



WHAT CAN I EAT IF I HAVE DIABETES?

Carbohydrate-based foods (including grains, fruits, starchy vegetables, legumes, milk and milk products) will affect blood sugar levels.

Grains

100% whole grains, such as rolled oats, barley, brown rice; whole grain bread, whole wheat pasta and whole wheat tortillas that contain whole grain as the first ingredient; Popcorn



Cereals

100% whole grains
Oats (Steel-Cut, Old-Fashioned, Quick Cooking),
Cream of Brown Rice, Whole-Grain Hot Cereals

Fruits

Apples, Pears, Oranges, Peaches, Bananas, Grapes, Grapefruit, Berries, Melons

*Choose fruits canned in water, 100% juice, or "lite" syrup, frozen fruits packed without syrup and dried fruit with no added sugar



Starchy Vegetables

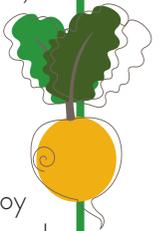
Peas, Winter Squash (Butternut, Acorn), Parsnips, Potatoes, Sweet Potatoes, Corn, Lima Beans, Carrots, Beets

Beans & Legumes

(Canned, Dried, or Frozen)

Black Beans, Kidney Beans, Pinto Beans, Soy Beans, Navy Beans, Fat-Free Refried Beans, and Fat-Free Bean Dips

*Choose canned or frozen vegetables with no added salt, no sauces or reduced sodium



Dairy Foods

Plain milk, yogurt and cheese: low-fat (1%), or skim/non-fat, unflavored and unsweetened, Unsweetened milk substitutes (e.g., soy milk or almond milk)



There are plenty of foods to include that have **little to no effect on blood sugar**:

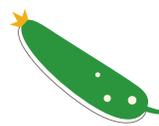
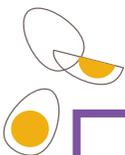
Healthy Fats

Nuts & Seeds (Peanut Butter, Almonds, Walnuts), Avocados, Olive Oil, Canola Oil

Animal Protein

(Fresh, frozen or canned)

Poultry (Chicken, Turkey), Eggs and Egg Substitutes, Fish and Shellfish, Venison



Non-starchy Vegetables

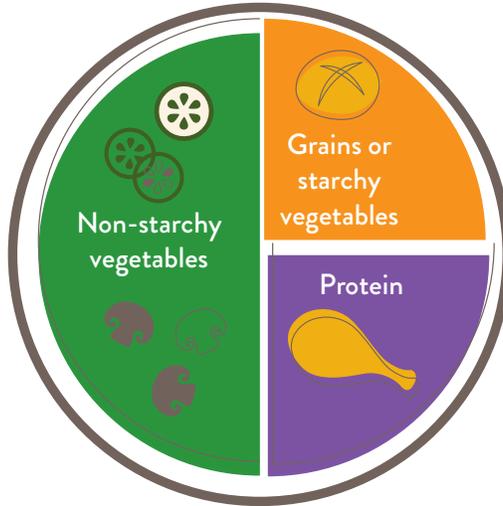
Leafy Greens (Lettuce, Spinach, Kale, Chard, Collards), Celery, Cabbage, Mushrooms, Cucumber, Broccoli, Zucchini, Onions, Radishes, Cauliflower



Diabetes MyPlate



Fruit



Milk or water

Meal Planning Tips:

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| <p>No Skipping Meals</p> <p>Consume regular, frequent meals</p> | <p>Try not to eat too much food or too much of one type of food, and space meals and carbohydrates evenly throughout the day.</p> <p>Incorporating lean proteins and healthy fats into the diet is a great way to feel full and encourage a balanced diet while keeping blood sugars regulated.</p> |
| <p>Read Labels</p> <p>Carbohydrates can be easily overlooked, so choose carefully</p> | <p>Starchy vegetables contain significantly more carbohydrates than non-starchy varieties.</p> <p>Beware of added sugars in foods and beverages.</p> |
| <p>Amount/Type of Carbohydrate</p> <p>Foods composed of complex, healthy carbohydrates are good choices</p> | <p>Consider ripeness: The more ripe a fruit is, the more carbohydrates it contains.</p> <p>Fruit and Vegetable juices have more carbohydrates than whole fruit or vegetable alternatives. Choose a variety of fruits and vegetables for their beneficial nutrients like fiber, vitamins and minerals.</p> <p>High carbohydrate foods should be combined with low carbohydrate foods in order to balance the meal and its effect on blood sugar levels. Choose foods using the Diabetes MyPlate model to help moderate blood sugar levels.</p> |

Source: Choosemyplate.gov & American Diabetes Association