

# Planning healthy meals



# Making healthy food choices

- Lots of nonstarchy vegetables
- Whole-grain foods
- Fish 2 to 3 times a week
- Lean cuts of beef and pork
- Remove skin from chicken and turkey
- Non-fat or low-fat dairy products
- Water, unsweetened tea, coffee, and calorie-free “diet” drinks instead of drinks with sugar
- Liquid oils for cooking instead of solid fats
  - Limit quantities



Ask your diabetes care team how many fruits a day are right for your meal plan

## Diabetes and healthy eating

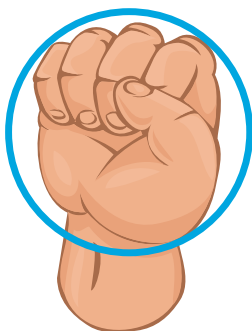
- Good diabetes self-care means following your meal plan and keeping track of what you eat and drink
- Eat a variety of foods in the right amounts
- Be sure to check food labels for calorie, carbohydrate, total fat, and sodium amounts
- Eat regularly (small portions several times a day)
- Match how much you eat with your activity level
- Eat fewer foods high in calories, cholesterol, saturated fat, *trans* fat, and sodium
- Talk with your diabetes care team if you have any questions about your meal plan

“It took some time but I made the decision to do the things I needed to do to manage my diabetes. I started exercising and thinking more carefully about my food choices. Before too long, I had gained a lot of confidence in my ability to manage this disease.”

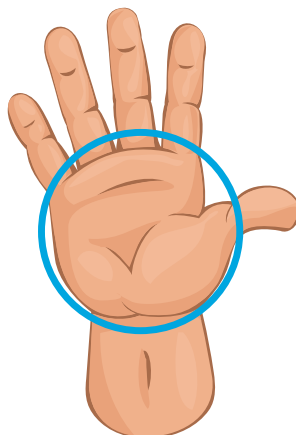
– Karen R., South Carolina

## Estimating portion sizes

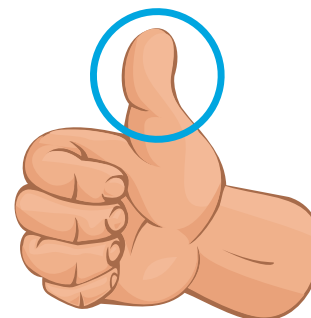
When you can't measure,  
you can estimate!



A fist equals  
about 1 cup



A palm equals  
about 3 ounces



A thumb equals  
about 1 ounce

*These are only general guides.*

## Finding the carb counts: Reading Nutrition Facts labels

Check serving size. Information on the label is based on 1 serving. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 8 servings. But the information provided is for only 1 serving.

Look at the amount of fat, especially saturated and trans fat, in each serving.

See how many grams of carbs are in each serving.

You can also see how many grams of Added Sugar the food contains. This is sugar that has been added as the food is made. Try to choose foods with less added sugar.

Decide whether the food fits into your plan.

### Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 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.

# Know your nutrients and create your plate

1 nonstarchy  
vegetable choice =  
**5** grams of carbs

## Nonstarchy Vegetables

Raw vegetables, 1 cup  
Cooked vegetables, ½ cup

1 meat/protein choice =  
**0** grams of carbs

## Meat/Protein

### Examples:

Chicken, 3 ounces  
Fish, 3 ounces  
Beef, 3 ounces



Size of a  
deck of cards

Each carb choice contains  
**15** grams of carbs.

I need \_\_\_\_\_  
carb choices per meal.

## Starch/Grains

### Examples:

Pasta, ⅓ cup  
Rice, ⅓ cup  
Potato, boiled, ½ cup  
Bread, 1 slice (1 ounce)  
Corn, ½ cup



Size of a  
computer  
mouse

1 starch choice = **15** grams of carbs

## Milk

### Examples:

Milk, 1 cup  
Plain yogurt, 1 cup

1 dairy choice = **12** grams of carbs

## Fruit

### Examples:

Orange, small  
Blueberries, ¾ cup  
Watermelon, 1 slice



Size of a  
tennis ball



1 fruit choice = **15** grams of carbs

# Noncarbohydrates

## Meat/Protein

- Meat and meat substitutes are a source of protein and do not raise blood sugar significantly
- Prepare meats without a batter. Bake, grill, or broil
- 3 oz cooked meat = deck of cards
- The following chart shows what 1 choice of meat and meat substitutes contains
- The number of servings per day varies by individual meal plan



