

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.

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



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:

