



# DON'T CHANGE THE KINDS OF FOODS YOU EAT— JUST THE AMOUNTS

---

## *Understand Food Labels to Get REAL Food Value*

### **CARBOHYDRATES:**

- Consist of dietary fiber and sugars; found in pastas, breads, other starchy foods, vegetables, beans, and fruits
- Become sugar in your body
- All types of carbohydrates—not just table sugar (sucrose)—can raise blood sugar
  - Reduce total carbohydrates
  - Use table sugar sparingly and use instead of, not in addition to, other carbohydrates

*Calories per gram: 4*

---

### **PROTEIN:**

- 10% to 20% in your daily diet is about right
  - If you have kidney disease, you might need to limit the amount to 10%—ask your doctor
- Protein-rich foods include meats, fish, dairy products like milk and cheese, and vegetables

*Calories per gram: 4*

---

### **FAT AND CHOLESTEROL:**

- Saturated fats
  - Aim for less than 10% in your daily diet—less if you need to lose weight
- Fats contain cholesterol, which puts you at risk for heart disease
  - Read cholesterol amount on the food label
- Cut back on fats to lose weight—fats have more than twice the calories of carbohydrates and proteins

*Calories per gram: 9*

---

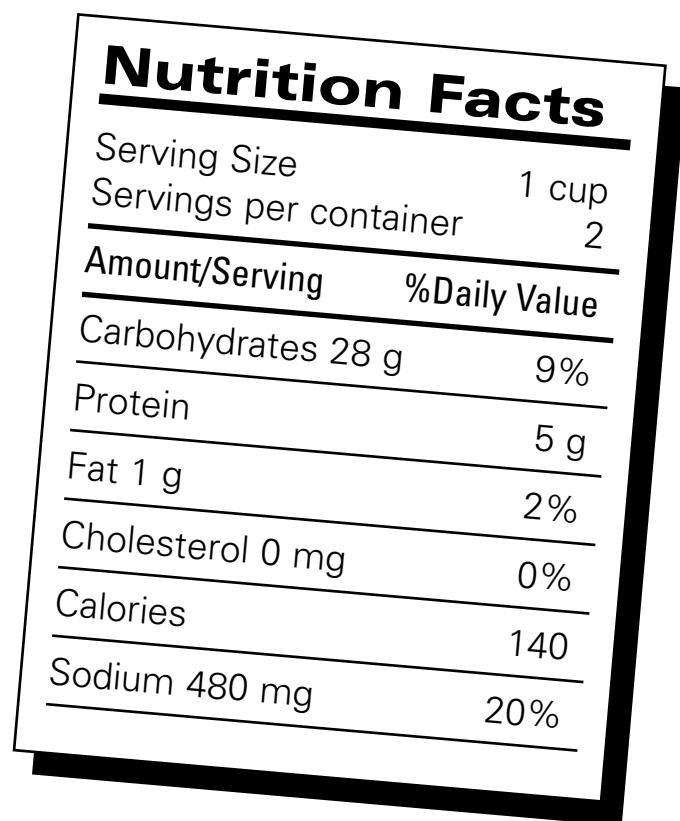
### **CALORIES**

- If you need to lose weight, set a daily limit on your calorie intake—ask your doctor
- Balance the calories you consume with physical activity—you'll lose weight faster and be more likely to keep the weight off

### **SODIUM (SALT)**

- Too much salt can contribute to high blood pressure, a big concern if you have diabetes
    - After you've started using less salt, you are likely to want less salt
  - Watch food labels for fat and sodium
    - Salt may be added to flavor "low-fat" foods —fat may be added to "low-sodium" foods for the same reason
- 

**Remember—test your blood glucose 2 hours after you eat!**



<b>Nutrition Facts</b>	
Serving Size	1 cup
Servings per container	2
Amount/Serving	%Daily Value
Carbohydrates 28 g	9%
Protein	5 g
Fat 1 g	2%
Cholesterol 0 mg	0%
Calories	140
Sodium 480 mg	20%

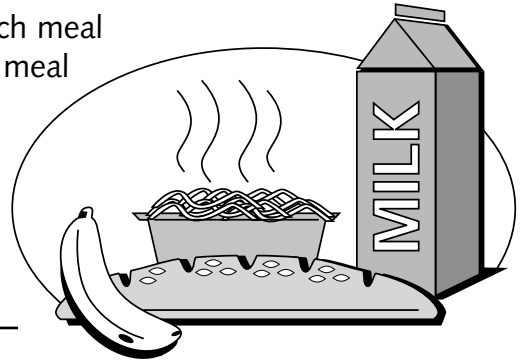
# IF YOU COUNT YOUR CARBOHYDRATES, YOU CAN ENJOY A FEW FAVORITES EVERY DAY

You can eat the carbohydrate foods you like as long as you learn how to substitute. For example, a granola bar has the same amount of carbohydrates as a cup of soup.

You can substitute one carbohydrate for another. Your daily meal plan allows you three to four carbohydrate choices each meal plus one or two choices for snacks:

- For females, up to four 15-gram servings each meal
- For males, up to five 15-gram servings each meal

Make your selections from the food groups below—each choice gives you about 15 grams of carbohydrate. Try to pick from all the groups, and be sure to use the portion size listed below when you choose your substitutions!



## STARCH AND BREAD GROUP

Bagel or English muffin	1/2 or 1 oz
Slice of bread or roll	1 or 1 oz
Crackers	4 to 5
Pasta	1/2 cup
Taco shells (6 inch)	2
Tortilla (6 inch)	1
Waffle (4 1/2 inch)	1
Popcorn, plain	3 cups

## MILK GROUP

Low-fat or skim milk	8 oz
Low-fat yogurt, plain or artificially sweetened	6 to 8 oz

## FRUIT GROUP

Banana, medium	1/2
Canned fruit	1/2 cup
Fruit juice	1/3 to 1/2 cup
Grapes or cherries	12 to 15

## OTHER CHOICES

Cake without icing	2-inch square piece
Soup	1 cup
Canned spaghetti sauce	1/2 cup
Ice cream	1/2 cup
Granola bar	1
Table sugar, maple syrup, honey	1 Tbsp

Adapted from: International Diabetes Center. Corporate Training Program. 1999; November 22-23: 1 (Appendix).



Bristol Park Medical Group,  
www.bristolparkmed.com