

Carbohydrates provide much-needed fuel and energy. They are broken down into glucose to provide this energy. Even though carbohydrates raise blood glucose, it is best to have some in every meal. When planning meals, a balance of foods containing protein, fats and carbohydrates is best.

Food is not only a source of fuel and nourishment, food is also a source of pleasure. Having diabetes does not mean you have to eat special foods or never have dessert. Meal planning for diabetes includes the same guidelines used by anyone who wants to stay healthy.

## *Make Your Plate Look Like This!*

### **Carbohydrates**

Fruit, milk, plain or light yogurt, pasta/noodles, corn, peas/lentils, sweet potato, waffles/pancakes, sweets, lima beans, kidney beans, soy beans, potatoes, rice, couscous, whole grain bread, tortillas, pita bread, English muffins, bagels, winter squash, crackers, hamburger buns, hot dog buns



### **Protein**

Chicken, turkey, fish, lean beef, lean pork, lean lamb, veal, low-fat cheese, egg/egg substitute, peanut butter, tofu, edamame



### **Vegetables**

Artichokes, asparagus, bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, eggplant, greens, green beans, okra, onions, parsnips, pea pods, peppers, spinach, summer squash, tomatoes, water chestnuts, zucchini (Celery, cucumbers, green onions, mushrooms, radishes and salad greens can be eaten in unlimited quantities.)



### **Weight Control**

For weight control, fats should be used sparingly (e.g., salad dressings, avocado, seeds, nuts, butter, pesto, sour cream, cream cheese).

# Standards of Care

Standards of Care are guidelines that can help people with diabetes live longer, healthier lives.

Tests	Monitors	Test Frequency	ADA Targets	Your Last Test Result(s)	Test Date
<b>A1c</b>	2 to 3 month blood sugar average	Every 3 to 6 months	Less than 7 percent (or as advised by your doctor)		
<b>Blood Pressure</b>	Checks the force of blood flow through vessels	Every doctor visit	Less than 140/90 mm Hg <i>(Consider medications if out of target.)</i>		
<b>LDL (bad cholesterol)</b>	Risk of heart disease	Yearly	LDL below 100 mg/dl <i>(Consider medications if out of target.)</i>		
<b>Microalbumin (urine test)</b>	Kidney function	Yearly	Less than 30 mcg/dl		
<b>Eye Exam (dilated)</b>	Eye disease	Yearly	Normal		
<b>Foot Exam</b>	Foot problems	Every doctor visit	Normal		
<b>Flu Shot</b>		Yearly			
<b>Pneumonia Vaccine</b>		At diagnosis <i>(Repeat after 65 years old)</i>			