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, roti, rice, potato, pasta, corn, plantains, fruit).
- Make half your plate non-starchy 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 slice of whole wheat bread or 1 small whole wheat roti, 1 boiled egg, mixed veggies, 1 cup of tea with skim milk without sugar.

**Snack:** 1 small piece of fruit.

**Lunch:** 1/2 cup parboiled rice, 1/2 cup dal, 1 cup mixed veggies, 3-4 ounces fish curry (made with less oil - avoid deep frying).

**Teatime snack:** 1 cup of tea with skim milk without sugar, 1/2 cup Channa with fresh onion, tomatoes, and cilantro.

**Dinner:** 1 whole wheat roti, 3-4 ounces chicken curry, 1 cup mixed veggies - cooked or as a side salad.
What does a **balanced meal** look like?

**The Plate Method:**

- **Size of Your Hand**
  - Amount of vegetables

- **Size of Your Fist**
  - Amount of rice, pasta, corn, peas, potato, cereal, starches, and grains.

- **Size of Your Palm**
  - Amount of lean meat and protein