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Education + Resources

DIABETES

Meal planning and carb counting

Your guide to eating healthy with diabetes





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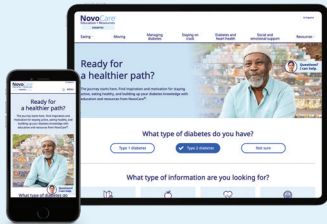
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*Some features are for people starting certain Novo Nordisk products.

This booklet gives you key information about planning meals and carb counting with diabetes. It also offers tools and resources for eating healthy to help you manage your diabetes. If you have questions, be sure to reach out to your diabetes care team.

Look for this symbol
throughout the booklet



Visit [NovoCare.com](https://www.novocare.com) from your smartphone, tablet, or computer for more information and support.

Also available in Spanish at [espanol.Cornerstones4Care.com](https://espanol.cornerstones4care.com)

This booklet is consistent with American Diabetes Association educational materials, including the Standards of Medical Care in Diabetes. This booklet does not replace the advice of your diabetes care team. Be sure to talk with your diabetes care team about a diabetes care plan that is right for you.

Exp. 11/2024

ADCES FAVORABLY REVIEWED

Association of Diabetes Care & Education Specialists

The Favorably Reviewed logo indicates this material has been reviewed for educational content and does not imply endorsement of any product.

“Every time I prepare my foods now I think of my health beforehand.”*

— NovoCare® Education & Resources Member



GETTING STARTED

In this section:

- ✓ The basics of healthy eating
- ✓ Planning meals
- ✓ Types of eating plans

*Individual results may vary.

The basics of healthy eating

Healthy eating is an important part of managing your diabetes along with being active and taking medicines, if needed. Why? Because what, when, and how much you eat affects your blood glucose (*blood sugar*) levels.

Healthy eating doesn't mean you have to stop eating your favorite foods and dining out. But you may need to limit how much and how often you eat some of them.

Healthy eating is when you:

Eat a wide variety of foods each day



Watch your portion sizes



Space your meals evenly throughout the day



Don't skip meals



Use this booklet as a guide to plan healthier meals. It's not easy to change what and how you eat. Give yourself time to get used to your new routine. Soon you'll be enjoying healthy, delicious meals and snacks as needed.

Planning meals

An eating plan is a guide that helps you choose what foods to eat, when to eat meals and snacks, and how much to eat. A typical healthy plan includes:

Complex carbohydrates, such as whole-grain bread, oats, and brown or wild rice



Fiber, which is found in beans, whole grains, fruits, and vegetables



Lean protein, such as chicken (without skin), fish, tofu, and eggs



Non-starchy vegetables, such as broccoli, carrots, and leafy greens



Low-fat dairy products, such as milk, yogurt, and calcium-fortified plant-based milk



Heart-healthy fats, such as olive or canola oil, nuts, and seeds



Visit [NovoCare.com](https://www.novocare.com) for healthy recipes and guidance on well-balanced meals.



For many people with diabetes, the hardest part of a treatment plan is deciding what to eat. There is no such thing as a “diabetes diet.” But you can work with someone on your diabetes care team to figure out what eating plan makes the most sense for you and your treatment goals. That person might be a dietitian, diabetes care and education specialist, or a registered nurse.

The goal of healthy eating is to help manage your:



Blood glucose levels



Cholesterol levels



Weight



Blood pressure

When these things are managed, you may prevent or slow down the chance of getting other health problems.

Types of eating plans

Many different eating patterns can help you manage your diabetes. Here are some common eating patterns that have shown benefits for people with type 2 diabetes.

Carb counting

The amount of carbohydrates (*carbs*) in your meals and snacks can make a big difference in your blood glucose level. That’s why it’s good to be aware of how many carbs you eat.

Carb counting is one of many meal planning options. With this plan, you count the amount of carbs you eat and drink at each meal and snack. You and your diabetes care team will set the right amount of carbs for you.

Carb counting gives you many choices and lots of flexibility when planning meals.

If you take insulin, counting carbs can help you know how much insulin to take. Read *Advanced Carb Counting* on page 30 for more information.

