

Healthy Eating Basics When You Have Diabetes

Do not skip meals. Skipping meals can make you too hungry at the next meal, moody and unable to focus.

Eat meals and snacks at regular times. Get into a routine. Try to eat some food within 2 hours of waking up. *Eat some food every 3-4 hours* when awake and active. Find what works best for you. Some people like eating 3 meals a day: others like to eat 2 meals and 2 snacks. Stop eating when you are satisfied.

Limit these “caution foods” to seldom or never; regular soda, fruit punch, sweet tea, fruit juices, lemonade, too many snack foods and sweets and really large portions of food.

Eat a variety of foods. Eat food from each food group every day and try some new foods. Eat at least 2 servings of fruit each day.

Eat at least 2-3 servings of non-starchy vegetables each day- Include about 6 oz. of lean protein each day.

Choose heart healthy fats instead of saturated fat. Include 2 low fat dairy servings a day.

Eat more high fiber, whole grain foods- at least 3 servings a day should be whole grain. Choose oatmeal, whole wheat bread and dried beans.

Watch your portions-use smaller plates and glasses

Eat slowly and enjoy the flavor of each bite of food

Aim for a healthy weight

Plan your meals

