

NUTRITION SURVIVAL SKILLS FOR DIABETES

IMPORTANT!!! PLEASE READ!!

Having diabetes does NOT mean that you can no longer enjoy good food, or that everything you eat “tastes bad”. It does NOT mean that you cannot have foods that are sweet.

What it DOES mean, is that you will need to be more aware of what you do eat and how much you eat. Your doctor or dietitian can help you to develop a plan that is right for you and fits into your life style, but until that time, following are some “survival skills” that may help you to gain better control of your diabetes and blood sugars.

SURVIVAL SKILLS

- σ Foods to eat --- low fat, high fiber foods and artificially sweetened beverages
- σ Drink all you want of diet sodas, tea, coffee or Kool-Aid either unsweetened or sweetened with an artificial sweetener such as Splenda, Sweet ‘N Low, Equal, saccharin or a blend.
- σ Do NOT drink sugar sweetened beverages such as regular sodas, Gatorade, sugar sweetened tea, coffee or Kool-Aid, Hi-C, Hawaiian Punch
- σ Limit your fruit juice (orange, grapefruit, apple, grape, cranberry) to ½ cup every day with a meal until you receive more specific instructions from your doctor or dietitian.
- σ Do NOT eat concentrated sweets. These include candy, cookies, cakes and pies. Your doctor or dietitian may help you add occasional small amounts of these back into your diet at a later time
- σ Eat at least 3 different times throughout the day and about the same amount at each time. That is, do not skip a meal and then eat twice as much at the next meal. This will make it hard to control your diabetes and it may make you feel bad.
- σ Cut back on your serving sizes. A serving size is ½ cup fruit, vegetables, pasta or rice; 3 to 4 ounces of meat (about the size of a deck of cards); ½ cup fruit juices; 1 cup of milk; 1 slice of regular white bread; a medium apple or orange; 15 to 20 seedless grapes; ½ of a medium banana.
- σ Try to avoid alcohol until you discuss it with your doctor or dietitian.
- σ REMEMBER!! Just because a food says it is “dietetic”, “sugar free”, “fat free” or “low fat” does not mean that it is low calorie or that it will not cause your blood sugar to go up. Do NOT rush out to buy these often more expensive foods – talk to your doctor or dietitian!

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