

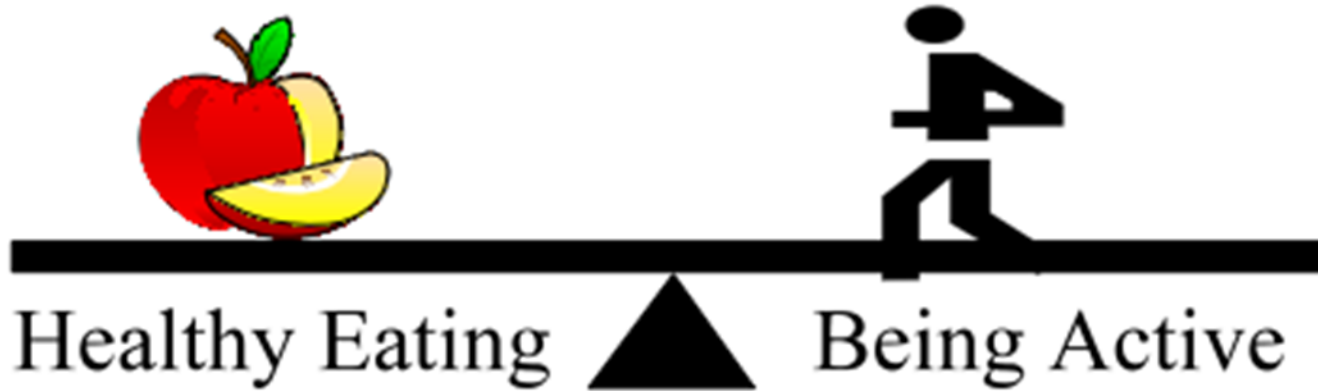
What Do I Eat Now???





It Is....

Lifestyle Balance



It is an Eating Plan that Includes;

Family Traditions ✓

Cultural foods ✓

Within your budget ✓

Fits your schedule ✓

Will work with the entire family ✓



And...

Includes food from **all** food groups!



Carbohydrates

These foods provide the primary, most immediate source of fuel for our bodies!

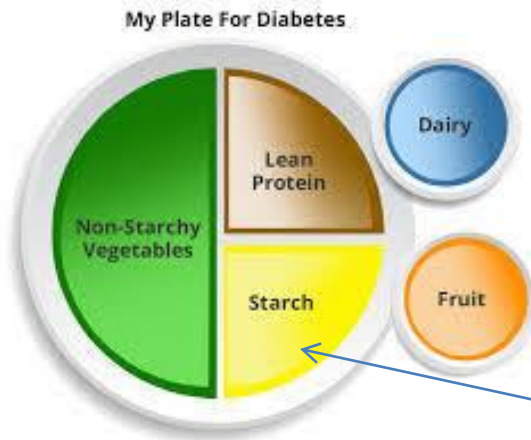
Spread them over the day, having something at each meal.

How much? Everyone is different! Your Diabetes Care and Education Specialist will work with you to determine the amount.



Whole Grains/Starches

Most starches contain fiber.

