

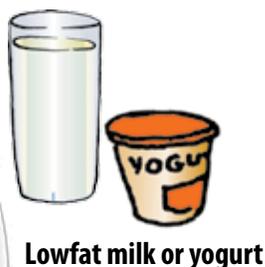
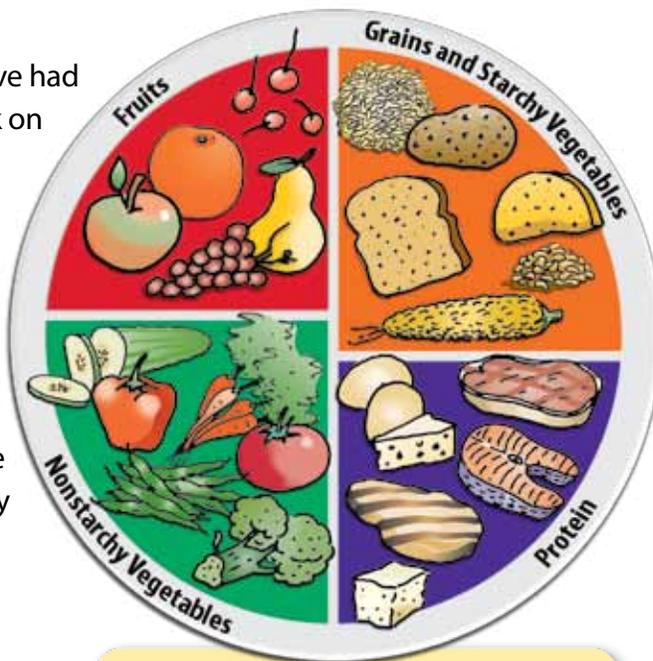
Healthy Eating Guide for People with Diabetes

Meal planning is a tool that can help you manage your diabetes, weight, blood pressure and blood cholesterol, and ensure that you get the nutrients that you need for overall good health. Use this handout as a guide to help you get started, then work with a dietitian or diabetes educator to develop a meal plan that is right for you.

Building a Better Plate

Whether you're new to diabetes or have had it for many years and need to get back on track, the Plate Method is an easy way to get started with meal planning and ensure that you and your family eat a variety of foods. The Joslin Healthy Plate for diabetes, at right, is similar to the USDA MyPlate, and is a tool that you and your family can use to plan healthy meals. Think of your plate divided into four sections – nonstarchy vegetables, protein, and carbohydrate foods (grains and starchy vegetables and fruit)

- Fill one section with **nonstarchy vegetables**: lettuce, broccoli, green beans, spinach, carrots or peppers.
- Fill one section with **protein**: chicken, turkey, fish, lean meat, eggs or tofu.
- Fill one section with a nutritious **carbohydrate** food: brown rice, whole wheat pasta, whole-wheat bread, peas or corn. Controlling carbs helps you control your blood glucose.
- Include a small piece of **fruit** at each meal, as well as a serving of lowfat milk or yogurt.



Healthy Eating Tips:

- Eat meals at about the same times each day. Try not to skip meals, especially if you take diabetes medicine that puts you at risk for low blood glucose.
- Eat about the same amount of carbohydrate foods (potatoes, pasta, cereal, bread, fruit, milk) at your meals each day.
- Choose more often foods that contain fiber, like whole-grain bread, beans, vegetables and fruit.
- Use unsaturated fats like olive and canola oil and cut back on saturated and trans fats.
- Compare food labels for sodium in foods like soup, bread and frozen meals, and choose foods with less sodium.

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Carbohydrate Counting

Carbohydrate or “carb” counting is a way to plan meals and snacks to manage your diabetes. All carb foods affect your blood glucose, and there are carbs in many types of foods. Eating about the same amount of carb at each of your meals and snacks can help keep your blood glucose steady.

Carb Choices

Each of the foods below is **one carb choice** and contains **15 grams of carb**.

1 carb choice = 15 grams of carb

Starches

- 1 slice of bread or small roll
- 3/4 cup dry cereal
- 1/3 cup cooked rice or pasta
- 1/2 cup beans, peas or corn
- 6 whole wheat crackers

Fruit

- 1 small fruit
- 1/2 cup canned fruit or juice

Milk/Yogurt

- 1 cup nonfat or lowfat milk
- 3/4 cup light yogurt

Sweets

- 1/2 cup light ice cream
- 2 small cookies
- 1 Tbsp. jam, honey or sugar

How many carbs should you eat?

Until you see a dietitian to create your own “custom” meal plan, aim to keep the amount of carb you eat about the same at each meal.

Breakfast

Eat 2–3 carb choices (30–45 grams of carb). Include a healthy protein food like an egg.

Lunch and Dinner

Eat 3–4 carb choices (45–60 grams of carb). Include fruit and nonstarchy vegetables. Choose small portions of healthy protein foods.

Snack

If needed, eat 1-2 carb choices (15-30 grams of carb).

Reading a Food Label

- Find the serving size.
- Find the total carbohydrate grams per serving (1 carb choice = 15 grams of carbohydrate)
- Decide how many servings you’ll eat.
- Multiply the number of servings you’ll eat by the total carbohydrate grams per serving.
- Dietary fiber and sugars are part of “total carbohydrate.”

Nutrition Facts

Serving Size: 6 crackers (28g)
Servings Per Container: About 10

| Amount Per Serving | |
|--|-------------------|
| Calories | Calories from Fat |
| 120 | 35 |
| % Daily Value | |
| Total Fat 4g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 180mg | 8% |
| Potassium 115mg | 3% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 3g | 12% |
| Sugars 0g | |
| Protein 3g | |
| Vitamin A 0% • Vitamin C 0% • Calcium 4% | |
| Iron 8% • Phosphorus 10% | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

My Carb-Counting Goals

- Start counting carb choices or grams of carb and aim for _____ choices/grams per meal and _____ at snacks.
- Read food labels for serving size and total grams of carbohydrate.
- Make an appointment to meet with a dietitian for more education.

