**Diabetes Tip Sheet**

**For best blood sugar control**:

* Get a meal pattern from your health care provider. The number of carbohydrate choices allowed varies from person to person.
* Eat a consistent amount of carb choices at each meal and snack. A typical pattern includes 3-4 carb choices per meal and 1-2 carb choices for snacks.
* Plan your meals and snacks
* Eat some carbohydrate at each meal and snack. Follow your meal plan closely.
* Eat meals and snacks at regular times. Don’t skip meals and snacks or save carbohydrate choices to eat later.
* Choose foods high in fiber, such as fruits and vegetables and whole grain products, which allow a slower release of glucose into the blood stream.

**Carbohydrate choices**:

* 1 carbohydrate choice = 15 grams of carbohydrate.
* Use the nutrition label to help determine the number of carbohydrate choices in the food.
* Look at ‘Serving Size’ and ‘Total Carbohydrates’ on the nutrition label. For example, 1 piece of bread has 15 grams of total carbohydrate, which equals 1 carbohydrate choice.
* Carbohydrates aren’t bad! Foods containing carbohydrates give you energy, nutrients, and vitamins and minerals needed for good health. People with diabetes just need to control the amount of carbohydrate they eat a day.

**Foods with Carbohydrate**: Include some at each meal:

**Fruits**: eat 2-3 servings a day. Choose frozen or fresh most often. Limit juice.

**Starchy vegetables**: count as carbohydrate choices. Examples include: peas, corn, and potatoes. Watch portion sizes! Build in to the meal plan.

**Grains**: eat 4-6 servings a day. Make at least 3 servings whole grains.

**Milk and yogurt**: 2-3 servings a day. Choose lower fat, lower added sugar choices.

**Other**: dried beans – control amount and can also count as a serving of protein.

**Foods with no or small amounts of carbohydrate**:

**Non-starchy vegetables**: eat 3 or more servings a day. Examples include: lettuce, spinach and other greens; carrots, tomatoes, cauliflower, broccoli, cabbage, and onions. Choose a variety of colors.

**Poultry, fish, meat, eggs, cheese, meat alternatives (except dried beans**): eat 2-3 servings (about 6 oz. day). Choose lean meats and lower fat cheeses.

Follow up with your health care provider regularly for diabetes management.