go to www.diabetes.org or contact us at 724-283-0990 or www.hcqu.org.