

Your Diabetes Meal Plan



What is Diabetes?

Diabetes is a disease in which the body does not produce enough insulin or the insulin does not work normally. Insulin is a hormone that helps change the foods we eat into the energy our bodies need to function.

Diabetes & Illness

Illness adds stress to your body and can send your diabetes out of control, which makes it harder for your body to heal.

- Careful blood sugar monitoring, medication and a balanced diet help to keep your diabetes under control.
- Your doctor prescribes how often your blood sugar will be tested, the medications you will take and the meal plan you will follow.

Your Diabetes Meal Plan

Includes how much you eat, what you eat and when you eat.

- Supplies calculated amounts of calories, carbohydrates, protein and fat to help control your blood sugar.

How Much You Eat

The amount of food on your meal plan is based on your size, activity level, gender, age and how sick you are.

The amount of carbohydrates, protein, and fat in your meal plan is calculated according to American Diabetes Association guidelines.

What You Eat

Carbohydrates

It is not necessary to completely avoid all carbohydrates. They are your body's best form of energy, especially for your brain.

- Focus is on the total amount of carbohydrates you eat.
- Sugars and starches are both forms of carbohydrates.
- Sugars such as white sugar, brown sugar, honey, syrup, molasses, candy and regular soda are limited because they provide a lot of calories without other nutrients like vitamins and minerals.
- Starches are found in foods such as baked goods, cereals, pasta, rice, potatoes, beans and corn, and usually provide other nutrients such as vitamins and minerals.
- Most of the carbohydrates in your meal plan will come from juices, milk, cereals, breads, potatoes, pasta, rice, beans, fruit and no sugar added desserts.

Protein & Fat

- Necessary for a balanced diet.
- Do not affect blood sugar as much as carbohydrates, but they can increase it if eaten in large amounts.
- Provide certain vitamins and minerals.

When You Eat

You will get three meals a day unless you need to undergo certain procedures or testing. Depending on your prescribed calorie level, you may also get up to three snacks daily.

Once your doctor has prescribed a calorie level for you, a menu clerk will help you complete your meal plan each morning.