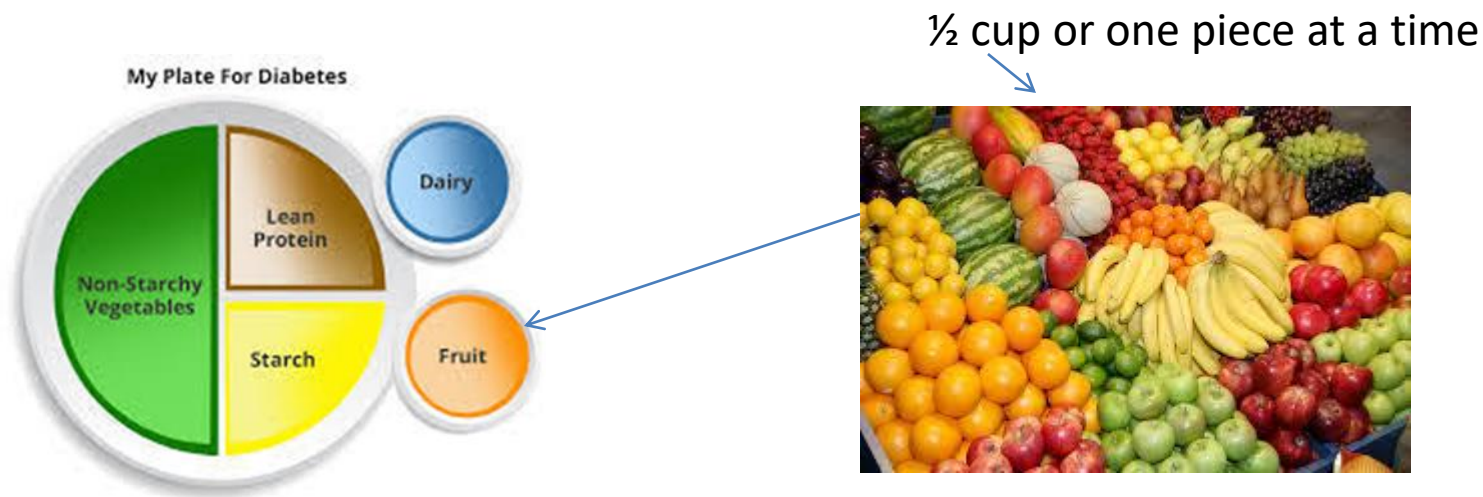


$\frac{1}{2}$ - 1 cup a meal



Fruits

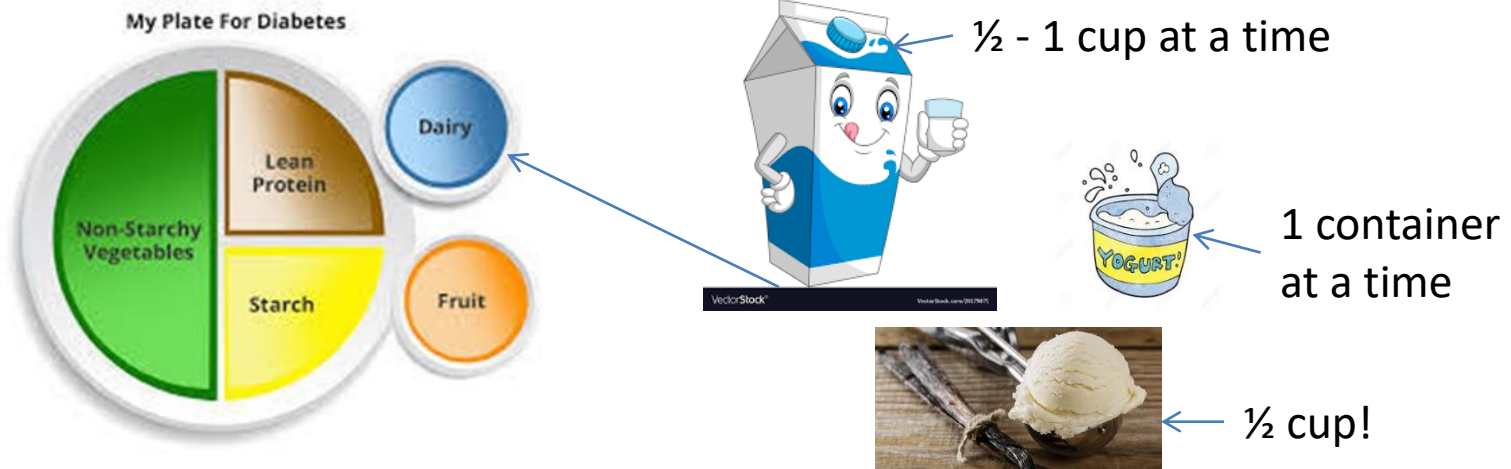
Fruits contain vitamins, minerals and can be a good source of fiber. Have as a between meal snack.



Fresh is best, frozen will work in the winter months.

Dairy

Milk and milk products contain vitamins, calcium, other minerals plus protein. Fat-free or low-fat are the best choices.



Non-Starchy Vegetables

Non-starchy vegetables are a good source of fiber, vitamins and minerals. They do contain carbohydrates, but less than starchy foods, dairy or fruits.

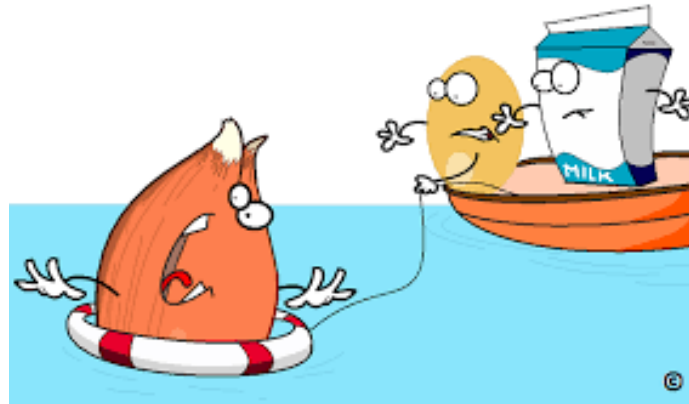


At least 1 cup a meal.



Protein

Protein helps our tissues grow and repair when needed.



Protein

Have some at each meal. The type and amount should be specific to each person.



Fats

Fats are needed to;

- help with the growth of our cells
- help us absorb some nutrients
- different fats can impact different parts of our blood cholesterol





Fats

Eating too much fat can cause weight gain and insulin resistance.





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Eating more than we need will cause weight gain and insulin resistance.



Beverages

Water – important for the body.



Water helps supply oxygen to our cells.
Water helps remove waste from the system.

Goal 6-8, 8oz glasses a day unless you have been told otherwise!



Beverages

Alcohol – if adults choose, moderation is the key.

Adult women, one drink a day or less

Adult Men, 2 or less drinks a day

Servings: AADE

- Beer regular or light, 12 ounces
- Wine, dry red or white, 5 ounces
- Distilled spirits; 1½ ounces



Note: Individuals who should abstain from alcohol include those with a history of alcohol abuse, pregnant women, those with liver disease, pancreatitis or advanced diabetic nerve disease and those with very high triglyceride levels. AADE



What about,

Sugar substitutes?

Holidays and special occasions?

Soda?

Good questions, this is just the basics. Please check with your Diabetes Care and Education Specialist to answer these questions and individualize an eating plan just for you.

Can this be done on a budget?

Yes! Here are some things to try.

- Plan your meals!
- Stick to your grocery list.
- Cook at home.
- Don't shop when you are hungry.
- Buy generic brands.





Also Try....

- Stop buying junk food!
- Watch for sales.
- Look for less expensive cuts of meat.
- Buy in bulk.
- Pack your lunch.



"You expect me to do WHAT NOW?"



A Reminder from Pete

This information will get you started. Talk to your Diabetes Care and Education Specialist who will answer your questions and will individualize a plan specific for you.

