

F O O D  
F O R  
L I F E



LIVING WELL WITH  
PREDIABETES OR DIABETES



TEXAS DIABETES  
COUNCIL



**As someone with prediabetes or diabetes, you can learn how to select healthier foods for better health. A healthy eating plan will help you control your blood sugar, maintain a healthy weight, and feel better.**

**First, you should talk with your doctor, dietitian, or other health care provider. They can help you put together a healthy eating plan you can live with.**



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## **You can control your blood sugar one day at a time by:**

- **Eating a variety of healthy foods**
- **Checking your blood sugar**
- **Taking medication at the right time (if your doctor prescribes it)**
- **Being physically active each day**
- **Losing weight (if you need to)**
- **Following your doctor's advice**





# The Healthy Plate

*The easy way to plan your meals*

Make sure half of your plate has non-starchy vegetables and salad, a quarter has a serving of protein, and a quarter has a serving of starch or starchy vegetable. Remember that you need milk, fruit, some fat and plenty of water.

## The Healthy

### Fruit

One serving  
per meal



### Starch

Two to three servings per meal



### Fat

One serving  
per meal



### Vegetables



# Plate for Adults



One 8 oz.  
cup per  
meal

**Fat Free  
Milk**



**Lean Meat**

One to two oz. at Breakfast  
Two to three oz. at Lunch and Dinner

One to three servings per meal



Six to eight  
8 oz. cups  
per day

**Water**

# Bread/Cereal/Grains/Beans/ Starchy Vegetables

*You should eat six or more servings of grains, beans, and starchy vegetables every day.*

How much is a serving? Part of eating healthy is knowing how much is in a serving. In the beginning, you'll want to measure your food with measuring cups and spoons after it is cooked. After a while, you will know the size of a serving.

**Each of the following equals one serving:**

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**1/2 hamburger bun or hot dog bun**



**1/3 cup of cooked pasta  
(spaghetti, noodles, vermicelli)**



**1 slice bread (whole wheat, white)**



**1 small baked potato**



**1/2 cup cooked beans  
(pinto, kidney, garbanzo)  
or lentils with no added fat**





**1 cup cooked winter squash  
(acorn, butternut)**



**1/3 cup cooked rice**



**1 six-inch corn tortilla**



**1/2 cup sweet potato**



**1/2 cup corn, potatoes,  
or green peas**



**3/4 cup dry cereal**



**3 squares of graham crackers**



**1/2 cup cooked cereal**



**3 cups popcorn (no fat)**



## Non-Starchy Vegetables

*You should eat three to five servings of non-starchy vegetables every day.*

**Each of the following equals one serving:**



**1/2 cup cooked vegetables  
(greens, carrots, broccoli,  
cauliflower, beets)**



**1 cup raw vegetables  
(broccoli, carrots, cucumbers,  
tomatoes, zucchini)**



**1/2 cup tomato or vegetable juice**



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### *Food for Thought*

- Fresh and frozen vegetables have less salt than canned vegetables.
- You can get vitamin C naturally from fresh broccoli, spinach, tomatoes, and peppers.
- Did you know that corn is in the same group as bread and pasta, not the vegetable group?



# Fruits

*Try to have three to four servings of fruit each day.*

**Each of the following equals one serving:**



**1/2 cup canned fruit in natural juices with no sugar added or in extra-light syrup**



**1 cup cubed honeydew melon, watermelon, cantaloupe, or papaya**



**1/2 cup fruit juice**



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**1/4 cup dried fruit**



**1 small apple, orange, or banana**

## *Food for Thought*

- Whole fruits are more filling than fruit juice and have more fiber.
- Avoid canned fruit in heavy syrup—it is loaded with sugar.



# Meat and Meat Substitutes

*Every day you should eat two to three servings of meat or meat substitutes.*

**Each of the following equals one serving (average serving is 3 oz):**



**1 medium pork chop**



**1 unbreaded fish fillet**

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**1 chicken leg and thigh or  
1 chicken breast**



**3 oz lean ground meat (about the same size  
as a deck of cards or the palm of your hand)**

## *Food for Thought*

- Avoid excess fat by trimming off fat from meat and taking the skin off chicken and turkey before cooking.
- Avoid high-fat meats like sausage, hot dogs, bologna, brisket, and spareribs.



