

TALLAHASSEE MEMORIAL HEALTHCARE
BASIC NUTRITION FOR TYPE 2 DIABETES, PREDIABETES, and METABOLIC SYNDROME

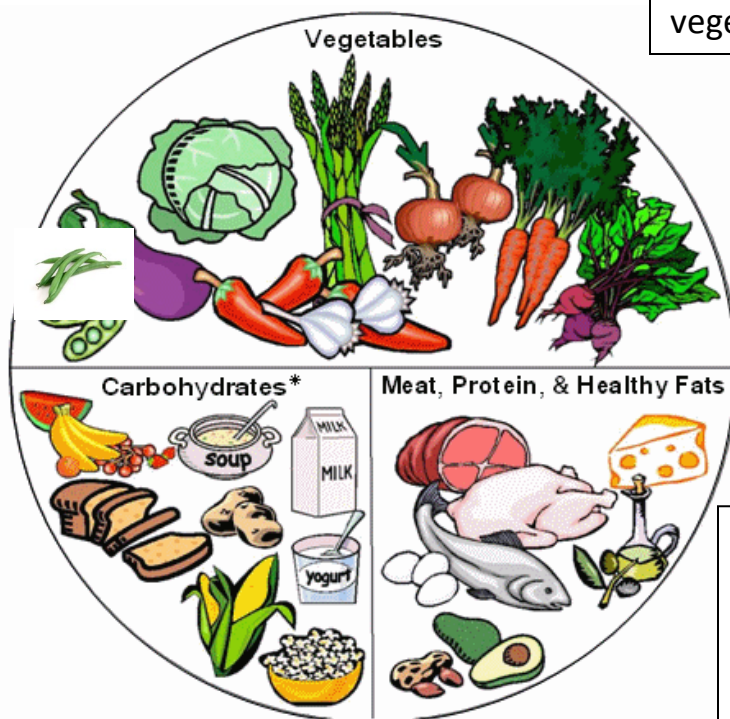
1. **AVOID ALL SUGAR-SWEETENED BEVERAGES** like regular soda, fruit punch, sweet tea, sport drinks and regular lemonade. Drink water. Try Crystal Light, Mio drops or diet soda. Sweeten coffee and tea with a sugar substitute like Splenda, Stevia, or Equal.

2. **EAT HEALTHY FOODS:** Eat a variety of vegetables, fruits, dried beans, whole grains, lean meat, low fat dairy products, and small amounts of good fats like canola oil, olive oil, peanut butter and nuts.

3. **LIMIT CARBOHYDRATE:** Eating too much carbohydrate can raise your blood sugar too much. Foods that have carbohydrate include sugar and sweets; starches like bread, pasta, potatoes, peas and rice; fruits and fruit juice and milk. We recommend that most men limit carbohydrate to 45-60 grams at each meal and most women limit carbohydrate to 30-45 grams at each meal. If a snack is needed, limit it to about 15-30 grams carbohydrate.

4. **PLAN YOUR MEALS WITH THE PLATE**

Fill half your plate with colorful non starchy vegetables.



Choose whole grains, dried beans and peas, fresh fruit and non fat milk and yogurt for “good carbohydrates”. Limit carbohydrates to ¼ of your plate.

Fill ¼ plate with protein like fish, skinless chicken or turkey, lean beef or pork, and reduced fat cheese. Use healthy fats like nuts, seeds, avocado, olive oil and canola oil.

5. How to count carbohydrates. Each of the following servings has 15 grams of carbohydrate and counts as 1 carbohydrate choice.

- 1 slice bread (1 oz.)
- ½ English muffin
- ¾ cup cereal like corn flakes, cheerios or rice krispies
- ½ cup grits or oatmeal (cooked)
- 1/3 cup rice or pasta (cooked)
- ½ cup corn, peas, potatoes, or dried beans (cooked)
- 1 small apple, peach, orange or nectarine
- ½ banana
- 1 cup of melon cubes or berries
- ½ cup orange juice or apple juice
- 1 cup milk
- 2 small cookies
- ½ cup sugar free pudding

6. The following vegetables are low in carbohydrate and can be used in larger portions. One cup raw or a half cup cooked has about 5 grams carbohydrate:

Artichokes, asparagus, green snap beans, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, greens, lettuce, okra, onions, spinach, tomatoes, turnips, yellow squash and zucchini.

7. EAT LESS SATURATED FAT AND NO TRANS FAT. Avoid solid fats like butter, stick margarine, shortening, lard, coconut oil, and bacon grease. Choose reduced fat or light soft margarine, mayonnaise and salad dressings. Avoid high fat meat like wings, bacon, sausage, hot dogs, ham hocks and bologna. Eat lean meat like chicken and turkey without the skin, very lean beef or pork (such as loin and round cuts) and grilled fish. Choose grilled, baked, roasted, or broiled instead of fried foods. Drink 1% or skim milk. Try reduced fat cheeses.

8. EAT AT REGULAR TIMES. Plan to have 3 meals and 1-3 healthy snacks per day.

9. You can learn more about meal planning for diabetes and carbohydrate counting by coming to diabetes education or nutrition counseling at the **Tallahassee Memorial Metabolic Health Center.** Ask your doctor for a referral or call us at 850-431-5404.