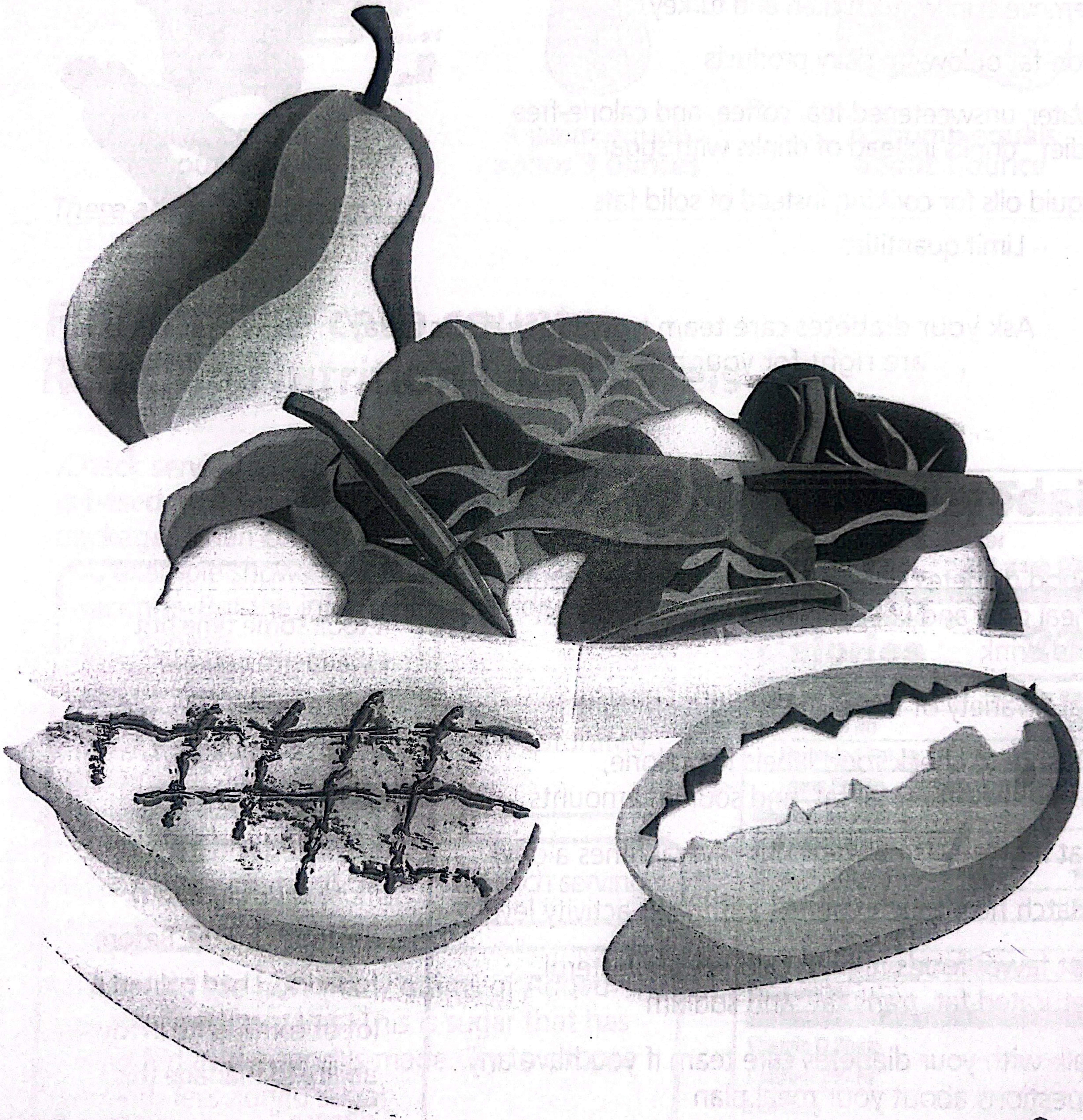


Planning healthy meals

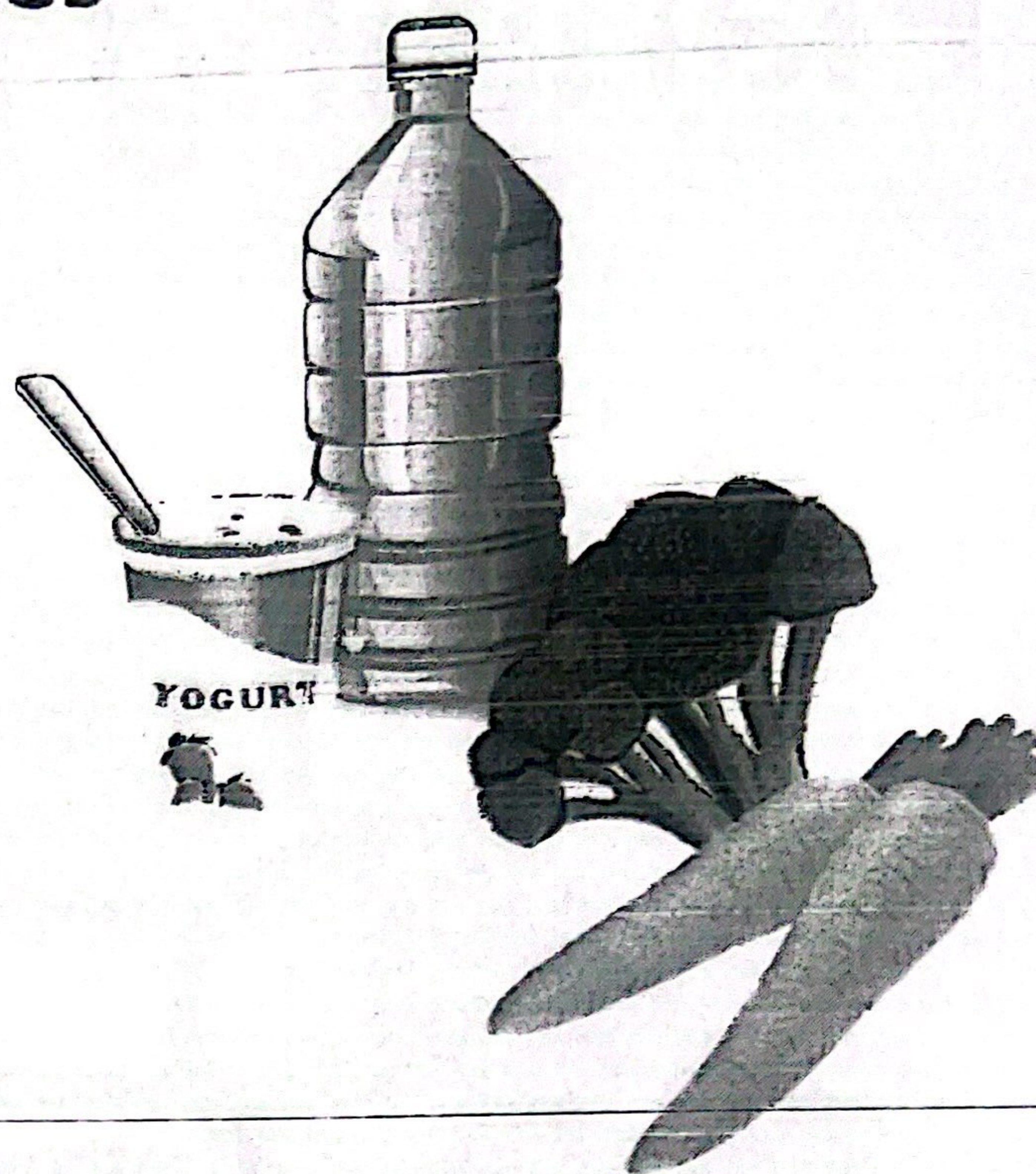


**Diabetes
Education
Program**



Making healthy food choices

- Lots of nonstarchy vegetables
- Whole-grain foods
- Fish 2 to 3 times a week
- Lean cuts of beef and pork
- Remove skin from chicken and turkey
- Non-fat or low-fat dairy products
- Water, unsweetened tea, coffee, and calorie-free "diet" drinks instead of drinks with sugar
- Liquid oils for cooking instead of solid fats
 - Limit quantities



Ask your diabetes care team how many fruits a day
are right for your meal plan

Diabetes and healthy eating

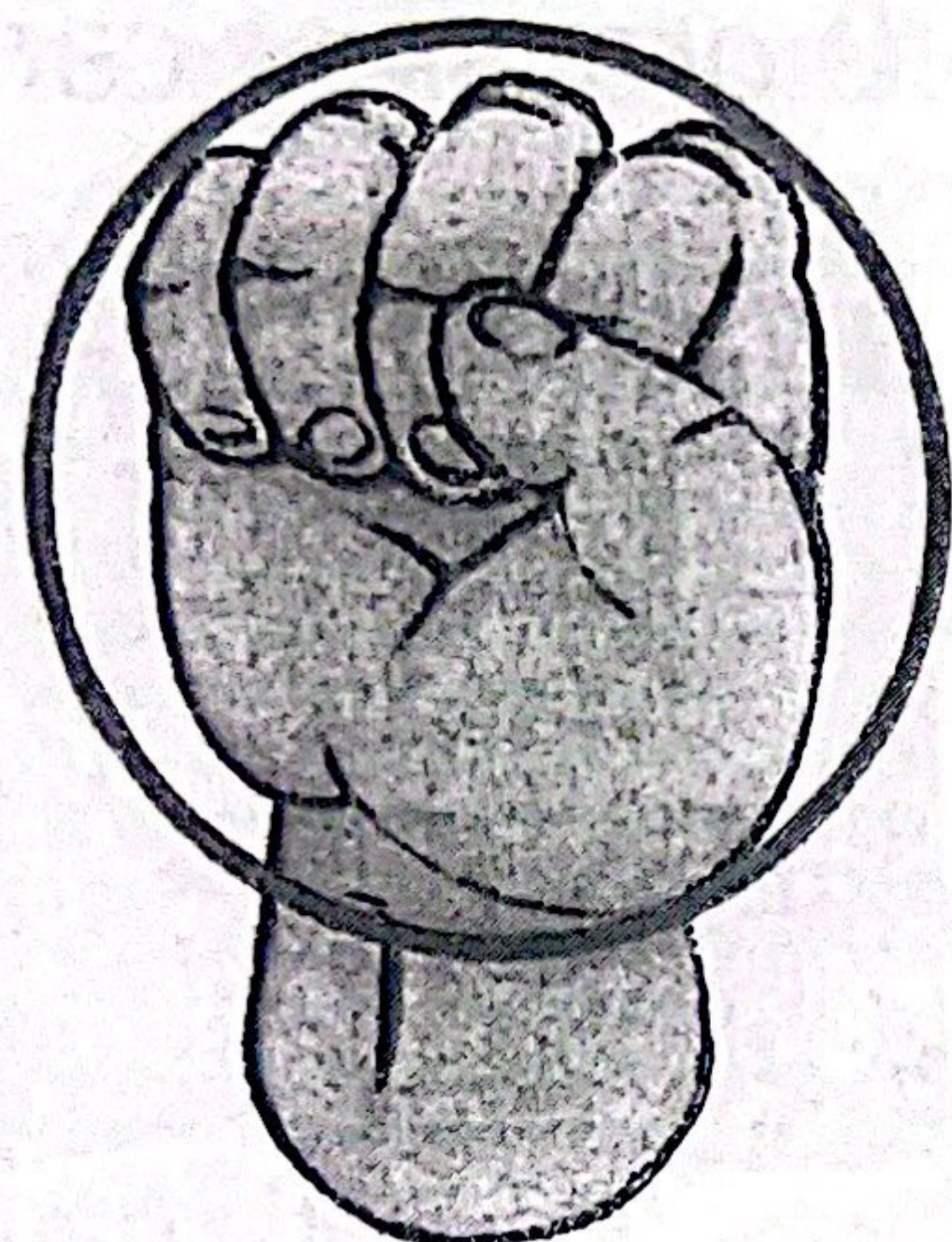
- Good diabetes self-care means following your meal plan and keeping track of what you eat and drink
- Eat a variety of foods in the right amounts
- Be sure to check food labels for calorie, carbohydrate, total fat, and sodium amounts
- Eat regularly (small portions several times a day)
- Match how much you eat with your activity level
- Eat fewer foods high in calories, cholesterol, saturated fat, *trans* fat, and sodium
- Talk with your diabetes care team if you have any questions about your meal plan

"It took some time but I made the decision to do the things I needed to do to manage my diabetes. I started exercising and thinking more carefully about my food choices. Before too long, I had gained a lot of confidence in my ability to manage this disease."

