Exploring the link between diabetes and food

Diabetes is different for everyone, so it is a good idea to track and understand how food affects your blood sugar. Use the tips below to assist you in meal planning.

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.

Food labels can help guide your choices

Nutrition labels on packaged foods can help when you're counting up the carbs in meals or snacks.

Focus on the Serving Size and the Total Carbohydrate lines to see the total grams of carbs for 1 serving. The label on the bread shows you where to look. Consult a dietitian or other healthcare professional for the amount of carbs that are right for you.

Nutrition Facts	
Serving Size 1 slice	
Servings per container 22	
Amount per serving	
Calories 80	Calories from Fat 10
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	4%
Sugars 2g	
Protein 2g	
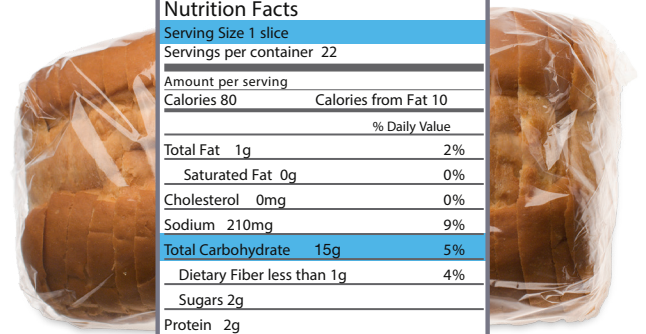
TIP Compare the serving size to your portion. For example, if you will be eating an amount that is equal to 2 servings, then you will need to double the information on the label.

Use the "plate method" to fill your plate the healthy way

- Use a 9 inch plate and consider portions in meal planning

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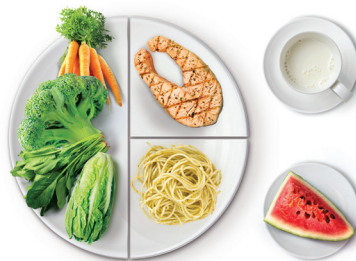a portion of fruit
a portion of dairy

Try testing around a meal.

Check your blood sugar before and 1-2 hours after a meal. This will help you see if your food and portion choices are working to keep your blood sugar in range after a meal.

Always follow your healthcare professional's recommendations for testing.

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