HEALTHY TIPS FOR DIABETICS

STARCHES

Starch: 15 g per serving

WHAT IS A SERVING?

- ½ cup cooked cereal or grain
- ½ cup cooked rice or pasta
- ¾ cup-1 oz of most snack foods
- 1 oz of bread product (slice of bread)

*Note: Serving sizes determined by the Exchange List for Diabetes

STARCHY VEGETABLES

Starchy Vegetables: 15 g per serving

WHAT IS A SERVING?

- ½ cup starchy vegetable
- cassava
- corn
- hominy
- parsnips
- peas (green, black-eyed, split)

Examples:
- plantain
- potato (sweet and white)
- pumpkin
- spaghetti sauce
- winter squash (acorn and butternut)
- beans (black, garbanzo, kidney, lima, navy, pinto, white)
- lentils (brown, green, yellow)

HEALTHY EATING TIPS

- Eat breakfast!
- Eat a rainbow of colorful fruits and vegetables everyday – all forms count – fresh, frozen, canned, dried, and 100% juice.
- When buying canned fruits, choose fruits canned in their own juice.
- Snack on fruits and veggies throughout the day to maintain blood glucose levels.
- Fiber is key! Eat mostly whole grains, fruits, and vegetables.
- Avoid sweets and sugary drinks (like soda) as much as possible!
- Fill half your plate with fruits and veggies at every meal and snack occasion.
Management and Prevention Tips

1. Manage your blood glucose levels by:
   - Eating fruits and veggies.
   - Spreading out your total amount of consumed carbohydrates evenly throughout the day.
   - Eating whole grains.

2. Weight Control
   - Fruits and veggies contain fiber and water—this keeps you fuller for longer.
   - Choose foods that are low in calories, fat, and added sugar—such as fruits and veggies.

3. Physical Activity
   - Lowers your blood sugar.
   - Helps insulin work better.
   - Helps to maintain or lose weight.
   - Recommendation: 30 - 60 minutes per day of moderate activity (i.e., brisk walk, jogging, gardening).

4. Phytochemicals
   - Fruits and vegetables contain hundreds of these “nutrient-like” compounds.
   - Phytochemicals are currently being studied for their ability to fight many diseases.
   - Add more fruits and veggies to your diet to capture the protective power that nutrients and phytochemicals have to offer.

FRUIT

Fruit: 15 g per serving

WHAT IS A SERVING?
   - ½ cup canned, fresh, or frozen fruit
   - 4 oz 100% fruit juice
   - 2 Tbsp dried fruit

NON-STarchy VEGETABLES

Non-Starchy Vegetables: 5 g per serving

WHAT IS A SERVING?
   - ½ cup cooked vegetables
   - 4 oz vegetable juice
   - 1 cup raw vegetables