



## Meal Planning and Diabetes

### **Use food pyramid in eating.**

- Choose whole grains (rice, pasta, cereal) versus refined grains (white bread/rice).
- Choose low-fat dairy products (2-3 servings daily).
- Eat fruits and vegetables daily (5+ servings daily).
- Eat small amounts of lean meat, fish, poultry (1-3 oz per meal).
- Eat small amounts of fat (1-2 tsp per meal).

### **Eat on a regular basis.**

- Strive for 3 - 5 small meals or snacks daily.
- Avoid going more than 5 hours without eating.
- Snacks should be at least 2 hours after meals.

### **Foods for the person with diabetes are also good for the whole family.**

#### **No special foods are needed.**

- Some sugar-free items can be useful (sugar-free Jell-O, soda pop, popsicles, pudding).
- Many "sugar-free" products (chocolates, cookies, candies) still provide carbohydrate, are not lower in calories or fat and may cause diarrhea.

### **Eliminating sugar is not necessary.**

- Substitute sugar-containing foods for other carbohydrate foods (bread, fruit, potato, milk).

### **Decrease portions, if overweight.**

### **Limit total fat and saturated fat.**

- Remove visible fat from meat and poultry.
- Limit butter, sour cream, cream cheese and other added fats.
- Limit fried and processed foods.
- Avoid products with trans fats and hydrogenated vegetable oils (palm, coconut).

### **Eat more high fiber foods.**

- Choose dried beans, whole grain products, fresh fruits and vegetables.
- Look for foods with 3 or more grams of fiber per serving (unless you have gastroparesis).

### **Limit alcoholic beverage consumption.**

- If a person chooses to drink, limit to 1 serving per day (women) and 2 servings per day (men) and have with a meal or snack.

**U.P. Diabetes Outreach Network**  
**Strengthening Diabetes Care & Prevention**  
**in Upper Michigan since 1985**  
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