

DIABETES & WEIGHT MANAGEMENT

EAT LESS FAT

EXCESS FAT DIET CAUSES HEART AND BLOOD VESSEL DISEASE.

- ❖ EAT SMALL SERVINGS OF MEAT. SELECT FISH AND POULTRY MORE OFTEN. CHOOSE LEAN CUTS OF RED MEAT.
- ❖ ROAST, BAKE, OR BROIL - DO NOT FRY FOODS. TRIM OFF ALL FAT, INCLUDING SKIN FROM POULTRY. AVOID GRAVY, SAUCES, AND ADDING FAT WHEN PREPARING MEALS.
- ❖ LIMIT HIGH-FAT FOODS SUCH AS COLD CUTS, BACON, SAUSAGE, HOT DOGS, BUTTER, MARGARINE, NUTS, SALAD DESSINGS, AND SHORTENINGS.
- ❖ USE SKIM MILK, NON-FAT YOGURT AND SKIM-MILK CHEESES. AVOID CREAM, SOUR CREAM, WHOLE OR 2% MILK.

EAT MORE HIGH FIBER FOODS

FIBER HELPS CONTROL BLOOD SUGAR AND CHOLESTEROL.

- ❖ CHOOSE BEANS AND PEAS MORE OFTEN, THEY ARE A GOOD SUBSTITUTE FOR MEAT.
- ❖ TRY WHOLE GRAIN BREADS, CEREALS, AND CRACKERS.
- ❖ EAT FRESH FRUIT IN PLACE OF FRUIT JUICE.
- ❖ INCLUDE VEGETABLES OF ALL KINDS - RAW AND COOKED.

EAT LESS SUGAR

SUGAR PROVIDES CALORIES BUT NO VITAMINS OR MINERALS.

SUGAR IS QUICKLY ABSORBED INTO THE BLOOD STREAM AND CAUSES RAPID ELEVATIONS IN BLOOD SUGAR.

- ❖ CHOOSE FRESH FRUITS OR THOSE CANNED IN UNSWEETENED JUICE FOR DESSERTS AND SNACKS.
- ❖ SUBSTITUTE SUGAR FREE SWEETENERS SUCH AS SWEET-N-LOW OR EQUAL FOR SUGAR
- ❖ AVOID TABLE SUGAR, SWEETENED SOFT DRINKS, HONEY, SYRUP, JAM, JELLY, CANDY, DESSERTS, AND FRUIT IN CANNED SYRUP.
- ❖

EXERCISE REGULARLY

REGULAR EXERCISE HELPS WITH WEIGHT LOSS, CONTROLLING BLOOD SUGAR AND IMPROVING CHOLESTEROL LEVELS.

- ❖ BEFORE BEGINNING AN EXERCISE PROGRAM DISCUSS IT WITH A DOCTOR.
- ❖ GRADUALLY BUILD UP TO EXERCISING 3-4 TIMES A WEEK FOR 20-30 MINUTES. WALKING, SWIMMING, RIDING A STATIONARY BICYCLE AND AEROBICS CLASSES ARE ALL GOOD CHOICES.
- ❖ IF YOU HAVE DIABETES, IT MAY BE NECESSARY TO MODIFY YOUR MEAL PLAN TO INCLUDE A SMALL SNACK BEFORE EXERCISING TO PREVENT BLOOD SUGAR FROM DROPPING TOO LOW.

THE MEAL PLAN

DIET PLAYS AN IMPORTANT ROLE IN CONTROLLING DIABETES AND WEIGHT. MEAL PLANS NEED TO BE MODIFIED TO MEET YOUR INDIVIDUAL NEEDS BASED ON YOUR TYPE OF DIABETES, MEDICATIONS, BODY WEIGHT, PHYSICAL ACTIVITY, ETC. EAT YOUR MEALS AT REGULARLY SCHEDULED TIMES AND EAT ALL THE FOOD IN YOUR MEAL PLAN.

THE FOODS THAT YOU MAY CHOOSE FROM HAVE BEEN DIVIDED INTO 6 GROUPS: BREAD/STARCH, MEAT, VEGETABLE, FRUIT, MILK, AND FAT. PORTIONS ARE SHOWN TO ASSIST YOUR MEAL PLANNING.

BREADS & STARCHES: 1 SLICE OF LOAF BREAD, 1 SMALL ROLL, ½ BAGEL, 1 ENGLISH MUFFIN, 1 HAMBURGER BUN, ½ CUP COOKED CEREAL, ¾ CUP READY TO EAT CEREAL, ½ CUP CORN, LIMA BEANS, GREEN PEAS, 1 SMALL BAKED POTATO, 6 CRACKERS.

MEAT: 1 OZ. CHICKEN, TURKEY, FISH, LEAN BEEF, PORK OR VEAL, ¼ CUP COTTAGE CHEESE, 1 EGG, 1TBSP. PEANUT BUTTER

VEGETABLES: ½ CUP COOKED VEGETABLES, ½ CUP TOMATO OR VEGETABLE JUICE

FRUITS: 1 MEDIUM FRESH FRUIT, 1-CUP MELON, ½ CUP UNSWEET JUICE

DAIRY: 1-CUP SKIM OR NON FAT BUTTER MILK, 1-CUP LOW FAT YOGURT

FATS: 1 TSP. MARGARINE, OIL, OR MAYO, 1TBSP SALAD DRESSING, 1 SLICE OF BACON (OCCASSIONALLY)

A SAMPLE MENU PLAN FOR ONE DAY WOULD INCLUDE:

BREAKFAST:

- ONE CUP OF WHOLE GRAIN CEREAL SUCH AS PORRIDGE OR SPECIAL K
- LOW FAT MILK
- AN APPLE, PEACH, OR PEAR

LUNCH:

- MULTIGRAIN SANDWICH WITH A SMALL SERVING OF - MEAT, TUNA, OR CHICKEN
- A SALAD AND/OR VEGETABLES
- ONE ORANGE

SNACK:

- ONE CARTON OF LOW-FAT YOGURT

DINNER:

- 150 GRAMS OF MEAT, FISH, OR CHICKEN
- ONE CUP OF COOKED RICE
- COOKED VEGETABLES, OR SALAD WITH OLIVE OIL DRESSING

NIGHTTIME SNACK:

- A WARM OR COLD GLASS OF MILK

FREE FOODS!!!

BOUILLON, BROTH, COFFEE, TEA, DIET SOFT DRINKS, SUGAR FREE GELATIN, GUM, SUGAR SUBSTITUTES, HORSERADISH, LEMON JUICE, VINEGAR, MUSTARD, DILL PICKLES.