

Diabetes Management

Stay healthy.

- Set up a visit with your **CHN nutritionist** to talk about your diet plan.
- Eat a **small meal** or snack every 3-4 hours. Make sure to eat **breakfast** too.
- Eat **small portions of carbohydrates** (breads, rice, potato, pasta, corn, plantains, fruit).
- Make **half your plate green veggies like salad and broccoli** at lunch and dinner.

Drink water.

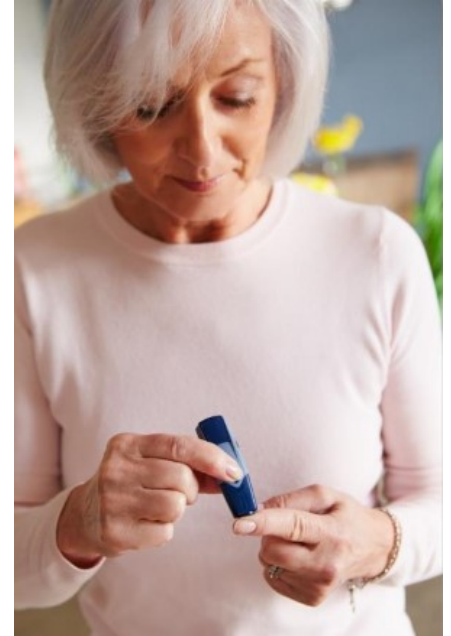
- Drink at least **8 cups of water** a day.
- Limit how many drinks you have that have a lot of sugar, like juice, soda, and sweet iced tea.

Eat protein.

- Eat **low-fat protein foods** like skinless chicken, skinless turkey, fish, eggs, yogurt, 1% cottage cheese, and tofu. Limit how much fried food you eat.

Check your blood sugar.

- Talk to your doctor about how many times a day you should check your blood sugars.** These are goals most non-pregnant adults can use as a guide.



	Goal Range
Before meals	80-130
2 hours after meals	Less than 180

What should my meals look like?

Breakfast: 1/2 cup plain oatmeal cooked with 1/2 cup low-fat milk, 1/2 cup no-sugar added applesauce, 1/4 cup chopped nuts, and 1 teaspoon ground cinnamon. If your blood sugar is high, eat 1-2 eggs and a small amount of fresh fruit instead.

Mid-morning snack: string cheese stick.

Lunch: 1 turkey sandwich on wheat bread with lettuce, tomato, light mayo, and 12 baby carrots on the side.

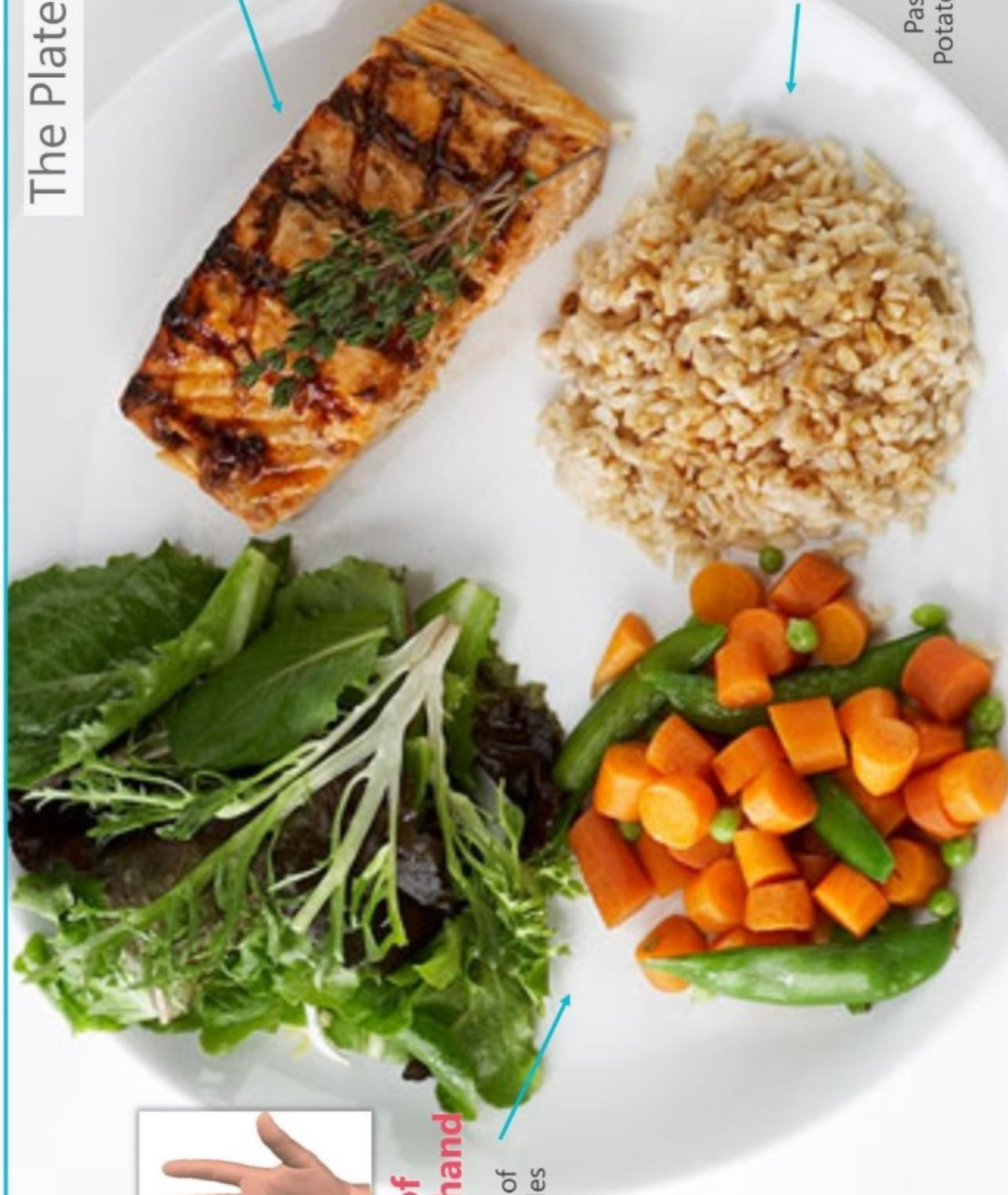
Afternoon snack: 1 cup of blueberries or strawberries (or other fresh fruit).

Dinner: 4 ounces skinless chicken (size of your palm), 1/2 place of salad with olive oil and balsamic vinegar drizzled on top, and a small baked potato or a portion of brown rice the size of your fist. If you blood sugar is high, don't eat the potato or rice.

Bedtime snack: low-fat yogurt with a handful of raw almonds.

What does a balanced meal look like?

The Plate Method



**Size of
your palm**

Amount of
Lean Meat
and Protein



**Size of
your fist**

Amount of Rice,
Pasta, Corn, Cereal,
Potato, Peas, Starches
and Grains



**Size of
your hand**

Amount of
Vegetables