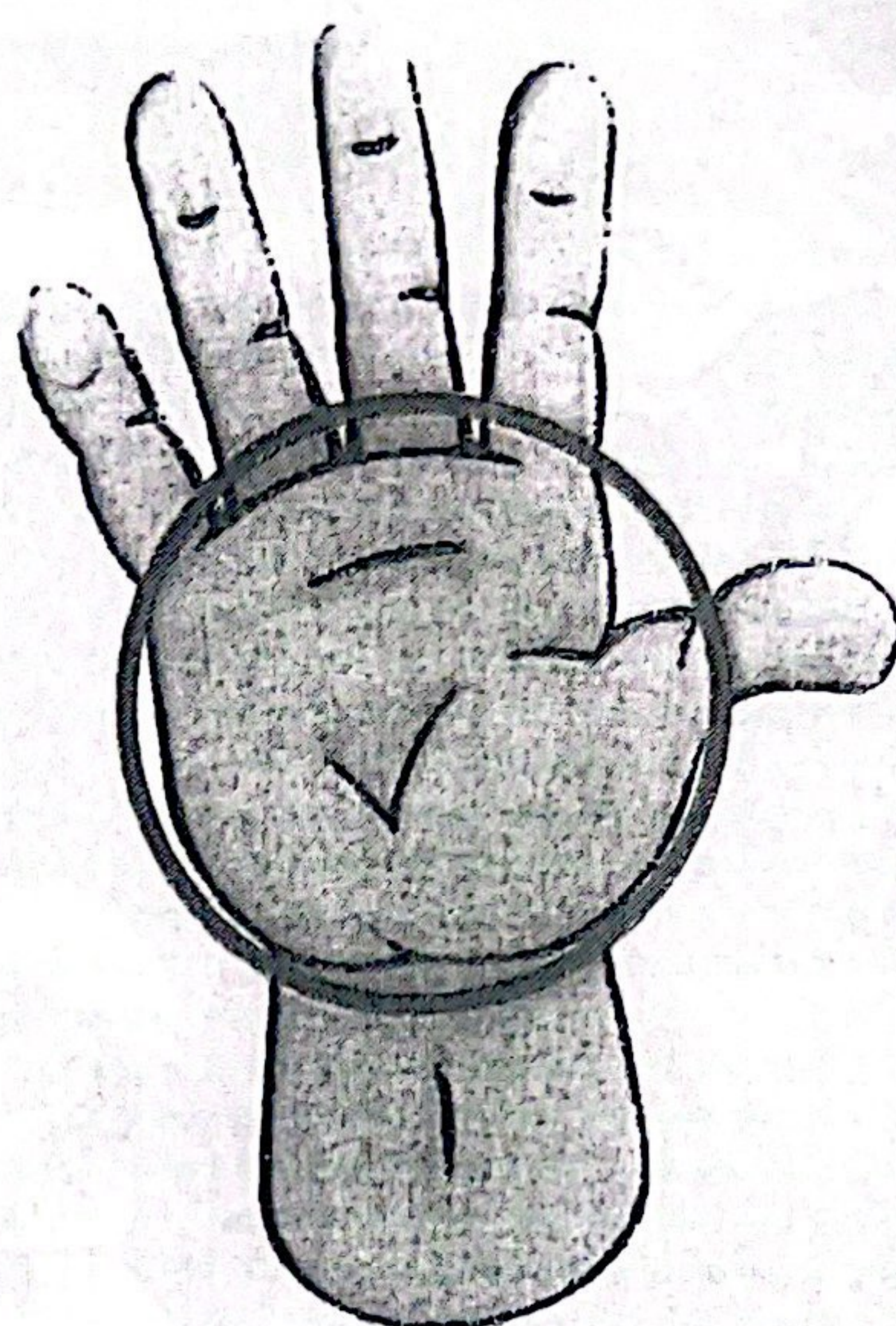
– Karen R., South Carolina

Estimating portion sizes

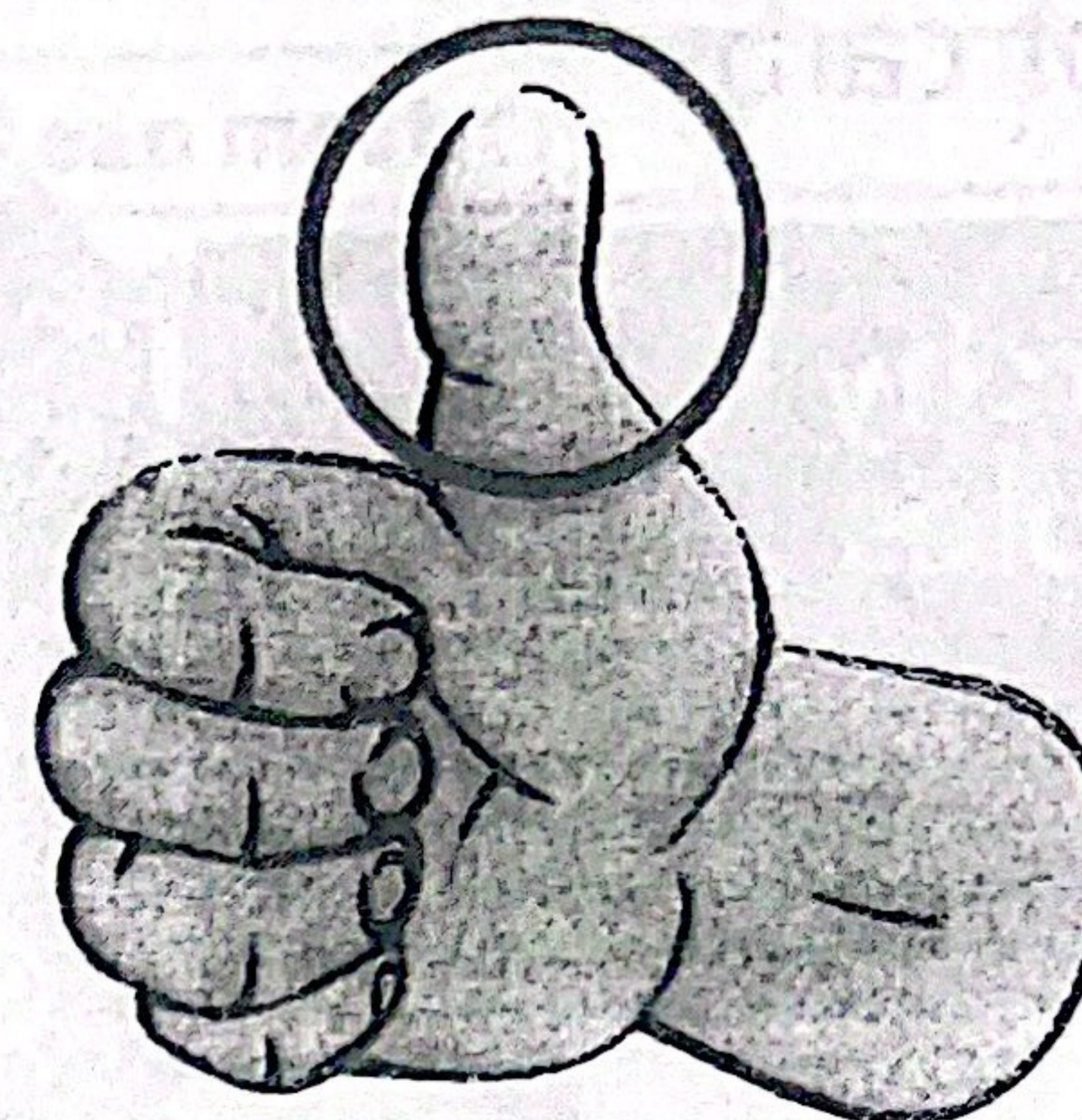
When you can't measure, you can estimate!



A fist equals about 1 cup



A palm equals about 3 ounces



A thumb equals about 1 ounce

These are only general guides.

Finding the carb counts: Reading Nutrition Facts labels

Check serving size. Information on the label is based on 1 serving. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 8 servings. But the information provided is for only 1 serving.

Look at the amount of fat, especially saturated and trans fat, in each serving.

See how many grams of carbs are in each serving.

