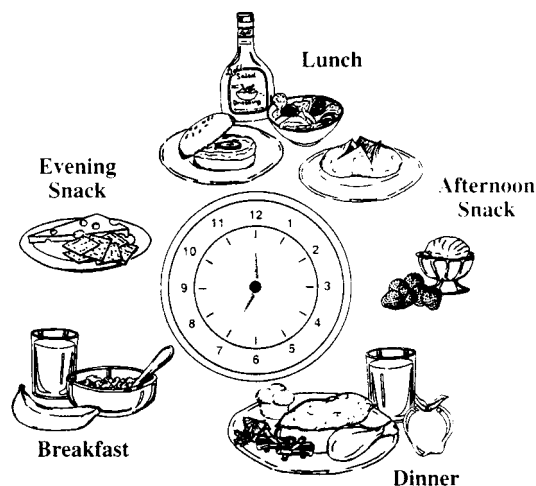


# Eating Well with Diabetes

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If you enjoy eating, that does not have to change just because you have diabetes. Your dietitian will help you develop a meal plan that suits your tastes and lifestyle. This plan will be a guide to choosing the best foods and serving sizes for you. It will help you keep your blood sugar in your target range.

Your food likes and dislikes, your age, size, weight, and whether you are a man or a woman will all affect your meal plan. The exercise you get and the medicines you take will also affect your meal plan. The result will be an eating plan you can enjoy.



## HOW MUCH SHOULD I EAT?

Your meal plan will be designed to fit in with the meal sizes and times that you like. The plan may list a number of servings from each food group for each of your meals and snacks. An important part of this is the size of your servings. If you eat too much, your body won't have enough insulin to handle it. Your blood sugar could go too high. If you eat too little, your

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blood sugar may go too low. Your meal plan will include serving sizes. It's best to measure portions carefully at first. After doing that a few times, you may be able to judge the size without measuring.

### **WHAT DO I EAT?**

You can continue to eat many of the same foods anyone else would eat to be healthy. Your meal plan will include foods from each food group in the Food Guide Pyramid. This will provide a balanced diet with all the nutrients you need to be healthy. You can still include some sugary foods in your meals and snacks. These will be part of your food plan.

Try to eat low-fat and fat-free versions of fatty foods you like in your meals. This will help you get to or stay at the weight that is best for you. It also helps keep cholesterol levels in the healthy range. It is especially important to be at a healthy weight when you have diabetes. Your body uses insulin best when you are at your best weight. If you need to lose weight, your plan will help you make the changes you need to do that.

### **WHAT CHANGES DO I MAKE FOR DIABETES?**

Because you have diabetes, your body needs help to keep your blood sugar in the best range for you. That's where changes may come in. You may need to adjust your eating pattern in some of these ways:

- Have your meals and snacks about the same times every day.
- Try not to skip meals and snacks.
- If you take insulin, you can learn to balance your insulin doses with the foods you want to eat and the exercise you get.

Your personal meal plan can help you eat well and enjoy it!