

Carbs Count

Foods **HIGH** in **Carbs** (carbohydrates) raise your blood glucose levels the most

Bread/Tortillas

Rice/Pasta

Crackers

Cereal

Fruit

Juice

Milk

Yogurt

Potatoes

Corn

Peas

Sweets

Non-starchy vegetables (such as broccoli or lettuce). If you have three (3) or more servings of non-starchy vegetables, count them as a carbohydrate choice

For many people, having 3 or 4 servings of a carb choice at each meal and 1 or 2 servings at snacks is about right. Keep an eye on your total number of servings. For example, if you choose to have dessert, cut back on potatoes.

Diabetes Superfoods

Beans ½ cup

Dark Green Leafy Vegetables

Citrus Fruit

Sweet Potatoes

Berries

Tomatoes

Salmon

Whole Grains

Nuts: 1 Ounce

Fat-free Milk & Yogurt

Remember to watch Portion Size!

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/diabetes-superfoods.html>

Create Your Plate: Managing Diabetes

It's simple and effective for both managing diabetes and losing weight. Creating your plate lets you still choose the foods you want, but changes the portion sizes so you are getting larger portions of non-starchy vegetables and a smaller portion of starchy foods. When you are ready, you can try new foods within each food category.

NON-STARCHY VEGETABLES (1/2 the plate)

spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip

STARCHY FOODS (1/4 the plate)

whole grain breads, such as whole wheat or rye, whole grain, high-fiber cereal, cooked cereal such as oatmeal, grits, hominy, or cream of wheat, rice, pasta, dal, tortillas, cooked beans and peas, such as pinto beans or black-eyed peas, potatoes, green peas, corn, lima beans, sweet potatoes, winter squash, low-fat crackers and snack chips, pretzels, and fat-free popcorn

MEAT (1/4 the plate)

fish such as tuna, salmon, cod, or catfish, chicken or turkey without the skin, other seafood such as shrimp, clams, oysters, crab, or mussels, lean cuts of beef and pork such as sirloin or pork loin, tofu, eggs, low-fat cheese

ADD

8 oz glass of non-fat or low-fat milk. If you don't drink milk, you can add another small serving of carb such as a 6 oz. container of light yogurt or a small roll.

And a piece of fruit or a 1/2 cup fruit salad and you have your meal planned. Examples are fresh, frozen, or canned in juice or frozen in light syrup or fresh fruit.