

HealthyActions

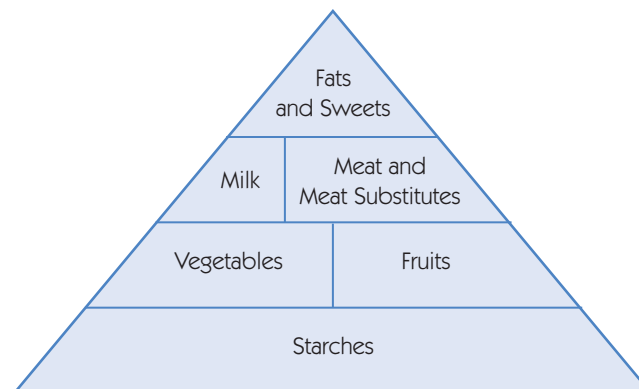
Achieving Your Goals for Healthy Living



Diabetes: Healthy Eating

Healthy eating is important especially when you have diabetes. Eating a balanced diabetic diet will help you keep your glucose or blood sugar levels normal.² The diabetes food pyramid is a tool that can help you make good choices.

The Diabetes Food Pyramid¹



How do you use the diabetes food pyramid?

The foods that you eat from this list will depend on your weight and how much you exercise. Your doctor or dietician will help you figure out how many servings of each food group is right for you. Now let's walk through the food groups and serving sizes.

Healthier Choices

In the "grains and starches" group, eat more whole grains.

They have more vitamins, minerals, and fiber.² Some whole grains are oatmeal, popcorn, and brown rice. Look for the word "whole" on food labels (as in "whole wheat").⁵

Food Group and Servings³

Serving Size Examples^{3,4}

Grains and Starches. 6-11 servings per day. (This group includes grains like wheat, rye, and oats; breads, cereals, rice, and pasta; starchy vegetables like potatoes, corn, and peas; dry beans and peas.)	1 slice of bread; 1 (6-inch) tortilla; 1/2 cup (a rounded handful) of potatoes, yam, peas, corn, or cooked beans; 1/3 cup rice or pasta
Vegetables. 3-5 servings per day.	1 cup raw vegetables (about the size of a baseball) or 1/2 cup (a rounded handful) of cooked vegetables
Fruit. 2-4 servings per day.	1/2 cup (a rounded handful) of canned fruit; 1 small fresh fruit; 2 tablespoons (half a golf ball) dried fruit; 1 cup (size of a baseball) melon or raspberries
Milk Products. 2-3 servings per day.	1 cup nonfat or lowfat milk; 1 cup yogurt
Meat and Meat Substitutes. 4-6 ounces per day divided between meals.	1 ounce of meat (1/3 of a deck of cards); 1/4 cup cottage cheese (size of a golf ball); 1 egg; 1 tablespoon (half of a ping pong ball) peanut butter
Fats, Sweets, and Alcohol. Okay once in a while. Talk to your doctor.	1/2 cup ice-cream (small computer mouse); 1 small cupcake or muffin; 2 small cookies



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Meal Plans

Your doctor will help you make a food plan. This will help you eat the **amounts** that are best for you at the **times** that are best for you.

To the right is a chart you can fill in to help you plan meals and snacks each day.²

Breakfast		
Food Group	Food	How Much
Snack		
Food Group	Food	How Much
Lunch		
Food Group	Food	How Much
Snack		
Food Group	Food	How Much
Dinner		
Food Group	Food	How Much
Snack		
Food Group	Food	How Much

References

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2. NDIC. What I Need to Know About Eating and Diabetes. http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/#starches
3. American Diabetes Association. Using the Diabetes Food Pyramid. <http://diabetes.org/nutrition-and-recipes/nutrition/foodpyramid.jsp>
4. Family and Consumer Sciences / Texas A&M. Visual Cues for Recommended Serving Sizes. http://fcs.tamu.edu/health/Health_Education_Rural_Outreach/Health_Hints/2004/january/Visualcues2.pdf
5. American Heart Association. Choose Whole-Grain, High Fiber Foods. <http://www.americanheart.org/presenter.jhtml?identifier=3040347>



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