You can also see how many grams of Added Sugar the food contains. This is sugar that has been added as the food is made. Try to choose foods with less added sugar.

Decide whether the food fits into your plan.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Know your nutrients and create your plate

1 nonstarchy vegetable choice = 5 grams of carbs

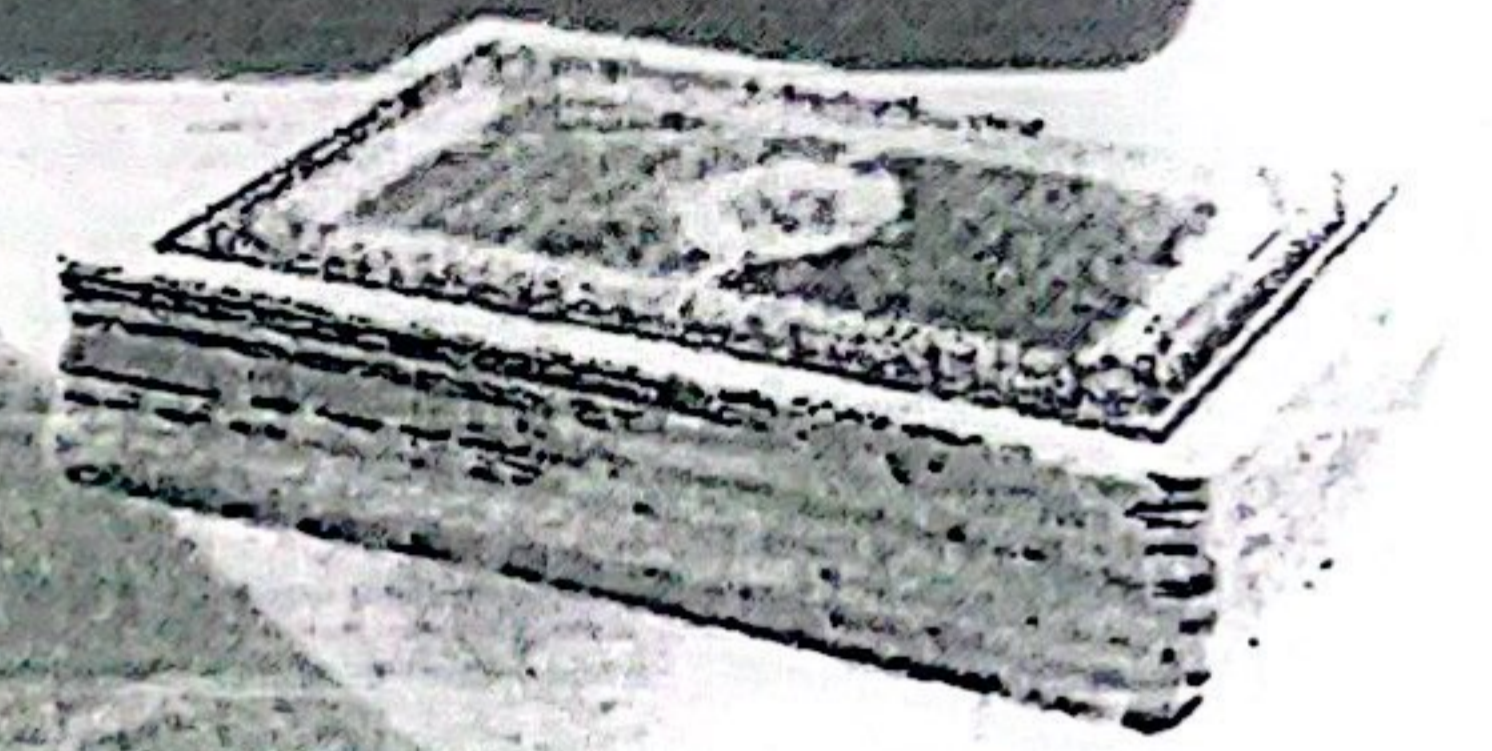
Nonstarchy Vegetables

Raw vegetables, 1 cup
Cooked vegetables, 1/2 cup

1 meat/protein choice = 0 grams of carbs

Meat/Protein

Examples:
Chicken, 3 ounces
Fish, 3 ounces
Beef, 3 ounces



Size of a deck of cards

Each carb choice contains 15 grams of carbs.

I need _____ carb choices per meal.

Starch/Grains

Examples:
Pasta, 1/3 cup
Rice, 1/3 cup
Potato, boiled, 1/2 cup
Bread, 1 slice (1 ounce)
Corn, 1/2 cup



Size of a computer mouse

1 starch choice = 15 grams of carbs

Size of a tennis ball

Fruit

Examples:
Orange, small
Blueberries, 3/4 cup
Watermelon, 1 slice

1 fruit choice = 15 grams of carbs

Milk

Examples:
Milk, 1 cup
Plain yogurt, 1 cup

1 dairy choice = 12 grams of carbs

Nonstarchy carbohydrates



Meat/Protein

Meat and meat substitutes are a source of protein and do not raise blood sugar significantly

Prepare meats without a batter. Bake, grill, or broil

1 oz cooked meat = deck of cards

The following chart shows what 1 choice of meat and meat substitutes contains

The number of servings per day varies by individual meal plan

Meat		1 CHOICE
Beef	Lean—Ground round, roast, round, sirloin, steak, tenderloin	1 oz
	Medium-fat—Corned beef, ground beef, prime rib, short ribs	1 oz
Chicken	Lean—Without skin	1 oz
	Medium-fat—With skin	1 oz
Fish	Lean—Smoked: herring or salmon (lox)	1 oz
	Medium-fat: Any fried product	1 oz
Lamb	Lean—Chop, leg, or roast	1 oz
	Medium-fat—Ground, rib roast	1 oz
Pork	Lean—Canadian bacon, rib or loin chop/roast, ham, tenderloin	1 oz
	Medium-fat—Cutlet, shoulder roast	1 oz
	High-fat—Ground, sausage, spareribs	1 oz
Sandwich meats	Lean—chipped beef, deli thin-sliced meats, turkey ham	1 oz
	High-fat—bologna, pastrami, hard salami	1 oz
Sausage	Medium-fat—With 4–7 grams of fat per oz	1 oz
	High-fat—bratwurst, chorizo, Italian, knockwurst, Polish, smoked	1 oz
Shellfish	Lean—Clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Veal	Lean—Loin chop, roast	1 oz
	Medium-fat—Cutlet (no breading)	1 oz

	Protein	Fat
Lean meat	7	0–3
Medium-fat meat	7	4–7
High-fat meat	7	8+

Meat Substitutes	1 CHOICE
Beef jerky (lean)	½ oz
Cheese	
Lean—cottage cheese	¼ cup
Medium-fat—feta, mozzarella, reduced-fat cheeses, string	1 oz
High-fat—American, bleu, brie, cheddar, queso, and Swiss	1 oz
Egg (medium-fat)	1
Egg substitutes, plain (lean)	¼ cup
Egg whites (lean)	2
Hot dog	
Lean—3 grams of fat or less per oz	1
High-fat—Beef or pork	1
Sardines, canned (lean)	2 small
Tofu	½ cup