Meat		1 CHOICE
Beef	Lean—Ground round, roast, round, sirloin, steak, tenderloin	1 oz
	Medium-fat—Corned beef, ground beef, prime rib, short ribs	1 oz
Chicken	Lean—Without skin	1 oz
	Medium-fat—With skin	1 oz
Fish	Lean—Smoked: herring or salmon (lox)	1 oz
	Medium-fat: Any fried product	1 oz
Lamb	Lean—Chop, leg, or roast	1 oz
	Medium-fat—Ground, rib roast	1 oz
Pork	Lean—Canadian bacon, rib or loin chop/roast, ham, tenderloin	1 oz
	Medium-fat—Cutlet, shoulder roast	1 oz
	High-fat—Ground, sausage, spareribs	1 oz
Sandwich meats	Lean—chipped beef, deli thin-sliced meats, turkey ham	1 oz
	High-fat—bologna, pastrami, hard salami	1 oz
Sausage	Medium-fat—With 4–7 grams of fat per oz	1 oz
	High-fat—bratwurst, chorizo, Italian, knockwurst, Polish, smoked	1 oz
Shellfish	Lean—Clams, crab, imitation shellfish, lobster, scallops, shrimp	1 oz
Veal	Lean—Loin chop, roast	1 oz
	Medium-fat—Cutlet (no breading)	1 oz

	Protein	Fat
Lean meat	7	0–3
Medium-fat meat	7	4–7
High-fat meat	7	8+

Meat Substitutes		1 CHOICE
Beef jerky (lean)		½ oz
Cheese		
Lean—cottage cheese		¼ cup
Medium-fat—feta, mozzarella, reduced-fat cheeses, string		1 oz
High-fat—American, bleu, brie, cheddar, queso, and Swiss		1 oz
Egg (medium-fat)		1
Egg substitutes, plain (lean)		¼ cup
Egg whites (lean)		2
Hot dog		
Lean—3 grams of fat or less per oz		1
High-fat—Beef or pork		1
Sardines, canned (lean)		2 small
Tofu		½ cup

## Nonstarchy Vegetables

- Do not raise blood sugar as much as starchy vegetables
- 1 cup raw or ½ cup cooked = 5 grams of carbohydrates

Artichoke hearts
Asparagus
Baby corn
Bamboo shoots
Bean sprouts
Beans (green, wax, Italian)
Broccoli
Brussels sprouts

Cabbage (green, bok choy, Chinese)
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green onions or scallions
Greens (collard, kale, mustard, turnip)
Leeks
Mixed vegetables (without corn, peas, or pasta)
Mushrooms, all kinds, fresh

Okra
Onions
Pea pods
Peppers (all varieties)
Radishes
Sauerkraut
Soybean sprouts
Spinach
Squash (summer, crookneck, zucchini)
Tomato
Turnips
Water chestnuts



## Fats



- Do not raise blood sugar significantly
- Should be used sparingly
- Will help slow the rise of blood sugar after meals
- A serving size of fats listed = 5 grams of fat

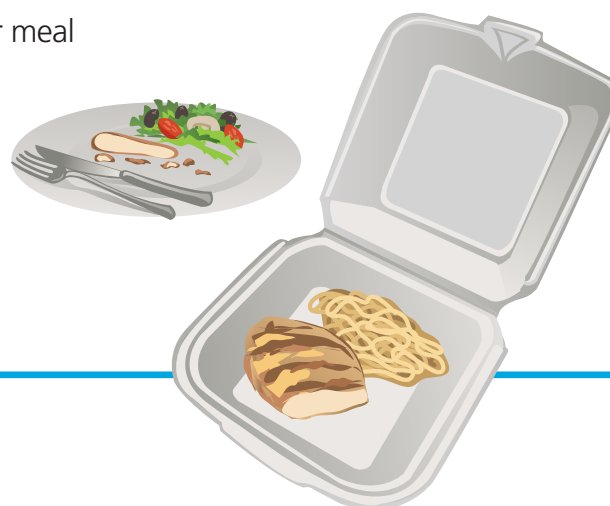
<b>Unsaturated Fats (Monounsaturated)</b>	SERVING SIZE
Avocado	2 Tbsp
Nut butters ( <i>trans</i> fat-free):	1½ tsp
Nuts	
Almonds	6
Cashews	6
Peanuts	10
Pecans	4 halves
Pistachios	16
Oil: canola, olive, peanut	1 tsp
Olives, Black	8 large
Olives, Green, stuffed	10 large

<b>Polyunsaturated Fats</b>	SERVING SIZE
Margarine	
Lower fat spread (30%–50% vegetable oil, <i>trans</i> fat-free)	1 Tbsp
Stick, tub ( <i>trans</i> fat-free), or squeeze ( <i>trans</i> fat-free)	1 tsp
Mayonnaise	
Reduced-fat	1 Tbsp
Regular	1 tsp
Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower	1 tsp
Salad dressing	
Reduced-fat	2 Tbsp
Regular	1 Tbsp
Seeds: flaxseed (whole), pumpkin, sunflower, sesame	1 Tbsp
Walnuts	4 halves

<b>Saturated Fats</b>	SERVING SIZE
Bacon	1 slice
Butter	
Reduced-fat	1 Tbsp
Stick	1 tsp
Whipped	2 tsp
Cream	
Half and half	2 Tbsp
Heavy	1 Tbsp
Light	1½ Tbsp
Whipped, pressurized	¼ cup
Cream cheese	
Reduced-fat	1½ Tbsp
Regular	1 Tbsp
Lard	1 tsp
Oil: coconut, palm, palm kernel	1 tsp
Shortening, solid	1 tsp
Sour cream	
Reduced-fat or light	3 Tbsp
Regular	2 Tbsp

