

Basic Nutritional Guidelines for People with Diabetes

- Develop a routine. Eat meals about the same time each day. Space meals no more than 4 1/2 or 5 hours apart when awake. Do not skip meals. Avoid snacks. If hungry between meals, eat raw vegetables (for example cucumber, celery, lettuce, and radishes).
- Eat 3 balanced meals daily. Control your portion sizes and limit second helpings. Eat a variety of foods. Limit lean meat, fish, and poultry to 6 – 7 ounces per day. See Portion Size Guide on back page for helpful hints.
- Limit starchy foods to 1 or 2 servings per meal. See Starchy Food Groups in Portion Size Guide on back page.
- Limit fruits to 1 small piece for lunch and supper. No fruits for breakfast. Avoid fruit juices.
- Limit milk to 2 cups of skim or fat free milk per day.
- Increase the use of high fiber foods such as: dried or canned beans, whole grains (like oatmeal, bran cereal, and brown rice), and raw vegetables.
- Use sugar substitutes like Equal and Sweet n' Low. Avoid the use of sugar and sweets.
- Avoid the use of alcoholic drinks. These can interact with your medicine. If you choose to drink alcohol, drink no more than one drink a day for women, and no more than two a day for men.
- Limit desserts to one of the following and count as a starch food at mealtime:
 - One slice of plain cake (such as angel food), no icing
 - Six vanilla wafers or 3 gingersnap cookies
 - One-half cup sugar-free ice cream or pudding
 - Sugar-free pie (count as 1 fruit and 2 fats)
- Use sugar-free, calorie-free items as desired. Examples are: tea, sugar-free Kool-Aid, diet soda, diet gelatin, sugar-free gum, sugar-free Popsicles, sugar-free syrup, sugar-free jelly, etc.

(over, please.)

Foods to avoid

Sugar	Jelly/jam	Sweet pickles	Sherbet
Syrup	Cake with icing	Sorbet	Pudding
Brownies	Non-diet sodas	Preserves	Molasses
Sugary chewing gum	Glazes	Pie	Candy
Ice cream	Breath mints	Cobblers	Honey
Doughnuts	Gelatin	Brown sugar	

Avoid any meat or vegetable made with a glaze or syrup, and all foods prepared with regular sugar.

Avoid foods high in fat or oil (for example: fried foods, bacon, sausage, bologna, mayonnaise, and regular cheese).

Portion size guide

Here are some ideas to help you identify correct serving sizes:

- **Grains, Beans and Starchy Vegetables:** 1/2 cup portion (size of a fist)
- **Vegetables:** 1/2 cup cooked vegetables (size of a fist)
- **Fruits:** 1 small orange or apple (size of a baseball)
- **Dairy:** 1 cup yogurt (size of a baseball)
- **Meats:** 3 ounces meat, chicken, or fish (size of a deck of cards)
- **Fats:** 1 teaspoon butter, oil or margarine (size of a thumb)

Source: Indiana Chronic Disease Management Program