**Each of the following contain protein equal to one ounce of meat:**



**1/4 cup cottage cheese**



**1 ounce reduced-fat cheese or part-skim cheese**



**1/4 cup tuna, chicken, sardines, or salmon**



**1 egg or 2 egg whites**

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*Try these healthy cooking alternatives:*

- Bake, broil or grill instead of frying.
- Choose low-fat meats like lean beef, turkey, chicken, and fish.
- Season your meat with herbs and spices like garlic, onions, peppers, tomatoes, or cilantro.
- Drain the fat off ground beef, chicken, or pork before adding seasoning or sauces.



*Drain the fat directly from the pan by holding the lid tightly against the pan while pouring.*

# Milk

*Try to have two to three servings of milk daily.*

**Each of the following equals one serving:**



**1 cup low-fat or skim milk (8 oz)**



**1 cup low-fat buttermilk**



**2/3 cup nonfat or low-fat fruit-flavored yogurt with no added sugar**



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**1 cup soy milk (8 oz)**



## *Food for Thought*

Have you ever measured how large your milk glass is? Fill a one-cup measuring cup (8 oz) with water. Pour the water into your drinking glass and see how much of your glass is filled.



# Fats

*Eat only a little fat every day.*

**Each of the following equals one serving:**



**1 teaspoon butter, margarine, or shortening**



**1 teaspoon mayonnaise**



**1 teaspoon vegetable oil, such as olive, canola, corn, or safflower**



**10 peanuts or 2 teaspoons peanut butter**



**8 black olives or 1/8 avocado  
(one small piece)**



**1 tablespoon cream cheese**



**1 tablespoon salad dressing (regular)**



**2 tablespoons sour cream (regular)**



## 'Free' Foods and Extra Foods

*You can have unlimited servings of these 'free' foods.*

These foods don't raise your blood sugar and can be eaten as 'free' foods as often as you want:



**Water (drink plenty)**

**Sugar substitutes**



**Sugar-free gelatin dessert and sugar-free popsicles**

**Salad greens**



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**Unsweetened coffee or tea and sugar-free beverages**

**Cucumbers or celery**



**Seasonings like garlic, hot pepper sauce, or herbs like parsley and cumin.**

**Vinegar or mustard**



## Consult your doctor about eating sweets and drinking alcohol.

Have sweets or alcohol only if your diabetes is in good control.

If you eat a sweet, leave out another starchy food such as bread during the meal.



Never drink alcohol on an empty stomach.

**Each of the following equals one drink:**

- 12 oz beer
- 5 oz wine
- 1 1/2 oz liquor

# Seasonings and Condiments

*Add seasonings and condiments to your meals.*

This is a list of foods you can eat up to three times per day as extras. Don't eat all three servings at the same time because it can raise your blood sugar level.

**Each of the following equals one serving:**



1/4 cup salsa

1 tablespoon ketchup,  
fat-free mayonnaise, or  
salad dressing



1 teaspoon  
non-dairy creamer

Lemon or lime juice



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1 piece sugar-free  
hard candy

1–2 teaspoons jam  
or jelly (low-sugar  
or light)



1 tablespoon reduced-fat  
sour cream or fat-free  
cream cheese



# Healthy Living Tips

*Eating healthy can help you prevent or control type 2 diabetes.*

- The food you eat should fit in with your family's eating.
- A diabetes meal plan shouldn't be very different from a regular, healthy meal plan.
- Eat a variety of foods.
- Eat and drink foods low in fat.
- Never skip meals.
- Eat breakfast. You need something first thing in the morning.
- Eat your meals and snacks at the same time every day. This will help keep your blood sugar in balance.
- Use less salt.

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*Here are some tips for living well:*

- If you eat at a restaurant and the portions are too large, ask for a carry-home container.
- Keep a food diary. Pay attention to what you eat.
- Shop from a list at the grocery store.
- Don't go shopping when you're hungry.
- Increase your physical activity to 30 minutes most days.
- Walk more, work in the yard, ride a bike, swim, dance, or play with your family.

# My Meal Plan

*Your dietitian can help you plan your meals to meet your individual needs.*

Now that you understand how to group foods and how much to eat, you're ready to enjoy meals based on the meal plan recommended by your dietitian or other health care provider.

Ask your dietitian to check the number of servings you need for your daily meal plan below.

