Revised February 2019

#### **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

## 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)

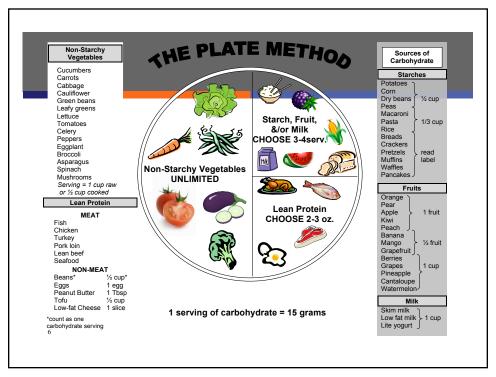
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# More on Eating a Consistent Amount of Carbohydrate

1 serving of carbohydrate = 15 grams of carbohydrate

#### **General Recommendation:**

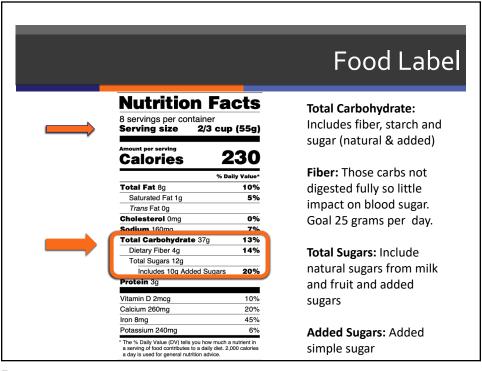
- Eat 3-4 servings (45-60 grams) of carbohydrate per meal
- **₹** Eat 1 serving (15 grams) per snack



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### 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: Mom's Raisin Bran **Nutrition Facts** What is the serving size? Serving size 1 cup (55g) How many grams of **Calories** carbohydrate per serving? Tell us where that carbohydrate Total Fat 1g 1% is coming from? Saturated Fat Og Trans Fat Og If 15 grams of carbohydrate Polyunsaturated Fat 0g make 1 serving of carb, how Monounsaturated Fat 0g Cholesterol Omg 0% many servings of carb are in 1 Sodium 240mg 10% cup of cereal? Total Carbohydrate 43g 16% **43/15=2.9** or 3 svgs Dietary Fiber 8g 30% Total Sugars 15g Incl. 8g Added Sugars 15% Protein 5g

#### Breakfast Example #1

- 1 cup cooked oatmeal
- ¾ cup fresh blueberries
- 1 packet artificial sugar (like Splenda)
- ¼ 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?

#### 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?



#### 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 ½ cup ice creatablespoon 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?



#### 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\_\_\_\_\_\_