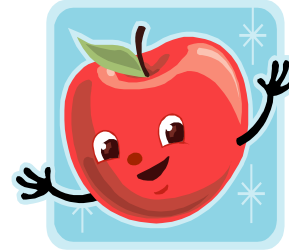


## **BASIC EATING GUIDELINES FOR PEOPLE WITH DIABETES**



- I. EAT LESS SUGAR**
- II. MAINTAIN IDEAL BODY WEIGHT**
- III. EAT MORE HIGH FIBER CARBOHYDRATE**
- IV. EAT LESS FAT**
- V. EAT SMALL AMOUNT OF PROTEIN IN MEALS AND SNACKS**
- VI. EAT 3 MEALS AND 3 SNACKS AS SCHEDULED**
- VII. CHOOSE NUTRITIOUS FOODS FOR GOOD HEALTH**

I. The first eating guideline is to **EAT LESS SUGAR**. Sugar is a simple carbohydrate which is digested and absorbed quickly into the blood stream. Foods with large amounts of sugar cause a rapid rise in blood sugar and the usual day's insulin dose cannot handle the sudden load.

II. Attaining or maintaining your **IDEAL WEIGHT** is important in controlling blood sugar. If you are overweight, you have an excess number of fat cells. The fat cells tend to interfere with the use of insulin, so the insulin is not as effective in lowering blood sugar. If you are overweight, losing weight will help in keeping your blood sugar within normal range.

III. **HIGH FIBER CARBOHYDRATES** are important in your meal plan. We

encourage you to increase your fiber intake. Current research has found that high fiber helps lower blood sugar levels and insulin requirements.

IV. The guideline to **EAT LESS FAT** is stressed due to the increasing number of people with diabetes who have complications from atherosclerosis (heart disease). As a preventative measure, cut down the amount of cholesterol and saturated fat in the diet.

V. **EAT SMALL AMOUNTS OF PROTEIN IN MEALS AND SNACKS**. Proteins take longer to digest. Protein tends to "stick with us longer." They are absorbed at a slower rate and have a slower effect on blood sugar.

VI. **3 MEALS and 3 SNACKS** on schedule are necessary to help keep the blood sugar within normal range. Spacing your calories throughout the day is designed to balance with the insulin you are taking. Therefore, you are less likely to have problems with hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar). The 3 meals and 3 snacks have a stabilizing effect on the blood sugar.

VII. **NUTRITIOUS FOODS** including vitamins, minerals, carbohydrate, protein, fat, and water, are necessary for good health. Good nutrition means that each day you should eat food which provides the nutrients your body needs.