

Diabetes Eating Basics

There is no such thing as a “diabetic diet”. We are all unique and no single eating plan will work the same for everyone. Some people may be able to eat more carbohydrates and still achieve good blood sugar control while others may require more protein. Monitor your blood sugar to find out what foods work best for you.

Balanced Meals

In general, the ideal meal might contain $\frac{1}{2}$ vegetables, $\frac{1}{4}$ complex carbohydrate, and $\frac{1}{4}$ or less protein. A small amount of healthy fat with each meal may also help.



Small meals every 4-5 hours

The body does not make enough insulin to handle a large meal. A person with diabetes who is dependent on injections may require extra insulin if eating a large meal. In addition, small, frequent meals prevent hypoglycemic episodes.

Complex Carbohydrates

Whole grains, vegetables, and fruits are the most efficient sources. The body not only burns more calories while digesting them, but also gets fiber and more nutrients from these foods than from other food sources.

Water

Most people need to drink at least six to eight glasses of water throughout the day. High blood sugar levels require plenty of water in order to pass sugar out in the urine.



No Starving! Skipping meals is a set-up for a food binge.

Carbohydrates, proteins, and fats are each turned into blood sugar at different rates. Eating a combination of foods will help keep blood sugar levels balanced throughout the day.

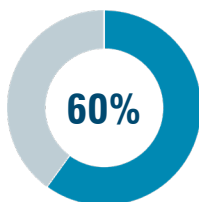
CARBOHYDRATES

Have the greatest and fastest impact on blood sugar. **100%** of carbohydrates are turned to blood sugar **15 minutes to 2 hours** after eating.



PROTEIN

Has a medium and slower impact on blood sugar. **60%** of protein is turned to blood sugar **2 - 3 hours** after eating.



FAT

Has the smallest and slowest impact on blood sugar. **10%** of fat is turned to blood sugar **3 - 4 hours** after eating.

