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# Eating Smart for Diabetes



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## What's in it for You?

Going deeper on understanding carbohydrates and making eating choices will impact

- ✓ How you feel
- ✓ Your blood sugar management
- ✓ Helps manage or prevent complications of diabetes

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## Eating Carbohydrates Consistently

Eating a consistent amount of carbohydrates per meal/snack help with

- ✓ Promotes healthy blood sugars
- ✓ Helps manage weight
- ✓ Reduces hunger
- ✓ Helps manage or prevent complications of diabetes

Eating similar amounts meal to meal (ex. Eating similar amounts of carbohydrates at dinner)

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## More on Eating a Consistent Amount of Carbohydrate

**1 serving of carbohydrate = 15 grams of carbohydrate**

### General Recommendation:

- Eat 3-4 servings (45-60 grams) of carbohydrate per meal
- Eat 1 serving (15 grams) per snack

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## THE PLATE METHOD

**Non-Starchy Vegetables**

- Cucumbers
- Carrots
- Cabbage
- Cauliflower
- Green beans
- Leafy greens
- Lettuce
- Tomatoes
- Celery
- Peppers
- Eggplant
- Broccoli
- Asparagus
- Spinach
- Mushrooms

*Serving = 1 cup raw or ½ cup cooked*

**Lean Protein**

**MEAT**

- Fish
- Chicken
- Turkey
- Pork loin
- Lean beef
- Seafood

**NON-MEAT**

- Beans\* ½ cup\*
- Eggs 1 egg
- Peanut Butter 1 Tbsp
- Tofu ½ cup
- Low-fat Cheese 1 slice

\*count as one carbohydrate serving  
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**1 serving of carbohydrate = 15 grams**

**Sources of Carbohydrate**

**Starches**

- Potatoes
- Corn
- Dry beans ½ cup
- Peas
- Macaroni
- Pasta 1/3 cup
- Rice
- Breads
- Crackers
- Pretzels
- Muffins
- Waffles
- Pancakes

read label

**Fruits**

- Orange
- Pear
- Apple
- Kiwi
- Peach
- Banana
- Mango
- Grapefruit
- Berries ½ fruit
- Grapes
- Pineapple
- Cantaloupe
- Watermelon

**Milk**

- Skim milk
- Low fat milk
- Lite yogurt

1 cup

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## Resources for Carbohydrate Counting

- Handout "Carbohydrate Food List"
- Online Food tracker
  - FatSecret,
  - Loselt
  - Myfitness Pal)
- Look at **Total Carbohydrate** on food label
  - May consider fiber

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## Food Label

**Nutrition Facts**  
8 servings per container  
**Serving size 2/3 cup (55g)**

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Amount per serving  
**Calories 230**

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% Daily Value\*

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Total Carbohydrate:**  
Includes fiber, starch and sugar (natural & added)

**Fiber:** Those carbs not digested fully so little impact on blood sugar. Goal 25 grams per day.

**Total Sugars:** Include natural sugars from milk and fruit and added sugars

**Added Sugars:** Added simple sugar

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## Food Label: Mom's Raisin Bran

**Nutrition Facts**  
**Serving size 1 cup (55g)**

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Amount per serving  
**Calories 170**

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% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 8g	<b>30%</b>
Total Sugars 15g	
Incl. 8g Added Sugars	<b>15%</b>
<b>Protein</b> 5g	

- What is the serving size?
- How many grams of carbohydrate per serving?
- Tell us where that carbohydrate is coming from?
- If 15 grams of carbohydrate make 1 serving of carb, how many servings of carb are in 1 cup of cereal?
- $43/15=2.9$  or 3 svgs

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## Breakfast Example #1

- 1 cup cooked oatmeal
- $\frac{3}{4}$  cup fresh blueberries
- 1 packet artificial sugar (like Splenda)
- $\frac{1}{4}$  cup walnuts
- 1 cup skim milk



How many carbohydrate servings are in this meal?

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## Breakfast example #2

- 2 eggs
- Turkey sausage patty
- 2 slices toast
- 1 tablespoon margarine
- Medium banana
- 1 cup orange juice
- Coffee with cream



How many carbohydrate servings are in this meal?

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## Lunch example #1

- 1 cup tomato soup
- Grilled ham & cheese sandwich (2 slices bread, 2 slices cheese, 2 slices ham, 2 tsp. margarine)
- ½ cup coleslaw (made with cabbage, carrots, green peppers, mayo, and vinegar)
- 1 cup melon
- 1 large oatmeal-raisin cookie
- Tea with Splenda



**How many carbohydrate servings are in this meal?**

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## Lunch Example #2

- Hamburger or veggie patty
- 1 whole wheat hamburger bun
- 1 cup raw veggies
- 1 container light yogurt
- Water



**How many carbohydrate servings are in this meal?**

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## Dinner example #1

- 5-oz. salmon filet, grilled with spices
- 1 medium (6 oz.) baked sweet potato with 2 **teaspoons margarine**
- 10 stalks of asparagus pan sautéed in canola oil
- 1 medium fresh peach with  $\frac{1}{2}$  **cup ice cream** and **1** **tablespoon chopped pecans**
- **Water**



How many carbohydrate servings are in this meal?

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## Dinner Example #2

- 1 cup pasta
- 1/2 cup spaghetti sauce
- 3 meatballs
- 2 tablespoons parmesan cheese
- Green salad
- 1 breadstick
- 1 Lindt dark chocolate truffle
- Iced Tea



How many carbohydrate servings are in this meal?

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## Set Your Goal

Choose one of these ideas or write down 1 or 2 things you will do for the next few weeks. Remember that little changes in your eating can make a big difference in your blood sugar.

- I will measure my carbohydrate foods for one day to get a general sense of how much carbs I eat per meal and snack
- I will eat the same amount of carbohydrate for one meal a day
- I will eat the same amount of carbohydrate for 2-3 meals per day.
- I will read the food labels of my favorite packaged food
- I will count my carbohydrates starting with one meal or snack per day
- Other \_\_\_\_\_