Nonstarchy Vegetables

- Do not raise blood sugar as much as starchy vegetables
- 1 cup raw or ½ cup cooked = 5 grams of carbohydrates

- Artichoke hearts
- Asparagus
- Baby corn
- Bamboo shoots
- Bean sprouts
- Beans (green, wax, Italian)
- Broccoli
- Brussels sprouts

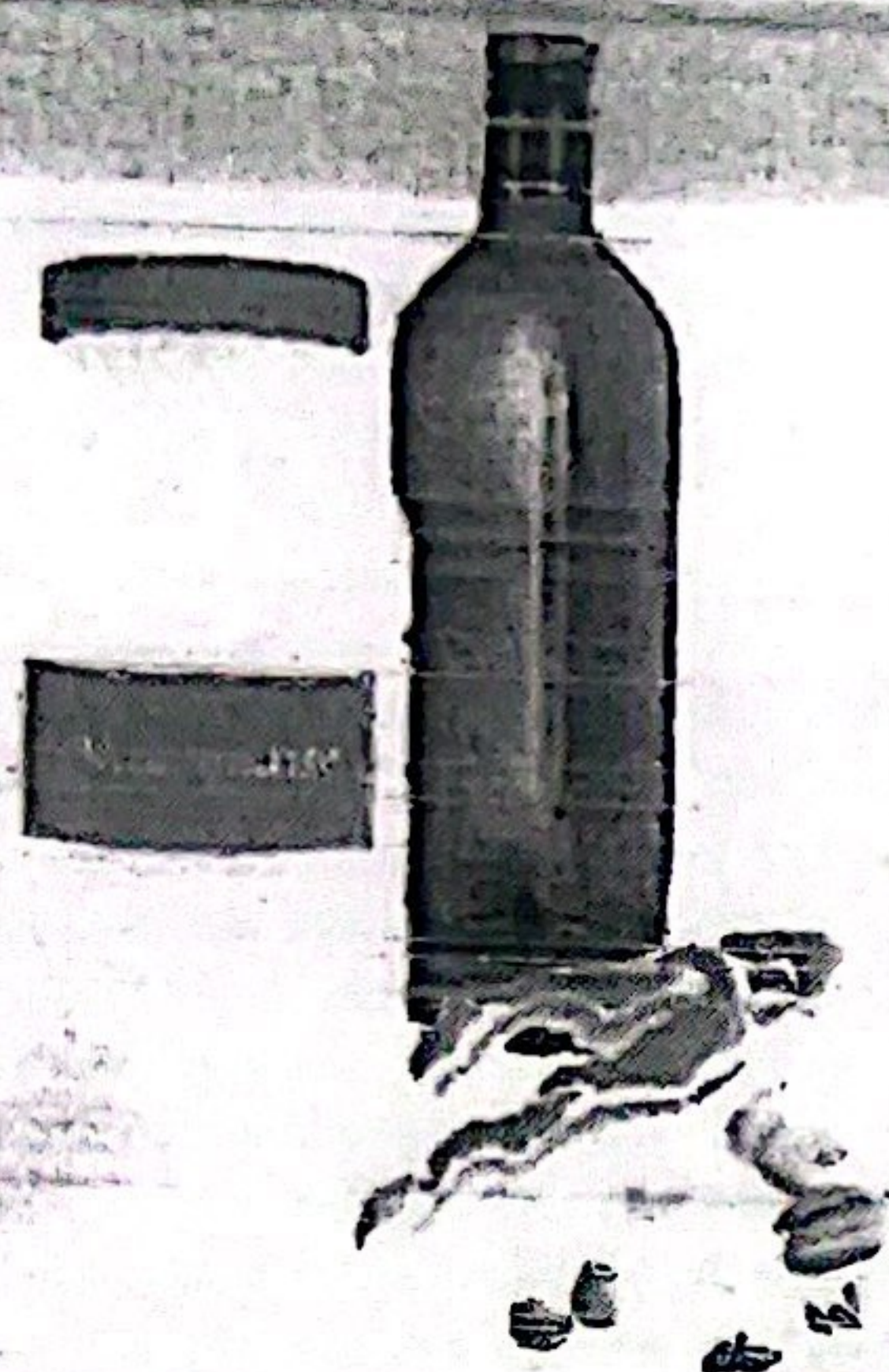
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green onions or scallions
- Greens (collard, kale, mustard, turnip)
- Leeks
- Mixed vegetables (without corn, peas, or pasta)
- Mushrooms, all kinds, fresh

- Okra
- Onions
- Pea pods
- Peppers (all varieties)
- Radishes
- Sauerkraut
- Soybean sprouts
- Spinach
- Squash (summer, crookneck, zucchini)
- Tomato
- Turnips
- Water chestnuts



Noncarbohydrates

FATS



- Do not raise blood sugar significantly
- Should be used sparingly
- Will help slow the rise of blood sugar after meals
- A serving size of fats listed = 5 grams of fat

