



Treat your diabetes with good nutrition!

DIABETES-FRIENDLY FOODS

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Dig into these diabetes-friendly food tips

For more information on this topic and to further develop an action plan to better health, be sure to consult with your doctor on your specific health care needs.

HIT THE SPOT WITH HEALTHY FOODS

What to eat? How much to eat? When to eat?

With everything that's already on your plate, it can be challenging to make wise food choices. But if you have diabetes, putting healthy foods on your plate is not only important — healthful eating helps keep your blood glucose in your target range. At Aetna Global Benefits (AGB), we want to help you begin a diabetes plan that's best for you.

It's a fact: You can keep your blood glucose levels on target by:

- Making wise food choices
- Being physically active
- Taking medicines (if recommended by your physician)

- 1 Fats, sweets and alcohol
- 2 Milk (2-3 servings)
- 3 Meat & Meat Substitutes (2-3 servings)
- 4 Vegetables (3-5 servings)
- 5 Fruits (2-4 servings)
- 6 Starches (6 or more servings)



MAKE YOUR MENU WORK FOR YOU

The old saying “You are what you eat” couldn’t be more accurate when diabetes is the topic in question.

Go after the pyramid shape when planning your diabetes meal plan. The Diabetes Food Pyramid is a general guide of what and how much to eat every day to keep your condition on track.

It combines foods with similar nutritional value into groups. The rule of thumb is to eat more from groups at the bottom and less from groups at the top. Making Diabetes-friendly meal plans begins with understanding the food groups.

- **Starches:** Eat some starches, like bread, grains or corn, at each meal. Starches are healthy for everyone including people with diabetes.
- **Vegetables:** Vegetables provide vitamins, minerals and fiber. They are also low in carbohydrate. When grocery shopping, pick up some veggies like broccoli, spinach and tomatoes.
- **Fruits:** Fruit provides carbohydrate, vitamins, minerals and fiber too. Fruits like an apple, raisins or berries should be consumed on a daily basis.
- **Milk:** Have some fat-free or low-fat milk to make sure you’re treating your body to essential carbohydrate, protein, calcium, vitamins and minerals.

- **Meats and Meat Substitutes:** Whether it's chicken, beef, peanut butter, tofu or cheese, this food group will provide protein, vitamins and minerals that the other groups miss.

- **Fats, sweets and alcohol:** Limit the amount of fats, sweets and alcohol in your diet. This group tends to offer lots of calories, high carbohydrates and cholesterol that can contribute to your risk of heart disease and imbalanced blood glucose.

ADD ACTIVITY INTO THE MIX

Physical activity is an important part of staying healthy and controlling your blood glucose. As you lace up your workout shoes, remember:

- Talk to your doctor about which exercises are safe for you
- Warm up and stretch for 5 to 10 minutes before your workout
- Cool down after each workout
- Know the signs of hypoglycemia or low blood glucose and always carry food or glucose tablets to treat low blood glucose
- Find an exercise buddy for your motivation and safety
- Always wear your medical identification or other ID

Try these servings on for size

Each of the following equals one serving size from each of the food groups on the *Diabetes Food Pyramid*.

Food Group	Serving Size
Starches	<ul style="list-style-type: none"> ■ 1 slice of bread ■ 1 small potato ■ 125 ml (½ cup) cooked cereal or (¾ cup) dry cereal flakes ■ 1 6-inch tortilla
Fruits	<ul style="list-style-type: none"> ■ 1 small fresh fruit ■ ½ grapefruit ■ 125 ml (½ cup) canned fruit ■ 4 fluid ounces (½ cup) fruit juice
Vegetables	<ul style="list-style-type: none"> ■ 250 ml (1 cup) salad ■ 125 ml (½ cup) cooked vegetables ■ 4 fluid ounces (½ cup) vegetable juice
Milk	<ul style="list-style-type: none"> ■ 8 fluid ounces (1 cup fat-free or low-fat) milk ■ 250 ml (1 cup fat-free or low-fat) yogurt
Meats & Meat Substitutes	<ul style="list-style-type: none"> ■ 60-90 grams (2-3 ounces) cooked lean meat, skinless poultry or fish ■ 1 egg ■ 40 ml (2 tablespoons) peanut butter ■ 60-90 grams (2-3 ounces) cheese
Fats, sweets & alcohol	<ul style="list-style-type: none"> ■ 1 strip of bacon ■ 5 ml (1 teaspoon) butter, margarine, oil or mayonnaise ■ 20 ml (1 tablespoon) cream cheese or salad dressing ■ 125 ml (½ cup) ice cream ■ 1 3-inch cookie

Note: Keep in mind that this is just a guide. Speak with your doctor or dietician to design a meal plan that meets your individual needs.

Sources: What I need to know about Eating and Diabetes. National Diabetes Information Clearinghouse (NDIC). Retrieved October 27, 2009 at http://www.diabetes.niddk.nih.gov/dm/pubs/eating_ez/

Tasty Recipes for People with Diabetes and their Families. National Diabetes Education Program. Retrieved November 5, 2009 at <http://ndep.nih.gov/publications/OnlineVersion>

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