

Nutritional Tips for Diabetics...

...to get your blood sugars under control before your first visit with us.

- Your meal plan should include 3 small meals and 3 small snacks.
- Try to eat every 2-3 hours. This will help keep your blood sugars in control.
- Try to combine **protein** foods with every meal and snack.
- Drink plenty of fluids, at least six 8 ounce glasses of water per day.
- Limit caffeine to no more than 200mg/day (see below).

Protein foods are:

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| • Eggs | • Pork | • Tofu |
| • Beef | • Turkey | • Cottage cheese |
| • Chicken | • Ham | • Soy products |
| • Cheese | • Lamb | • Nuts and seeds |
| • Fish | • Shellfish | • Peanut butter or nut butters |

You will need to limit your servings of **carbohydrates**. These foods turn to sugar in your bloodstream and elevate your blood sugars. It is okay to eat carbohydrates, please do not delete them but, you will just need to eat smaller portions at every meal.

Carbohydrates foods (to limit) are:

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| • Bread | • Beans | • Potatoes |
| • Pasta | • Crackers | • Milk |
| • Rice | • Tortillas | • Yogurt |
| • Hot cereal | • Corn | • Fruit |

Avoid milk, yogurt or fruit at breakfast. Later in the day these foods are okay, but **never together**. A small amount of milk in your coffee or tea is okay.

Avoid foods with added sugar. Examples include candy, cakes, cookies, pies, donuts, soda, fruit smoothies, milkshakes, Kool-aid®, etc. **Most items labeled 'sugar free', 'no sugar added' or 'diet' are okay.**

Artificial sweeteners are okay in moderation. (4-5 servings/day). Examples include Nutrasweet/Equal® Aspartame, Splenda®/Sucrolose, Sweet-n-low®/saccharin, Sweet One®/acesulfame potassium

Avoid all fruit juice. Examples include apple, orange, grape, nectars, grapefruit, etc. **Not even with added water.** **Fresh fruit** is okay, but only 1 piece at a time. Just remember not with breakfast. Fruit juice is too concentrated and will enter the bloodstream too fast.

Avoid all dry/cold cereals. Examples include Cornflakes®, Cheerios®, Bran flakes etc and **"INSTANT" hot cereals.** Unfortunately, these foods are processed and enter the bloodstream very quickly. Sometimes these foods can be added back into your diet, but please wait until you can start testing your blood sugars to see if they are okay.

Limit caffeine to 200 mg per day, calculated as follows

- Coffee, 8oz brewed drip is about 137mg
- Tea, 8oz brewed is about 48mg
- Diet soda (caffeinated) is about 37mg