



Exploring the link between diabetes and food

Of all the things that make blood sugar rise, food usually has the biggest effect. Some foods can raise your blood sugar more than others, and portion size plays a big part, too. What's more, diabetes is different for everyone, including the way various foods affect your blood sugar.

Managing carbs to help you stay in range

Carbohydrates (carbs, for short) are the starches and sugars in foods such as grains, fruit, milk products, and sweets. Your body uses carbs for energy, but they raise your blood sugar higher and faster than any other kind of food. So if you have diabetes, it's important to watch your portion sizes and get most of your carbs from fruits, vegetables, whole grains, low-fat milk, and yogurt.

Counting carbs helps put you in charge

When managing your blood sugar, it's important to find the right portions of foods with carbs. Counting carbs is one way to create meals and snacks that will help you stay in range. Food labels list the amount of carbs in grams (g).

Generally, people need 45 to 60 grams of carbs in each meal for energy, but it depends on how your body handles carbs. Work with your dietitian or other healthcare professional for the amount that's right for you.

Meal and snack planning guide



1/2 banana; 1 small apple or orange; 5 whole wheat crackers and 1 piece of string cheese



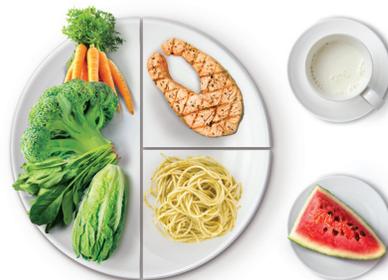
Try testing around a meal.

If your test result 1-2 hours after a meal is more than 50 mg/dL higher than your before-meal result, next time try eating a smaller portion of carbs.

Always follow your healthcare professional's recommendations for testing.

Making healthful food choices

- Healthful eating for diabetes is healthful eating for the whole family.
- Enjoy regular meals.



- 1/2 of the plate vegetables
- 1/4 of the plate grains & starches
- 1/4 of the plate protein
- a portion of fruit
- a portion of dairy

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