

General Guidelines for the Diabetes Meal Plan

If you have diabetes, you must follow your meal pattern. Your dietitian has calculated your meal plan based on the number of calories your physician prescribed. Eat all the food on your meal pattern. Do not eat additional foods unless they are “free” foods. “Free” foods are those that contain 20 or fewer calories.

Weigh or measure each portion of food. Use standard household measures — measuring spoons, measuring cups and a weighing scale. With practice, you may be able to judge portion sizes by sight only.

Eat your meals on schedule to help regulate your blood sugar. Skipping a meal may cause low blood sugar when you are taking insulin. Insulin shock may result.

Avoid foods high in simple sugar or carbohydrate because they will increase your blood sugar rapidly. Foods to avoid:

Candy	Cookies
Cake	Sugar
Frostings	Molasses
Honey	
Pies	
Regular soft drinks	
Syrups	
Pastries	
Sweet rolls	
Jams and jellies	



General Guide to the Exchange Lists

Carbohydrate group

Starch list

Some excellent sources of carbohydrates with fiber are bran products, breads, cereals, pastas, peas and beans. They are good sources of fiber, some minerals and B vitamins.

Toasting dries out bread but does not change the calorie content. Note that starchy vegetables are included in this group because they contain the same amount of carbohydrate and protein in one exchange as one slice of bread.

Do not use these foods, as they contain simple sugar, which must be avoided:

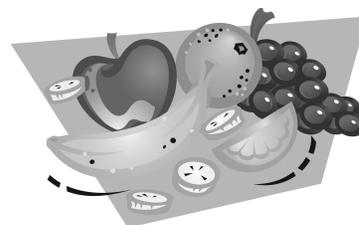
- Sugar-coated cereals
- Cereals with dried fruit
- Candied sweet potatoes or yams

Fruit list

Fruits are another source of carbohydrates and fiber. They are also sources of vitamins and minerals. Vitamin C is abundant in citrus fruits, and is also found in good concentration in raspberries, strawberries, cantaloupes, honeydews, papayas and mangos.

You may eat fruit fresh, dried, canned or frozen as long as no sugar has been added. This means you must read the labels. Words such as sucrose, dextrose, glucose, fructose, levulose, invert sugar, maltose, lactose and corn sweetener

mean that simple sugars have been added to the product.



When using canned unsweetened fruit, count the juice as another fruit exchange if you consume it also. Rinsing fruits packed in syrup does not remove the sugar that has been absorbed into the fruit.

Do not use:

- Fruits packed in sugar or syrup
- Glazed, crystallized or candied fruit
- Fruit drinks or ades such as lemonade

These foods contain simple sugars, which should be reduced.

Milk list

Milk is the primary source of calcium needed by young and old. It is also a good source of protein. Count the milk you use in coffee, tea, cereal, mashed potatoes, etc., as part of your milk exchanges. Ice cream is a bread exchange (not a milk exchange) plus two fat exchanges.



Do not use:

- Commercial milkshakes or malts
- Chocolate milk
- Malted milk
- Condensed milk

These foods contain simple sugars, which should be reduced.

Other carbohydrates list

These foods can be substituted for a starch, fruit or milk exchange or serving on your meal plan. However, some choices will count as one or more fat servings. Although these foods have more sugar, they can still be substituted into your meal plan. Be aware that they may not contain as many minerals and vitamins as other choices on the starch, fruit or milk list.

Select smaller portions from this list, as these foods are concentrated sources of carbohydrate and fat.

Read the Nutrition Facts on the food label for the most accurate source of nutrition information on these choices.

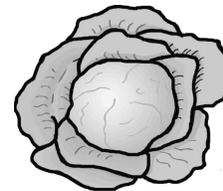
Be aware that many of the foods labeled as fat-free or reduced-fat products are made with fat replacers. Although they may have fewer fat calo-

ries, they may contain more carbohydrates and thus the 4 calories per gram. Therefore, when you eat large amounts of them, you must count them.

Nonstarchy vegetable list

Try to eat two to three nonstarchy vegetables daily. It takes three vegetable servings at one meal to equal one serving of carbohydrate (15 grams). Vegetables are excellent sources of carbohydrates and fiber, with each vegetable serving contributing about 1 to 4 grams of fiber.

Any vegetable on the list is allowed only in ½ cup cooked and 1 cup raw servings. Dark green and deep yellow vegetables are good sources of vitamin A. Many of these same vegetables are good sources of vitamin C: asparagus, broccoli, Brussels sprouts, cabbage, cauliflower and greens.



You may use fresh, canned or frozen vegetables. Avoid vegetables that were prepared in butter or special sauces.

See the starch exchange list for amounts of starchy vegetables such as dried peas or beans, corn, limas, parsnips, green peas, potatoes, pumpkin, winter squash and yams for each exchange.



Meat and meat substitute group Meat list

Foods in the meat group are good sources of protein, B vitamins, iron and other minerals.

Select meat that looks lean. Avoid cuts of meat with large amounts of fat outside or between the muscles. Also, select meat with a minimum of marbling.

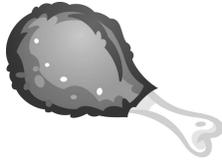
“Prime” grade, found ordinarily in restaurants, is the most heavily marbled. USDA Select and Choice are lower grades with less marbling and are better choices.



In preparing meat, trim all visible fat from the meat. Remove the skin when preparing poultry.

Prepare meat by roasting, boiling or broiling. If you fry, use a nonstick skillet. If you use fat or oil, you must count it in your meal pattern.

You may use meat juice without fat. Remove the fat from the meat drippings by refrigerating the drippings until the fat is hardened and can be removed. You can also do this for meats that are cooked by moist heat methods for extended periods such as stewing.



In the new exchanges, the meat group has been subdivided into four groups based on fat content:

- Very lean meat exchanges contain 0 to 3 grams of fat and provide only 35 calories per ounce.
- Lean meat exchanges contain 3 grams of fat and 55 calories per ounce.
- Medium-fat meat exchanges contain 5 grams of fat and supply 75 calories per ounce.
- High-fat meat exchanges contain 8 grams of fat and provide 100 calories per ounce. Use fewer high-fat meat choices. Limit your choices from this group to three times per week or less.

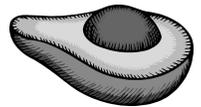
Fat group

Foods in the fat group contribute essential fatty acids that the body cannot make. Fats have been divided into three categories — monounsaturated, polyunsaturated and saturated fats.

Saturated fats have been shown to increase blood cholesterol levels. Examples of fats containing saturated fatty acids are fats from animal products and fats containing palm, palm kernel and coconut oils.

Unsaturated fats have been shown to lower blood cholesterol levels and are found in vegetable products. There are two types of unsaturated fats:

- **Monounsaturated fats** are found in canola, olive and peanut oils or other sources such as almonds, cashews, peanuts, pecans, sesame seeds, avocados, etc.
- **Polyunsaturated fats** are found in oils such as corn, safflower, cottonseed, soy and other sources of pumpkin and sunflower seeds, walnuts, salad dressings, etc.



Because fats are absorbed more slowly than are carbohydrate and protein, they satisfy your hunger for longer periods. Also, they are a more concentrated source of energy, providing about one and one-half more calories than proteins and/or carbohydrates.

Trans fatty acids are just one type of fatty acid formed during the process of hydrogenation (or changing from liquid to solid state). They are found in margarine and occur naturally in small quantities in beef, pork, lamb, milk and butter.

Trans fatty acids in foods have been linked to high cholesterol and heart disease. Until more research is known, the best advice is to consume moderate portions of meats and choose low-fat or fat-free dairy products.

