

Diabetic Lifestyle Guidelines and Diet Tips

Diabetic Guidelines and Lifestyle Changes

Lifestyle changes:

Exercise:

Begin with some activity everyday then incorporate more exercise 3-5 times a week

Combine 20 minutes of aerobic (walking, treadmill, swimming, jogging) and 10 minutes of weight training and muscle repetitions like abdominal, biceps, quadriceps

Try joining a gym

Eat regularly and on time

Avoid alcohol

Sleep 6-8 hours per night

Reduce stress

Occasional indulgence is Okay. You don't have to beat yourself up!

Diet tips:

Avoid:

Starches, especially simple starches like bread and alcohol

Potatoes, Carrots, Peas, Corn (most other vegetables like green beans, cabbage, tomatoes, green pepper and eggplant are ok)

Butter

Bananas

Canned Fruit

Sweet Tea, Fruit Juice

Salt

Breads with high carbohydrates

Pastas (macaroni, lasagna)

Rice

Grits

High sugar cereals

Desserts

Moderation:

Low carbohydrate breads

Fresh Fruit

No sugar jello

No fat, no sugar yogurt

Sample Diet:

Breakfast

"2 eggs -- or--

2 turkey sausages --or--

Soy breakfast products --or--

Yogurt (no fat, no sugar) --or--

Fruit (low starch) --or--
High fiber, low sugar cereal with skim milk"

Snack (10am-11am)

"Peanuts (palmful) --or--
Almonds (8-12) --or--
1/2 apple, pear, peach, nectarine --or--
Slice of melon (cantaloupe, etc...) --or--
Yogurt (no fat, no sugar) --or--
Cheese (mozzarella stick, not fried) celery sticks --or--
cold meats (small quantity)"

Lunch

"Salad with cold meats (avoid salad dressing) -- or--
Soup --or--
Sandwich (with low carb bread) --or--
Yogurt (no fat, no sugar)"

Snack (2pm-4pm)

"Peanuts (palmful) --or--
Almonds (8-12) --or--
1/2 apple, pear, peach, nectarine --or--
Slice of melon (cantaloupe, etc...) --or--
Yogurt (no fat, no sugar) --or--
Cheese (mozzarella stick, not fried) celery sticks --or--
cold meats (small quantity)"

Dinner

"1 serving (equal in size to a deck of cards) of meat --or--
Protein Equivalent (like soya burger or soya chicken patty)
Lentils or dried beans
Vegetables (generous serving)
Fruit"

Suggested Servings Per Day

Grains, Beans, & Starchy Vegetables : 6 Servings

Vegetables: 3-5 servings

Fruit: 2-4 servings

Dairy: 2-3 Servings

Protein: 2-3 servings

Examples: 2 slices of whole wheat bread, broth soups 1 cup, oatmeal 1 cup, soda crackers 4-6
crackers, pasta and rice 1/3 cup, potato one small or 1/2 cup mashed, cooked vegetables 1/2 cup,
raw vegetables 1 cup, juice 1/2 cup, canned fruit 1/2 cup, fresh fruits 1 cup or one small the size of

a tennis ball, low fat milk 1 cup, plain yogurt 3/4 cup, plain eggs 1 small, fish 1oz, poultry 1oz, meats, red meat or pork 1 oz, cheese 1 oz

Calories per serving:

Grains, beans and Starchy Vegetables have 80 calories per serving

Vegetables have 25 calories

Fruits have 60 calories per serving

Proteins and dairy contain 200 calories per serving

Suggested foods:

Grains: (whole grain) the following should be the first ingredient listed on the contents of packages of bread, rice, and cereals: Bulgur (cracked wheat), whole-wheat flour, whole oats/oatmeal. Whole grain corn/corn meal, popcorn, brown rice, whole rye, whole grain barley, wild rice, buckwheat, buckwheat flour, triticale, millet, quinoa, sorghum

Beans: dried beans such as black, lima, and pinto. Lentils and dried peas such as black-eyes, and split. Fat free refried beans, vegetarian baked beans and soy-based "meat" products like meatless "burger" and "chicken nuggets"

Starchy Vegetables: parsnip, plantain, potato, sweet potato, pumpkin, acorn squash, butternut squash, green peas, corn

Fiber Sources: beans and legumes (black beans, kidney beans, pinto, chickpeas (garbanzo beans), white beans, and lentils. **Fruits and vegetables** (those with edible skins: apple and edible seeds such as berries).