## Tips for dining out with diabetes

- If you don't know what's in a dish or how it's prepared, ask
- Ask for salad dressing, sauces, and gravy on the side
- Estimate your normal portion and put the extra in a container to go
- Try to limit alcohol and sugary drinks, or avoid them
- Don't rush! Eat slowly and really enjoy your meal





# Carbohydrates

- Most of the carbohydrates we eat quickly turn into blood sugar
- Each carb choice contains 15 grams of carbs

## Milk

### Milk and Yogurts

	SERVING SIZE OR PORTION
Chocolate milk, fat-free or whole	½ cup
Evaporated milk (all kinds)	½ cup
Ice cream, light, no sugar added, or regular	½ cup
Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole	1 cup
Soy milk, light or regular, plain	1 cup
Yogurt, plain, whole	1 cup



## Starch/Grains



Bread	SERVING SIZE OR PORTION
Bagel, large (about 4 oz)	¼ (1 oz)
Bread, reduced-calorie	2 slices
Bread, white, whole-grain, pumpernickel, rye	1 slice (1 oz)
English muffin	½
Hot dog or hamburger bun	½ (1 oz)
Pancake, 4 inches across	1
Pita, 6 inches across	½
Roll, plain, small	1 (1 oz)
Taco shell, 5 inches across	2
Tortilla, corn or flour, 6 inches	1
Waffle, 4-inch square	1

Crackers and Snacks	SERVING SIZE OR PORTION
Animal crackers	8
Cookies, Chocolate chip	2 cookies
Crackers	
Round, butter type	6
Saltine-type	6
Sandwich-style, cheese or peanut butter filling	3
Whole-wheat	2–5
Graham cracker, 2½-inch square	3
Oyster crackers	20
Popcorn	3 cups
Pretzels	¾ oz
Rice cakes, 4 inches across	2
Snack chips	
Fat-free or baked (tortilla, potato, pita)	15–20
Regular (tortilla, potato)	9–13

### Cereals and Grains

	SERVING SIZE OR PORTION
Bran, dry, wheat	½ cup
Cereals	
Cooked (oats, oatmeal)	½ cup
Puffed	1½ cups
Shredded wheat, plain	½ cup
Sugar-coated	½ cup
Unsweetened, ready-to-eat	¾ cup
Couscous	⅓ cup
Granola, low-fat or regular	¼ cup
Grits, cooked	½ cup
Pasta, cooked	⅓ cup
Rice, white or brown, cooked	⅓ cup
Wild rice, cooked	⅓ cup

### Starchy Vegetables

	SERVING SIZE OR PORTION
Baked beans	⅓ cup
Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white)	½ cup
Corn on cob, large	½ cup
Lentils, cooked	½ cup
Mixed vegetables with corn, peas, or pasta	1 cup
Peas, green	½ cup
Potato	
Baked with skin	¼ large (3 oz)
Boiled, all kinds	½ cup
Mashed, with milk and fat	½ cup
French fried (oven-baked)	1 cup (2 oz)
Pumpkin, canned, no sugar added	1 cup
Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	½ cup

## Fruit



### Fruits

	SERVING SIZE OR PORTION
Apple, unpeeled, small	1 (4 oz)
Applesauce, unsweetened	½ cup
Apricots	4 whole (5½ oz)
Banana	½ (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	⅓ melon or 1 cup
Cherries	12 (3 oz)
Dates	3
Dried fruits	2 Tbsp
Figs (fresh or dried)	1½
Fruit juice	½ cup
Grapefruit, large	½ (11 oz)
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup
Kiwi	1 (3½ oz)
Mango, small	½ fruit (5½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6½ oz)
Papaya	½ fruit or 1 cup
Peaches, medium	1 (6 oz)
Pears	½ cup (4 oz)
Pineapple	¾ cup
Plums, small	3
Prunes	2 (5 oz)
Raspberries	1 cup
Strawberries	1¼ cups whole
Tangerines, small	2 (8 oz)
Watermelon	1 slice or 1¼ cups

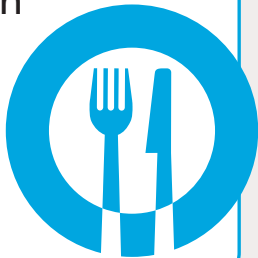
# Cornerstones4Care®

## Patient support program

When you enroll in **Cornerstones4Care®**, you can:

### Healthy eating

Balancing what,  
how much,  
and when  
you eat



- Use the Meal Planning Tool to help you create a meal plan based on your personal goals
- Get examples of what a balanced meal really looks like
- Browse through dozens of healthy recipes and print out your favorites

You'll also get:

- Monthly e-mails to help you manage diabetes, tailored just for you
- Resources to help you with the 4 "cornerstones" of diabetes care

### Being active

Making a plan  
for physical  
activity



### Medicine

Keeping track of  
your medicine  
for diabetes



### Checking your blood sugar

Making sure  
your diabetes  
care plan  
is working



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Or ask your Novo Nordisk Diabetes Educator about enrolling.