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Weight Matters

Losing a small amount of weight, if you need to, can lead to big health benefits, such as lowering your risk of getting type 2 diabetes or heart disease. And if you have diabetes, losing weight can help you better manage your blood glucose.

Tips for Getting Started with Weight Loss

- Be ready to start. Success is linked with your feeling confident and having a clear plan. Set realistic goals.
- Get support. Meet with a dietitian, join a support group or sign up for a local weight-loss program in your community.
- Focus on forming healthy eating habits. Eat regular meals and snacks.
- Find ways to fit activity into your day.
- Check your progress by keeping food records, wearing a pedometer and weighing yourself regularly.

Five Ways to Boost Your Fiber Intake

Fiber is good for you in more ways than one. Higher fiber foods take longer to chew, giving your body time to realize it's full. Also, higher fiber foods tend to be more filling – so that you might end up eating less! If you're a woman, aim for at least 25 grams per day; if you're a man, aim for at least 38 grams per day. Here are tips to increase fiber:

1. Kick off your day by eating a bowl of high-fiber cereal for breakfast.
2. Stir fresh or frozen berries into lowfat yogurt for a tasty snack.
3. Choose breads, cereals and crackers with a whole grain listed as the first ingredient.
4. Try a meatless meal at least once a week, such as lentil soup, bean burritos, or vegetarian chili.
5. Include a fruit and/or vegetable with each of your meals.

Dining Out with Diabetes

You can still dine out when you have diabetes. Use these tips to make better choices when eating away from home.

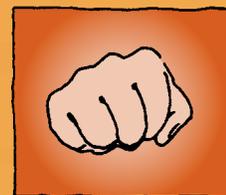
- Do your homework. Check out the menu ahead of time and decide what you'll order. Look for nutrition information on the restaurant's website.
- Share an entrée with your spouse or friend.
- Ask that sauces and dressings be served on the side.
- Order broiled, roasted, grilled or poached foods instead of fried.
- If you drink alcohol, check with a dietitian or diabetes educator to learn how to fit alcohol safely into your eating plan.

Think Smaller Servings

Simply put, people need to be portion aware, and most need to eat less. Use your hand as a guide. The palm of your hand is equal to about 3-4 ounces of protein. A fist is about 1 cup. Your whole thumb is about 1 tablespoon, and the tip of your thumb to the first joint is 1 teaspoon.



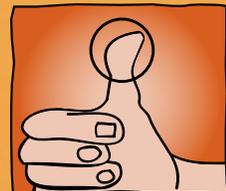
About 3-4 ounces



About 1 cup



About 1
tablespoon



About 1
teaspoon

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Getting Started

Your Next Steps

Often, the hardest part about eating healthfully is getting started. To keep things easy, try not to make too many changes at once. Use the checklist below to get you started on your way to healthy eating with diabetes!

- Try planning your meals ahead of time.
- Shop from a list to make it easier to remember to buy healthier foods.
- Shop the perimeter, or outer sections, of the store, where produce, dairy and meat/poultry/fish are located.
- Involve your family in preparing – and eating – healthy meals together.
- Keep your fridge and cupboard stocked with healthy snacks, like fruit, raw vegetables, nuts, yogurt, and whole-grain crackers.

You can still have great taste and eat well!

www.kraftfoods.com/diabetes

This website offers recipes developed jointly by food experts and registered dietitians in the Kraft Kitchens. Find recipes for everyday enjoyment as well as special occasions, along with helpful information and tips. Look for Carb Choices listed on each food idea and see how it can fit into your eating plan for diabetes. Be sure to check out:

- Delicious recipe ideas
- Tips for living well
- Timely articles

Firecracker Chicken Stir-Fry

This low-calorie main dish provides vegetables, grain and protein all in one, and the red pepper provides a good source of vitamin C.

Prep Time: 10 min.; Total Time: 20 min.

Makes: 4 servings, 1½ cups each.

What You Need

| | |
|--|---|
| 1 Tbsp. oil | 1 can (8 oz.) sliced water chestnuts, drained |
| 1 lb. boneless skinless chicken breasts, cut into strips | 1/3 cup KRAFT Light Asian Toasted Sesame Dressing |
| 3 cloves garlic, minced | 1/4 tsp. crushed red pepper |
| 1 red pepper, cut into strips | 2 cups hot cooked brown rice |
| 1 cup snow peas | |

HEAT oil in large nonstick skillet on medium-high heat. Add chicken and garlic; cook and stir 4 min. or until chicken is evenly browned.

ADD pepper strips and snow peas; cook 2 to 3 min. or until peppers are crisp-tender and chicken is done. Add water chestnuts, dressing and crushed pepper; cook 2 min. or until heated through.

SERVE over rice.

Nutrition Information Per Serving: 340 calories, 9g total fat, 1.5g saturated fat, 0g trans fat, 65mg cholesterol, 280mg sodium, 33g carbohydrate, 4g dietary fiber, 6g sugars, 30g protein, 45% DV vitamin A, 60% DV vitamin C, 10% DV calcium, 15% DV iron.

Carb Choices: 2

Exchange: 2 Starch, 1 Vegetable, 3 Meat (L), 1/2 Fat

Dietary Exchanges (or Exchange Calculations) based on Choose Your Foods: Exchange Lists for Diabetes © 2008 by the American Diabetes Association and the American Dietetic Association.

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