

WHAT, WHEN, AND HOW MUCH YOU EAT CAN HAVE A BIG IMPACT ON YOUR BLOOD SUGAR

HOW TO PLAN

If you've been diagnosed with prediabetes or diabetes, you can continue to enjoy your favorite foods. Work with a registered dietitian nutritionist to develop an individualized eating plan that is right for you. They will help you identify meals that provide a balance of nutrient-dense carbohydrates, protein, and non-starchy vegetables that contain key nutrients such as fiber, vitamins, and minerals.

SOME FOODS IMPACT BLOOD SUGAR MORE THAN OTHERS

Some carbohydrates are digested faster and release glucose (sugar) into the blood more quickly, while others have less of an effect on blood sugar. Including recommended serving sizes of carbohydrate foods with fiber and/or protein can be helpful in keeping your blood sugar in the target range.

Types of foods with carbohydrate that have less of an impact on blood sugar levels:



- Whole grain breads, cereal, pasta and brown rice (with 3 grams of fiber or more)
- Beans
- Lentils
- Starchy vegetables like sweet potatoes and potatoes
- Low-fat milk and unsweetened yogurt

Types of foods that can cause a higher blood sugar response



Foods made with refined grains:

- Breads
- Pastas
- Cereals
- White rice with less than 2 grams of fiber per serving

Foods with added sugars:

- Muffins
- Cakes
- Cookies
- Sugar sweetened drinks like soda, juice, and coffee and tea drinks
- Fruit and 100% fruit juice
- Sugar sweetened drinks, candy and desserts

WHAT SHOULD I EAT?



Carbohydrate containing foods:

- Fruits – Apple, banana, dragon fruit, guava, kiwi, mango, melon, orange, papaya, passion fruit, lychee, peach, pineapple, plantain, pomegranate, tamarind
- Grains – Amaranth, barley, whole grain breads (cereals, crackers, pasta, and rice), buckwheat, couscous, oatmeal, maize, millet, quinoa
- Starchy Vegetables – Potato, plantain, sweet potato, yam

Non-starchy vegetables:

- Bean sprouts, beets, broccoli, cabbage, carrots, collard greens, mushrooms, okra, radishes, peppers, snow peas, zucchini, water chestnuts

Protein-rich foods:

- Chicken, turkey, fish, beef, goat, lamb, pork, tofu, tempeh

Protein-rich foods with carbohydrates:

- Beans, lentils, plain non-fat yogurt and low-fat milk

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WHEN SHOULD I EAT?

Listening to your body and its response to the foods you eat will be important in managing blood sugars and hunger. Aim to start your day with a balanced meal within 1-2 hours of waking, and plan to have a meal or snack every 4 to 5 hours. This can help you manage blood sugars and keep you fuller longer.



WHAT AMOUNT IS RECOMMENDED?

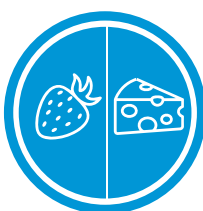
The amount of food you need each day depends on factors such as your age and amount of physical activity. Work with your Registered Dietitian Nutritionist or other healthcare provider to determine a plan that is right for you. They will help you plan your meals and snacks, and help determine recommended serving sizes.



MEAL 1



MEAL 2



SNACK 1



MEAL 3



OPTIONAL SNACK 2

SERVING SIZE EXAMPLES



FRUIT

- 1 small apple
- 1 small banana
- 1 ¼ cup whole strawberries
- ¾ cup of blueberries
- ¼ cup dried fruit
- ½ cup canned fruit

Fresh, frozen or canned fruit packed in fruit juice or water



VEGETABLES

- 2 cups raw spinach
- ½ cup cooked green beans
- 1 cup raw green peppers

Choose a variety of colorful fresh, frozen, and canned vegetables



PROTEIN

- 1 egg
- 1 oz cooked beef or chicken
- ½ cup cooked beans or lentils
- 1 oz tofu

Vary your proteins



GRAINS

- 1 slice bread
- ½ cup cooked rice
- 1 small (6-inch) flour tortilla
- ½ cup cooked pasta

Aim for at least half of your grains to come from sources that provide 3g of fiber or more per serving



DAIRY

- 1 cup plain yogurt
- 1 cup skim milk
- ¼ cup shredded cheese
- 1 cup soy milk
- ½ cup ice cream

Choose low-fat or fat-free options

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