



SIMPLE
ANSWERS

NUTRITION AND
DIABETES MADE EASY



FROM: MARTHA WEINTRAUB, MPH, MSW, RD, FIT4D NUTRITION COACH

FREQUENTLY ASKED QUESTIONS

Nutrition is an important part of managing diabetes. Make meal planning easier by following these simple tips.

1) What is a serving of carbohydrate?

Foods which contain carbohydrates include bread, pasta, rice, cereal, potatoes, corn, beans, milk, fruit and sweets. One serving of carbohydrate is equal to 15 grams of carbohydrate. For foods that don't have labels, it's possible to estimate how much carbohydrate they contain. Examples of food servings with about 15 grams of carbohydrate include:

- 1 slice of bread, ½ English muffin, ¼ large bagel (about 1 ounce),
- ½ cup of most food you can measure, such as legumes, potatoes, corn, or oatmeal,
- 1 small piece of fruit (4 ounces), ½ cup canned or fresh fruit, 2 tablespoons of dried fruit,
- ½ cup sweetened cereal or ¾ cup unsweetened cereal.

2) How can I make healthier choices when dining out?

When you dine out, the same guidelines you use at home apply to making healthy choices. Choose foods low in saturated fats, high in fiber, and with a moderate amount of carbohydrate for your meal. Unfortunately, an entrée in a restaurant can have more than 2,000 calories and more than a day's worth of saturated fats and sodium. There are, however, a number of strategies you can use to make healthy choices away from home.

- Check the restaurant's website.
- Choose a restaurant that has a "healthy choices", "heart healthy", or "low calorie" section on the menu.
- Ask how items are prepared and if they can be prepared in a healthier manner, such as steamed or grilled without butter.





2) How can I make healthier choices when dining out? *con't.*

- Share an entrée or take half home for lunch the next day.
- Avoid the hidden carbohydrates and fats found in sauces, gravies and salad dressings. Have them served on the side and dip in your fork instead of pouring. Avoid fried foods and high fat sandwich spreads such as mayonnaise.
- Choose zero calorie beverages, such as unsweetened tea, diet soda and water.
- Plan ahead, make mindful choices, be aware of your portions and enjoy your food.

3) I hear so much conflicting information about what to eat. For example, can I eat desserts?

No food needs to be totally off limits when you have diabetes. You can still include a small amount of dessert if you work it into your meal plan. For example, if your meal would normally include two pieces of bread or a cup of corn, you could eliminate 1 piece of bread or reduce the corn to ½ cup and then add ½ cup of ice cream. This way your total carbohydrate intake stays the same for that meal and you can keep your blood glucose level on target. The trick is to keep your portions small and save your sweets for special occasions so that most of your calories are coming from healthful foods. If possible, check the food label of the dessert so you can determine your portion size more accurately.

To learn how certain foods affect your blood sugar, and, to adjust your insulin dose if needed, use Bayer's CONTOUR® meter. With its pre and post meal markers, it helps you identify which tests were taken before and after a meal.

References: American Diabetes Association (ADA), National Heart, Lung and Blood Institute (NHBLI)

