

# WHAT CAN I EAT?

## THINGS TO REMEMBER

A good meal plan includes a balance of carbohydrate (carbs), protein, and good fats. Carbs are the body's main source of energy. About half of the calories you eat each day will come from carbs.

### Know Your Serving Sizes Measure Your Food



Blood sugar goes up when you eat. Your blood sugar will be easier to control if you eat a balance of foods from the different food groups in the right amounts (portions). You will get the sugar from food your body needs for energy without having high blood sugar problems.

### Always Check Food Labels When You Shop

Nutrition Facts	
Serving Size: 1/2 cup (40g)	
Servings Per Container: 13	
Amount Per Serving	
Calories 150	Calories from Fat 7
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%

## EXAMPLES OF FOOD GROUP CHOICES

### FOODS WITH CARBS

#### Grains, Beans, Starchy Vegetables

Serving Size: 1/2 cup  
15 Carb grams  
80 Calories



Pasta, rice, corn, peas, potato, hot and cold cereal, 1 slice of bread

#### Fruit

Serving Size:  
1/2 cup juice,  
1 cup cut  
15 Carb grams  
60 Calories



One small apple, orange, banana or pear, 1/2 small grapefruit, 15 grapes

#### Milk

Serving Size:  
1 cup  
12 Carb grams  
80 Calories



Fat-free or 1% milk, yogurt, buttermilk, soy milk

### FOODS WITH LITTLE OR NO CARBS

#### Vegetables (Non-starchy)

Serving Size:  
1/2 cup cooked,  
1 cup raw  
25 Calories



Celery, zucchini, carrots, cauliflower, greens, peppers, and tomatoes

#### Meat

Serving Size:  
2-3 oz (palm of hand)  
150 Calories



Lean meat, fish, chicken, or eggs, cheese, and peanut butter (2 tablespoons)

#### Fat

Serving Size:  
1 teaspoon  
45 Calories



Cooking oils, mayonnaise, margarine, or low-fat salad dressing

## SAMPLE MEAL PLAN

### BREAKFAST

1/2 banana  
1 slice of whole-wheat toast  
1 tsp margarine  
1/2 cup hot cereal  
1 cup fat free or 1% milk  
coffee or tea

### LUNCH

1/2 cup tuna in water  
1 tsp mayonnaise  
1 slice whole-wheat bread  
1 tsp margarine  
1 small tomato, sliced  
1 cup melon  
1 cup plain or light yogurt

### DINNER

3 ounces chicken (1/2 small breast)  
2/3 cup brown rice  
1 cup broccoli  
1 tsp cooking oil  
Mixed green salad with  
2 tbsp low-calorie dressing  
1/4 cup strawberries

### SNACKS

(IF RECOMMENDED)

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There are many healthy foods you can eat. Your doctor, diabetes educator or dietitian will help you learn how to eat the right foods, in the right amounts, at the right times, to control your blood sugar.