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.

<table>
<thead>
<tr>
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<th>Goal Range</th>
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<tbody>
<tr>
<td>Before meals</td>
<td>80-130</td>
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<tr>
<td>2 hours after meals</td>
<td>Less than 180</td>
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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.