

## Counting Carbs:

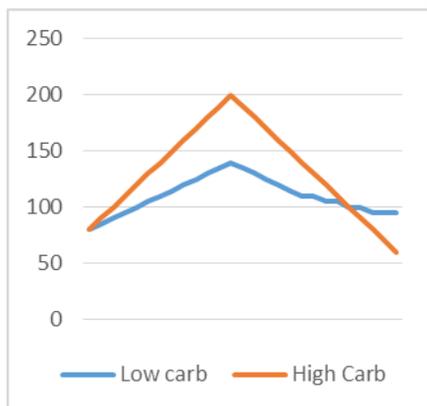
A good target for daily intake of carbs is **120 total grams**. This includes meals and snacks.

You should eat every **3 to 4** hours to help maintain a more consistent blood sugar.

Choose foods that are low in sugar, high in protein, and high in fiber.



A diet that is lower in carbs can make your blood sugars more consistent .



Example of what your blood sugars could look like two hours after a meal.

## Diabetes Nutrition



## Healthy Eating

**Diet is important for everyone, but especially diabetics. Healthy eating is one tool that you can use to help control your diabetes and live a healthier lifestyle.**



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★ Daily Eating: 120 carbs per day ★

- ◆ 40 carbs or less per meal
- ◆ 15 carbs or less for snack



Is FRUIT ok? **YES**—in moderation!

Choose fruits that have a lower glycemic index such as:

- Grapefruit
- Grapes
- Kiwi
- Berries: blue berries, straw berries, raspberries
- Melons: cantaloupe, watermelon
- Pears
- Apples
- Oranges



Fruits with a Low Glycemic Load

## It's all about CHOICES!

Instead of this:	carbs	Choose this:	carb s
1 slice White Bread	15g	1 slice Sara Lee's Delightful healthy multi-grain bread	9g
White pasta noodles (2/3 cup)	30g	Nasoya Pasta Zero shirataki noodles (2/3 cup) (found in the refrigerated section)	4g
White flour (1/4 cup)	24g	Almond, flaxseed, coconut flour (1/4 cup)	5g, 8g, 15g
Fat-free yogurt (4 oz)	15-20g	Diabetic friendly yogurt (4 oz)	3g
1 potato	37g	1 cup butter nut squash	10g

## All Carbs

When choosing carbs that you do eat, make healthy choices including:

- ◆ Vegetables
- ◆ Lean meat and protein
- ◆ Fruits in moderation
- ◆ Beans, legumes
- ◆ Nuts
- ◆ Fish
- ◆ Nuts, avocado

## Treating a low blood sugar

- ◆ take in 15 grams of simple sugar carbohydrates to quickly rise your blood sugar.
- ◆ Eat a high protein snack of 15 grams or less to keep your blood sugar from dropping again after the sugar burns off (see Healthy Snacks Pamphlet for snack ideas).

\*\*It is easy to over treat your low blood sugar because you are feeling so poorly. Here are some examples of what 15 grams of carbs looks like. Retest your blood sugar after 15 minutes. If it has not started to come back up, take in another 15 carbs.\*\*