## Food

## Servings Per Day

*Bread, Tortillas, Cereal, Grains,  
Beans, Starchy vegetables*

*Non-Starchy Vegetables*

*Fruits*

*Meat and Meat Substitutes*

*Milk*

*Fats*

*Water*

# Food Diary



Date \_\_\_\_\_

Food Group	What did you eat?	How many servings did you have?
<b>Breakfast</b>		
Bread/Starch		
Non-Starchy Vegetables		
Fruit		
Milk		
Meat/Meat Substitute		
Fat		
<b>Morning Snack</b>		
<b>Lunch</b>		
Bread/Starch		
Non-Starchy Vegetables		
Fruit		
Milk		
Meat/Meat Substitute		
Fat		
<b>Afternoon Snack</b>		
<b>Dinner</b>		
Bread/Starch		
Non-Starchy Vegetables		
Fruit		
Milk		
Meat/Meat Substitute		
Fat		
<b>Evening Snack</b>		

# Food Diary



Date \_\_\_\_\_

Food Group	What did you eat?	How many servings did you have?
<b>Breakfast</b>		
Bread/Starch		
Non-Starchy Vegetables		
Fruit		
Milk		
Meat/Meat Substitute		
Fat		
<b>Morning Snack</b>		
<b>Lunch</b>		
Bread/Starch		
Non-Starchy Vegetables		
Fruit		
Milk		
Meat/Meat Substitute		
Fat		
<b>Afternoon Snack</b>		
<b>Dinner</b>		
Bread/Starch		
Non-Starchy Vegetables		
Fruit		
Milk		
Meat/Meat Substitute		
Fat		
<b>Evening Snack</b>		

## Low Blood Sugar

*What to do when your blood sugar is low*

Your blood sugar will go down when you skip a meal, exercise more than normal, or take too much medicine. When your blood sugar drops below normal, you may begin to feel bad.

**If you feel shaky, sweaty, dizzy, pale, or if your lips are numb or tingly, you need about 15 grams of a fast-acting sugar (carbohydrate) such as any of the following:**

- Drink 8 oz. skim milk or
- Drink 1/2 cup of fruit juice or regular soda or
- Eat 1 small box of raisins or
- Eat an orange or
- Eat 6-7 small hard candies or
- Chew 3 glucose tablets

Wait fifteen minutes, then check your blood sugar. If it is still below normal, drink 1/2 cup of juice or regular soda with sugar. Wait another fifteen minutes, then check again to make sure your blood sugar is normal. If your blood sugar still is below normal, call 911. Also, make sure you call your doctor.



# My Health Information

*Use this page to record your health information.*

Name \_\_\_\_\_

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Dietitian \_\_\_\_\_ Phone \_\_\_\_\_

Clinic \_\_\_\_\_ Phone \_\_\_\_\_

# My Health Goals

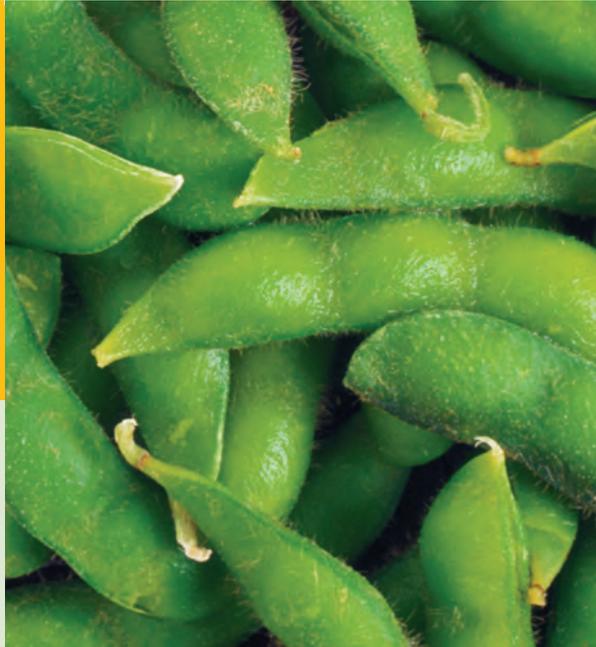
- Weight \_\_\_\_\_
- BMI \_\_\_\_\_
- Waist Measurement \_\_\_\_\_
- Blood Pressure \_\_\_\_\_
- A1C \_\_\_\_\_
- Fasting Blood Sugar \_\_\_\_\_
- Physical Activity Minutes Per Day \_\_\_\_\_
- Don't Use Tobacco



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