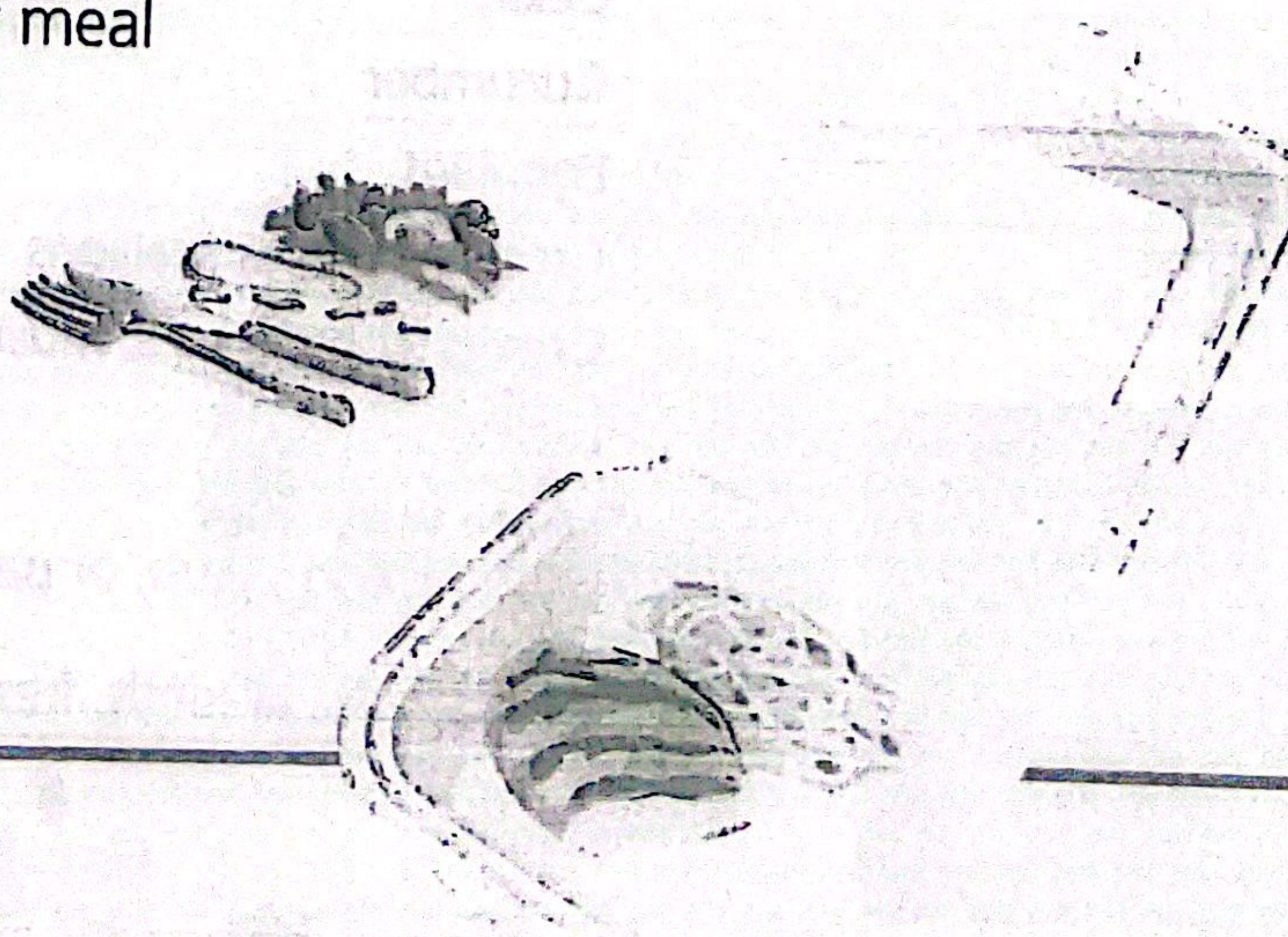
Unsaturated Fats (Monounsaturated)	SERVING SIZE
Avocado	2 Tbsp
Nut butters (<i>trans fat-free</i>):	1½ tsp
Nuts	
Almonds	6
Cashews	6
Peanuts	10
Pecans	4 halves
Pistachios	16
Oil: canola, olive, peanut	1 tsp
Olives, Black	8 large
Olives, Green, stuffed	10 large

Polyunsaturated Fats	SERVING SIZE
Margarine	
Lower fat spread (30%–50% vegetable oil, <i>trans fat-free</i>)	1 Tbsp
Stick, tub (<i>trans fat-free</i>), or squeeze (<i>trans fat-free</i>)	1 tsp
Mayonnaise	
Reduced-fat	1 Tbsp
Regular	1 tsp
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Salad dressing	
Reduced-fat	2 Tbsp
Regular	1 Tbsp
Seeds: flaxseed (whole), pumpkin, sunflower, sesame	1 Tbsp
Walnuts	4 halves

Saturated Fats	SERVING SIZE
Bacon	1 slice
Butter	
Reduced-fat	1 Tbsp
Stick	1 tsp
Whipped	2 tsp
Cream	
Half and half	2 Tbsp
Heavy	1 Tbsp
Light	1½ Tbsp
Whipped, pressurized	¼ cup
Cream cheese	
Reduced-fat	1½ Tbsp
Regular	1 Tbsp
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Shortening, solid	1 tsp
Sour cream	
Reduced-fat or light	3 Tbsp
Regular	2 Tbsp

Tips for dining out with diabetes

- If you don't know what's in a dish or how it's prepared, ask
- Ask for salad dressing, sauces, and gravy on the side
- Estimate your normal portion and put the extra in a container to go
- Try to limit alcohol and sugary drinks, or avoid them
- Don't rush! Eat slowly and really enjoy your meal



Carbohydrates

- Most of the carbohydrates we eat quickly turn into blood sugar
- Each carb choice contains 15 grams of carbs

