



Healthy Eating for Diabetes

Key Points:

- Eat regularly, don't skip meals
- Choose heart healthy foods (more fiber, less fat)
- Eat moderate portions
- Drink at least 8 glasses water or calorie/caffeine-free beverages daily



**Fats
Sweets
&
Alcohol**

Limit fats

A serving can be:

- 1 tsp. butter, margarine, mayo or oil
- 1 Tbsp. salad dressing or lowfat spreads
- 2 Tbsp. avocado



Limit sweets & desserts

If you want to include alcohol, talk to your health care provider.



Milk & Yogurt: 2-3 servings/day

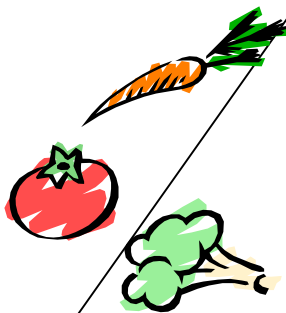
A serving can be:

- 1 cup 1% or fat free milk
- 1 cup soy milk
- 2/3 cup plain fat-free yogurt

Meat & Others: 2-3 servings/day

A serving can be:

- 2-3 oz. lean meat, chicken, fish or lowfat cheese
- 1/2 to 3/4 cup tuna or lowfat cottage cheese
- 1 egg, 1 Tbsp peanut butter or 4 oz tofu = 1/2 serving



Vegetables: 3 or more servings/day

A serving can be:

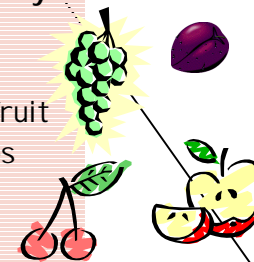
- 1/2 cup cooked vegetables
- 1 cup raw vegetables
- 3/4 cup vegetable juice



Fruits: 2-4 servings/day

A serving can be:

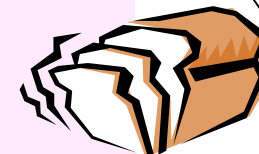
- 1 small piece fruit
- 1/2 cup lite canned fruit
- 1 cup melon, berries
- 1/2 cup fruit juice
- 1/4 cup dried fruit



Grains, Beans, Starchy Vegetables: 6-11 servings/day

A serving can be:

- 3/4 cup unsweetened dry cereal, 1/2 cup bran cereal or 1/2 cup cooked cereal
- 1 slice bread, 1 small tortilla (6") or 4-6 crackers
- 1/4 bagel (1oz.), 1/2 English muffin, 1/2 pita bread, 1/2 hamburger or hot dog bun
- 1/3 cup cooked rice or pasta
- 1/2 cup grits, bulgur, potatoes, yams, corn, peas or winter squash
- 1/2 cup cooked dried beans or lentils (may also count as 1/2 meat serving)



Adapted for use by people with diabetes from the USDA Food Guide Pyramid.