

EATING WITH DIABETES

Avoid sugar and concentrated sweets

No cookies cakes, pies, soft drinks, chocolate, table sugar, fruit juices, fruit drinks, Kool-Aid, Hi-C, nectars, jams or jellies.

Read labels: avoid foods containing sucrose, fructose, corn syrup, dextrose, honey, molasses, natural sweeteners, cornstarch and concentrated fruit juices.

Avoid convenience foods

No instant noodles, canned soups, instant potatoes, frozen meals or packaged stuffing.

Eat small frequent meals

Eat about every 3 hours.

Include a good source of protein at every meal and snack; high protein foods are low-fat meat, chicken, fish, low-fat cheese, nuts, peanut butter, cottage cheese, eggs and turkey.

Eat a very small breakfast.

No more than one starch/bread exchange.

Choose high-fiber foods

Whole-grain breads and cereals.

Fresh and frozen vegetables.

Beans and legumes.

Fresh fruits (except at breakfast).

Lower fat intake

Buy lean protein foods; chicken, roast beef, turkey, ham, and fish; limit lunch meat, bacon, sausage and hot dogs.

Remove all visible fat: remove skin of poultry; trim fat from meat.

Bake, broil, steam, boil or barbecue foods (no frying).

Use non-stick pan, vegetable oil spray or small amounts (1-2 teaspoons) of oil for cooking.

Use skim or low-fat (1%) milk and dairy products.

Eat boiled beans (not refried).

Reduce added fat in diet, such as butter, margarine, sour cream, mayonnaise, nuts, avocados, cream, cream cheese or salad dressings.

Free foods-eat as desired

Cabbage, cucumbers; green onions, mushrooms, zucchini, spinach, celery, green beans, radishes, lettuce.