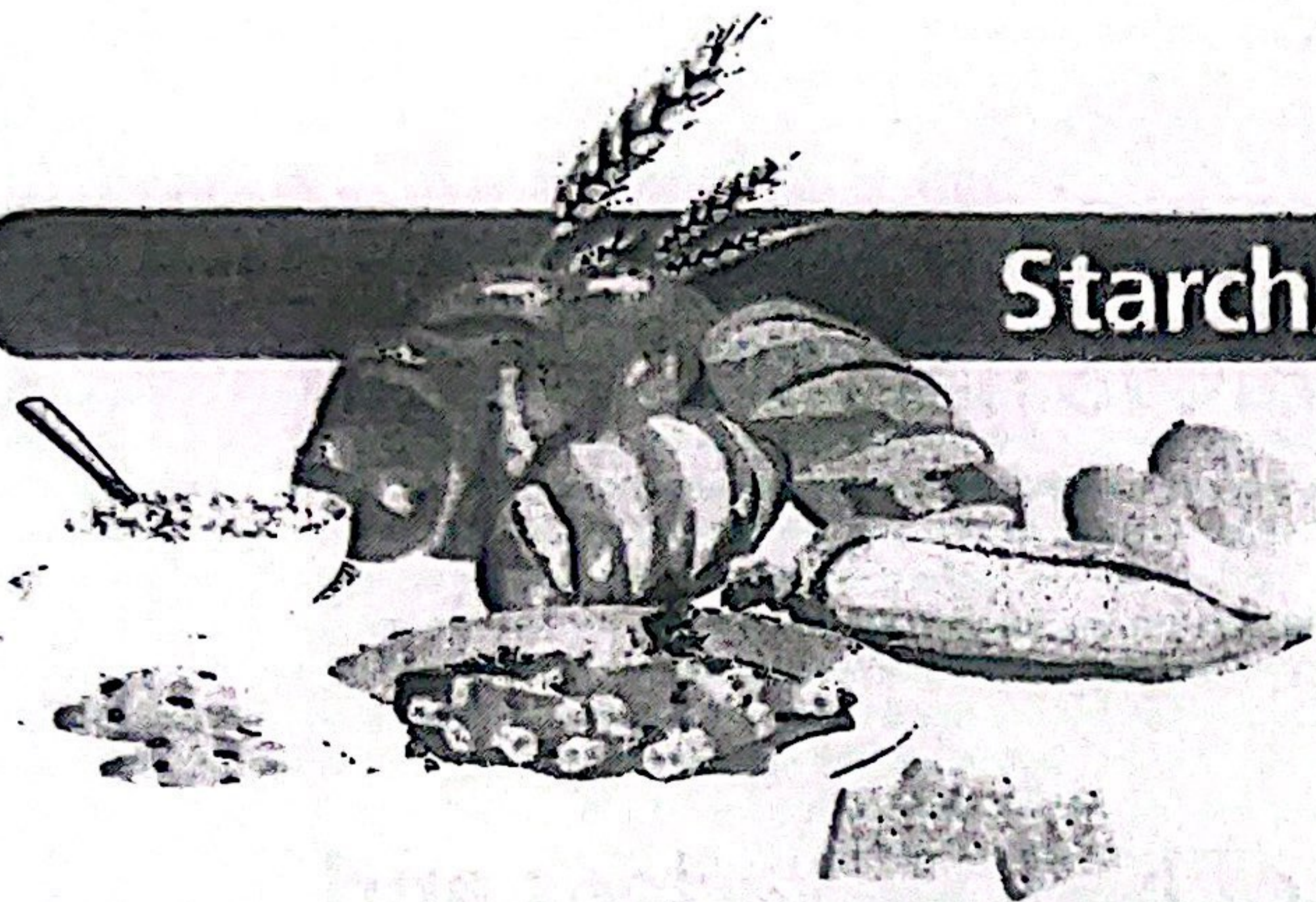
Milk

Milk and Yogurts



	SERVING SIZE OR PORTION
Chocolate milk, fat-free or whole	½ cup
Evaporated milk (all kinds)	½ cup
Ice cream, light, no sugar added, or regular	½ cup
Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole	1 cup
Soy milk, light or regular, plain	1 cup
Yogurt, plain, whole	1 cup

Starch/Grains



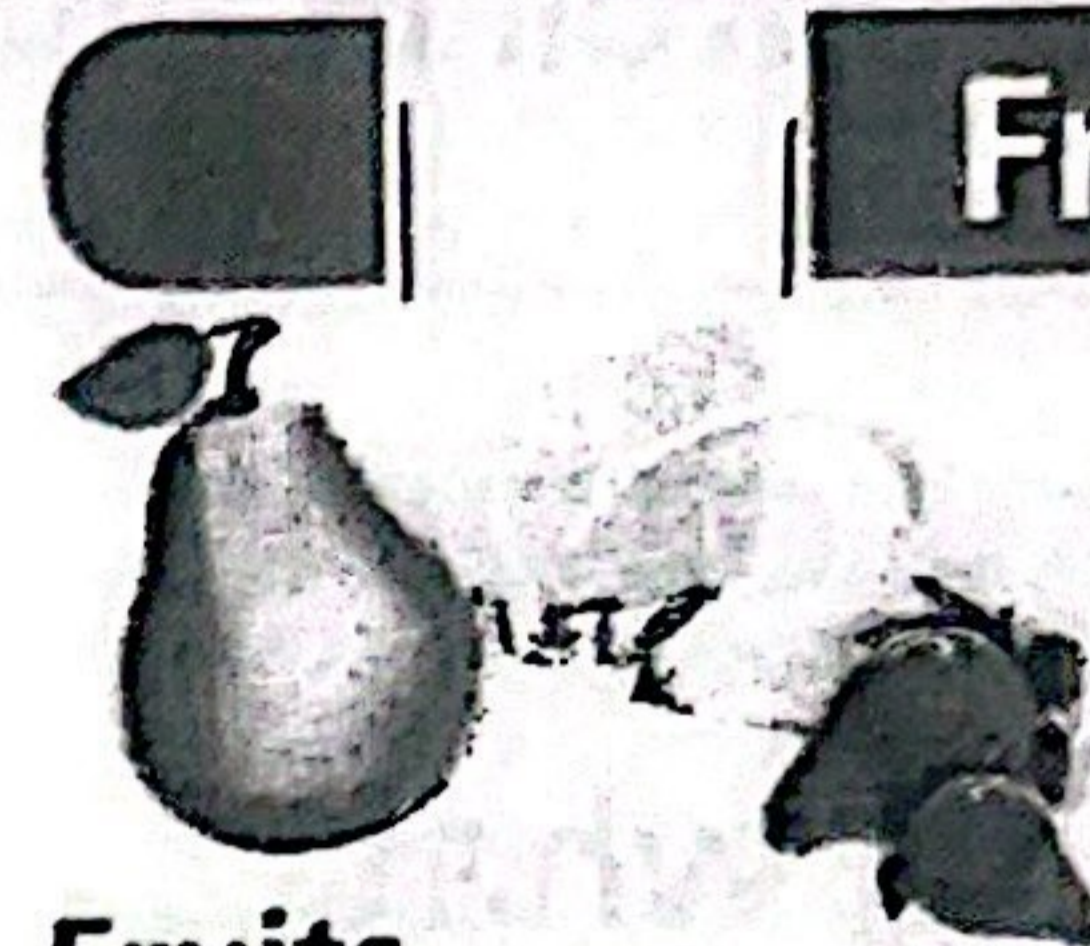
Bread	SERVING SIZE OR PORTION
Bagel, large (about 4 oz)	¼ (1 oz)
Bread, reduced-calorie	2 slices
Bread, white, whole-grain, pumpernickel, rye	1 slice (1 oz)
English muffin	½
Hot dog or hamburger bun	½ (1 oz)
Pancake, 4 inches across	1
Pita, 6 inches across	½
Roll, plain, small	1 (1 oz)
Taco shell, 5 inches across	2
Tortilla, corn or flour, 6 inches	1
Waffle, 4-inch square	1

Crackers and Snacks	SERVING SIZE OR PORTION
Animal crackers	8
Cookies, Chocolate chip	2 cookies
Crackers	
Round, butter type	6
Saltine-type	6
Sandwich-style, cheese or peanut butter filling	3
Whole-wheat	2-5
Graham cracker, 2½-inch square	3
Oyster crackers	20
Popcorn	3 cups
Pretzels	¾ oz
Rice cakes, 4 inches across	2
Snack chips	
Fat-free or baked (tortilla, potato, pita)	15-20
Regular (tortilla, potato)	9-13

Cereals and Grains	SERVING SIZE OR PORTION
Bran, dry, wheat	½ cup
Cereals	
Cooked (oats, oatmeal)	½ cup
Puffed	1½ cups
Shredded wheat, plain	½ cup
Sugar-coated	½ cup
Unsweetened, ready-to-eat	¾ cup
Couscous	⅓ cup
Granola, low-fat or regular	¼ cup
Grits, cooked	½ cup
Pasta, cooked	⅓ cup
Rice, white or brown, cooked	⅓ cup
Wild rice, cooked	⅓ cup

Starchy Vegetables	SERVING SIZE OR PORTION
Baked beans	⅓ cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	½ cup
Corn on cob, large	½ cup
Lentils, cooked	½ cup
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	½ cup
Potato	
Baked with skin	¼ large (3 oz)
Boiled, all kinds	½ cup
Mashed, with milk and fat	½ cup
French fried (oven-baked)	1 cup (2 oz)
Pumpkin, canned, no sugar added	1 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	½ cup

Fruit



Fruits	SERVING SIZE OR PORTION
Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	½ cup
Apricots	4 whole (5½ oz)
Banana	½ (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	⅓ melon or 1 cup
Cherries	12 (3 oz)
Dates	3
Dried fruits	2 Tbsp
Figs (fresh or dried)	1½
Fruit juice	½ cup
Grapefruit, large	½ (11 oz)
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup
Kiwi	1 (3½ oz)
Mango, small	½ fruit (5½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6½ oz)
Papaya	½ fruit or 1 cup
Peaches, medium	1 (6 oz)
Pears	½ cup (4 oz)
Pineapple	¾ cup
Plums, small	3
Prunes	2 (5 oz)
Raspberries	1 cup
Strawberries	1¼ cups whole
Tangerines, small	2 (8 oz)
Watermelon	1 slice or 1¼ cups

