

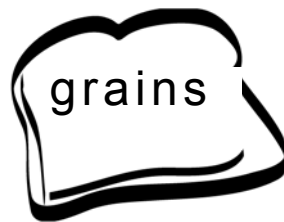
Nutrition Guidelines for Good Health

Foods are made up of carbohydrate, protein, and fat. Each meal should contain a combination of all three nutrients.

Carbohydrates

- These contain the natural sugars in foods and include starches/grains, fruits, and milks.
- Foods that contain added sugar also contain carbohydrate. These foods are discussed under desserts/sweets.
- Include 3 - 4 servings per meal and 1 - 2 at planned snack times.
- These foods will have the biggest effect on your blood sugar.
- Moderation and portion size are the key.

Examples of serving sizes for carbohydrates:



- 1 slice of bread
- 6 saltine-type crackers
- 1/2 English muffin, hamburger, or hot dog bun
- 1/4 bagel
- 3/4 cup unsweetened cereal
- 1/2 cup cooked cereal
- 1/2 potatoes
- 1/3 cup cooked pasta, rice
- 3 cups lite popcorn
- 1/2 cup dried beans and peas
- 1/2 cup corn or peas

- 1 small piece of fruit
- 1/2 cup canned fruit (juice or water packed)
- 1/2 cup unsweetened fruit juice



- 1 cup milk, preferably skim, nonfat, or 1%
- 2/3 cup lite yogurt (sweetened with artificial sweetener)



vegetables

Include one or more servings at lunch and dinner
These have a minimal effect on blood sugar

- Protein foods include meat, eggs, and cheese
- Eat some protein at each meal
- A serving of meat should be the size of a deck of cards
- Use lean meats
- Bake, broil, roast. Avoid frying



protein



fats

- Limit fat servings to 4-5 teaspoons per day
- The better type of fat include margarine, olive, canola, and corn oil

- Limit to one serving per day
- One serving equals:
- 1/2 cup frozen yogurt
 - 3 gingersnaps
 - 1/2 cup sugar-free pudding
 - 3 plain cookies, 2 inch diameter
 - 1/24 (1 oz) angel food cake (no icing)

Desserts/Sweets



miscellaneous

These foods will not affect your blood sugar and can be included in your diet:

- Coffee/tea
- Diet gelatin
- Diet jelly
- Herbs and spices
- Condiments (Limit to 1 Tbsp.)
- Sugar-free gum
- Syrup, artificially sweetened
- Broth, bouillion
- Low-calorie salad dressing (Limit to 1Tbsp.)
- Sugar substitute such as aspartame, saccharin, acesulfame potassium, or sucralose. (Equal[®], Sweet and Low[®], Sweet One[®], Splenda[®])
- Diet and sugar-free beverages such as diet soda or Crystal Lite[®]