Whole wheat pasta, whole grain cereals with bran and oats. Whole grain breads with at least 3grams of fiber per slice. Nuts: peanuts, walnuts, and almonds but stay with one serving because they are high in fat. In general contain 5 grams of fiber or more per serving

Vegetables: broccoli, spinach, collards, kale, lettuce, asparagus, and Brussels sprouts

Fruits: grapefruit, oranges, lemon, limes, small bananas, strawberries, blueberries, and raspberries.

Dairy: fat free or low fat milk (1%), plain non-fat yogurt, non-fat light yogurt without added sugar and unflavored soy milk

Protein: fish and seafood (catfish, cod, flounder, haddock, halibut, herring, orange roughly, salmon, tilapia, trout, tuna, sardines, calms, crab, imitations shellfish, lobster, scallops, shrimp, and oysters. Poultry without skin (chicken, turkey and Cornish hen). **Beef, pork, veal, lamb** (lowest fat content possible, check, rib, lamb chop, leaf or roast.

Organ meat: heart, kidney, and liver. Veal loin chop and roast. Pork: Canadian bacon, center loin chop, ham and tenderloin. **Game:** buffalo, dove, duck, goose, or pheasant (no skin), ostrich, rabbit, and venison.

Unhealthy Fats

Saturated Fats: high-fat dairy product (cream cheese, whole milk, 2% milk, and sour cream). High fat meats (ground beef, bologna, hot dogs, sausage, bacon, spareribs). Lard, butter, fatback, salt pork, cream sauces, gravy made with meat drippings, chocolate, palm oil and palm kernel oil, coconut and coconut oil, poultry skin from chicken or turkey.

Transfats: Processed foods, snack crackers and chips, baked goods such as muffins, cookies, and cakes. Margarine, shortening and most fast food.

Cholesterol: high fat dairy products, whole or 2% milk, cream, ice cream, full fat cheese, egg yolk, liver and other organ meat, high fat meat and poultry skin

Healthy Fat

Avocado, canola oil, nuts like almonds, cashews, pecans and peanuts, olive oil and olives, peanut butter and peanut oil, and sesame seeds

Polyunsaturated fats: corn oil, cottonseed oil, safflower oil, soybean oil, sunflower oil, walnuts, pumpkin, or sunflower seeds, soft (tub) margarine, mayonnaise, salad dressings

Omega-3 Fatty acids: albacore tuna, herring, mackerel, rainbow trout, sardines, salmon, tofu and other soybean products, walnuts, flaxseed and flaxseed oil.

Meal Examples:

Breakfast :

- 1 oz (3/4 to 1 cup) unsweetened ready to eat cereal or 1 cup cooked hot cereal with 1/2 cup sliced banana or tablespoon raisins and 1/2 skim milk, 1 slice whole grain wheat toast with teaspoon jam, coffee or tea
- Wedge of cantaloupe or 1/2 cup strawberries, 1 scrambled egg or 2 egg whites cooked in non-stick skillet with vegetable cooking spray, rolled in one (6inch) wheat flour tortilla, 1 cup skim milk or 1% milk, coffee or tea
- 3/4 cup orange or grapefruit juice, 1 plain bagel or English muffing with 1 tablespoon non-ft cream cheese, 1/2 skim milk or 1% milk

Lunch:

- 3/4 cup mixed vegetable juice, open faced ham and cheese sandwich (2 oz lean ham topped with 2 thin slices 1oz jarlsbery cheese and 1 teaspoon honey mustard on 1 slice wheat bread, 1/2 cup cucumber slices mixed with 2 teaspoons balsamic or rice wine vinegar, 1 cup skim milk or 1%
- Pasta vegetable salad (1 cup cooked pasta tossed with 1 cup steamed vegetables and 1 tablespoon low-fat or fat-free vinaigrette) 1 cup nonfat fruit yogurt
- 1 cup prepared vegetable or lentil soup, 1 small whole-wheat roll, 1 oz reduced fat cheese, 1 piece fresh fruit

Desserts:

- 1/2 cup low-fat frozen yogurt
- 1/2 cup fruit sorbet
- Plain frozen fruit bar or pop
- 1/2 cup fruit flavored gelatin
- Baked apple topped with 1 tablespoon low-fat vanilla yogurt
- 2 gingersnaps, vanilla wafers, or graham crackers
- 1 slice (1-inch) angel food cake topped with 1/2 cup sliced fresh strawberries
- 1 piece fresh fruit
- 4 Hershey's Kisses
- 2 miniature candy bars
- Orange pound cake
- Chocolate angel food cake

Snacks:

1. Less than 150 calories
 - 1 oz fat free potato chips
 - 8 baked tortilla chips with 2 tablespoons of salsa

- 2 fig filled cookies
- 2. Less than 100 calories
 - 1/2 seltzer or sparkling water mixed with 1/2 cup cranberry juice cocktail
 - 3 cups unbuttered air-popped popcorn
 - 2 rice cakes with 1 teaspoon jam
 - 2 flatbread
 - 1/2 cup cantaloupe
 - 1 piece fresh fruit (banana, apple)
 - 1 cup chicken noodle soup
 - 3/4 cup prepared sugar-free hot chocolate
- 3. Less than 50 calories
 - 10 baby carrots
 - 10 pretzel sticks
 - 1 sugar-free frozen pop

Dinners:

- Three-Bean Chili with rice; 1 cup mixed green salad 2 teaspoons low-fat or fat-free dressing; baked tortilla chips
- Grilled Steak fajitas with rice; sliced orange and red onion salad: 1/2 cup oranges layered with rings sprinkled teaspoon fat-free dressing
- Carrot and celery sticks; Pork with apples and cabbage; 1 cup mixed green salad with 2 teaspoon fat-free dressing
- 4 oz skinless, boneless chicken breast, marinated in fat-free Italian dressing and grilled; 1/2 cup cooked bulgur wheat; steamed sugar snap peas or green beans; slice French breads
- 3/4 cup mixed-vegetable; 1/4 barbequed, skin removed (homemade or takeout); cooked ear corn on cob kernels; health salad (from deli); to 2 slices Italian bread
- 1/4 pound grilled turkey sausages; 1/2 cup cooked noodles or orzo; sauteed peppers and onions (cook in nonstick skillet coated with cooking spray); small (6 inch) pit bread
- Shells with Tuna and Peppers; 1 to 2 slices Italian bread; green salad with lemon wedge
- Carrot and celery sticks; Soy-Ginger Salmon with sesame spinach and orzo
- Citrus-baked Sea Bass; 1/2 cup cooked couscous; spinach salad with 2 teaspoons fat-free dressing
- Marinated cucumbers: 2 cucumbers, peeled, seeded and diced; 6 sliced radishes mixed with tablespoons rice wine vinegar, 1 teaspoon each soy sauce; Asian pork and vegetables
- Burger with the works: 4 oz extra lean round, grilled, served on toasted English muffin topped 1 teaspoon ketchup, 2 lettuce leaves, tomato slices and slice sweet onion; small baked potato with 2 tablespoons prepared salsa
- 1 cup prepared vegetable soup; Chef's salad: 2 cups mixed salad tossed with 1 oz cooked turkey strips, lean ham or roast beef; Jarlsberg cheese assorted cut up vegetables (fresh mushrooms, green beans, broccoli, carrots, cucumber, tomatoes, bell peppers) and tablespoon nonfat dressing; two slices Italian Bread
- 4 oz scrod, flounder or other white fish, broiled with lemon; 2 small red potatoes, boiled; 1/2 steamed sliced zucchini green vegetables; 2 slices French or Italian bread; teaspoon butter or margarine
- Hearty vegetable soup; 2 slices whole grain bread with 1 oz reduced fat cheese
- Rigatoni with vegetables; 2 cups salad greens with 1 tablespoon low-fat or nonfat dressing; 1

slice Italian bread

- Wedge of melon; 1 cup cooked pasta topped with 1/2 cup marinara sauce; 2 cups mixed green salad with 1 tablespoon fat-free dressing; 2 bread sticks
- Turkey Parmigianino with spaghetti; 1/2 cup steamed broccoli
- Lemon Chicken and Broccoli with rice
- Chicken-vegetable curry with couscous; 1 cup spinach salad with 2 teaspoons fat-free dressing
- Light Shrimp Risotto; 1 cup mixed green salad with 2 teaspoons low-fat or fat-free dressing; small dinner roll
- Grilled Steak with Potatoes, sliced tomato and cucumber salad