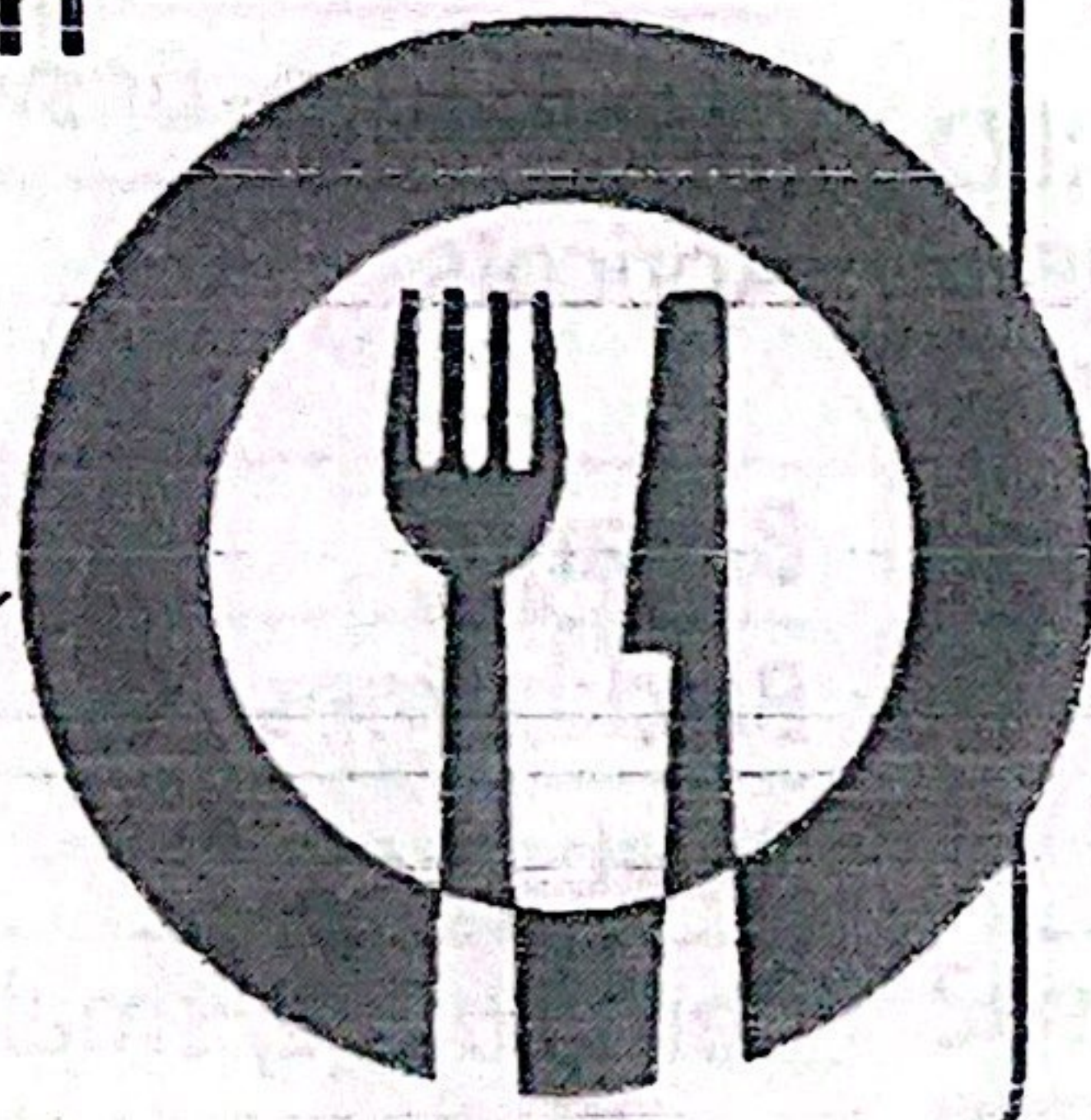
Cornerstones4Care®

Patient support program

When you enroll in Cornerstones4Care®, you can:

Healthy eating

Balancing what,
how much,
and when
you eat



- Use the Meal Planning Tool to help you create a meal plan based on your personal goals
- Get examples of what a balanced meal really looks like
- Browse through dozens of healthy recipes and print out your favorites

You'll also get:

- Monthly e-mails to help you manage diabetes, tailored just for you
- Resources to help you with the 4 "cornerstones" of diabetes care

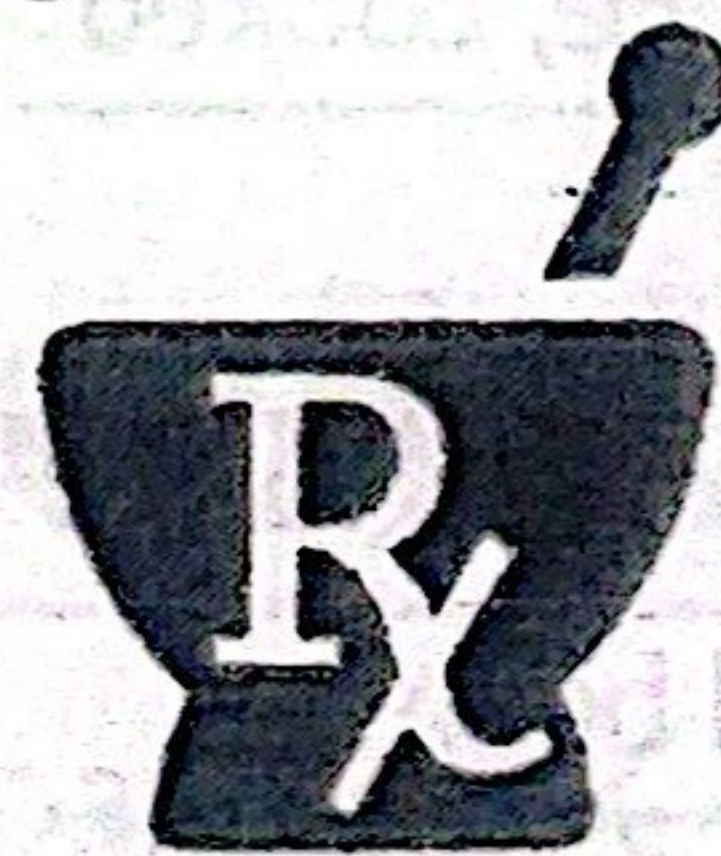
Being active

Making a plan
for physical
activity



Medicine

Keeping track of
your medicine
for diabetes



Checking your blood sugar

Making sure
your diabetes
care plan
is working



Go to Cornerstones4Care.com to enroll.
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