Carb counting tips

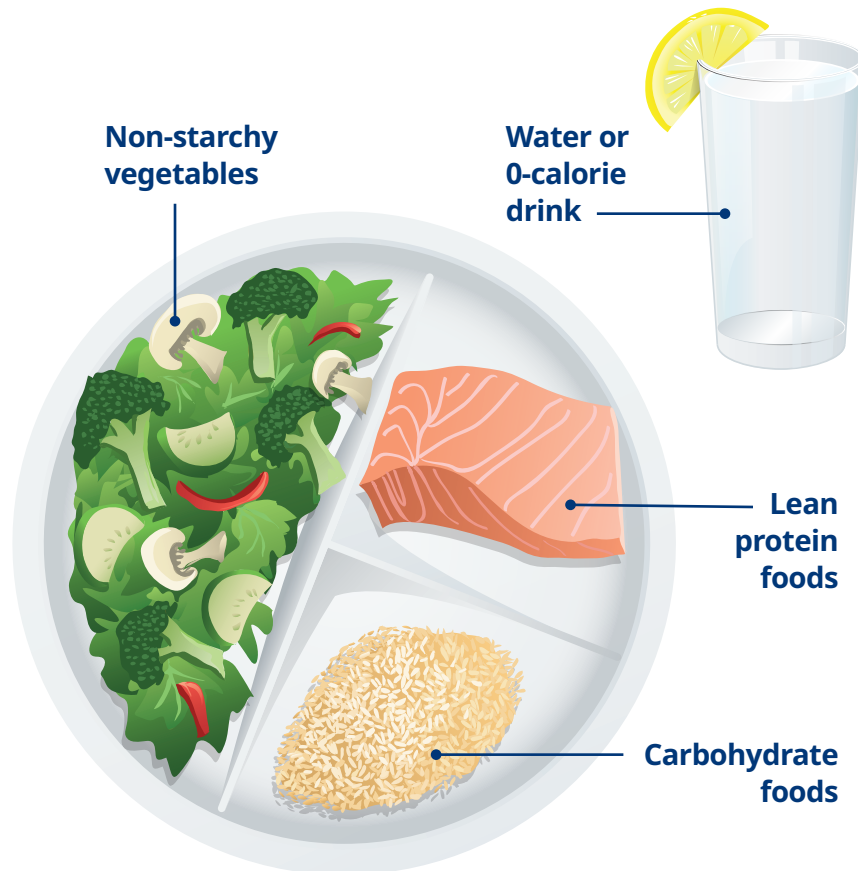
- Eat 3 meals a day about 4 to 6 hours apart
- Do not skip meals
- Try to eat the same amount of carbs at each meal



The plate method

The American Diabetes Association recommends using your plate to create healthy meals. The plate method is a simple way to manage portion sizes and eat balanced meals. You don't need to count anything.

Start with a 9-inch plate and imagine you have split the plate in half. Then divide one of the halves into two. Use the plate below as a guide to help you build a healthy meal.



You can make your own plate with your favorite foods. Use the list starting on page 45 of this booklet to find the foods you like.

Mediterranean

With this kind of eating plan, you have mostly plant-based foods. These are fresh vegetables and fruit, whole grains, beans, nuts, and seeds. Olive oil is the main source of fat. This plan also includes a small amount of dairy, fish, and poultry.

Following a Mediterranean eating pattern can help protect your heart. It may also help you lower your A1C and triglycerides (a type of fat in the blood).

Vegetarian

A vegetarian eating plan is when you only eat plant-based foods, such as vegetables, fruit, whole grains, nuts, seeds, and beans. Some plans do not include any animal products, including dairy and eggs. A vegetarian eating plan gives you lots of vitamins, minerals, and fiber.

Following a vegetarian eating plan may help lower your A1C and cholesterol levels. It may also help you manage your weight.



Visit [NovoCare.com](https://www.novocare.com) to "Ask Sophia!" She is a digital assistant that can answer questions about diabetes and so much more!

DASH


DASH stands for “Dietary Approaches to Stop Hypertension.” It is an eating plan that is high in fiber and suggests eating more vegetables, fruits, whole grains, nuts, seeds, plus low-fat dairy products, poultry, and fish. The DASH diet limits red meat and sugary and salty foods.

Following this eating plan can help to lower blood pressure in people with high blood pressure. It may also help you manage your weight.

Low carb

A low-carb eating plan is when only 26-45% of total calories come from carbohydrates. It limits foods that are high in carbs, such as grains, sweets, and starchy vegetables. With a low-carb plan, you eat mostly non-starchy vegetables, healthy fats, and protein. This type of plan is not recommended for some people with diabetes. Be sure to talk to your diabetes care team before you choose a low-carb approach.

Following a low-carb eating plan may help lower your A1C, blood pressure, and triglycerides. It may also help you manage your weight.



Many different kinds of eating plans help manage diabetes. Work with your diabetes care team to find a plan that's right for you.



“I am definitely noticing that I’m tracking foods consistently now. Thanks!”*

— NovoCare® Education & Resources Member

CARB COUNTING BASICS

In this section:

- ✓ What are carbohydrates?
- ✓ Carbs and diabetes
- ✓ Know what you’re eating
- ✓ Sample eating plans
- ✓ Advanced carb counting

What are carbohydrates?

There are 3 main types of carbohydrates (*carbs*) in the foods you eat. They are **starch**, **fiber**, and **sugar**. Each type of carb affects your blood glucose in a different way.

When you look at food labels, “total carbohydrate” includes all three types. This is the number you should look at if you are counting carbs. For more information about reading food labels, see pages 20-22.

Starch

Starches are also called *complex carbohydrates*. Try to incorporate whole grains that are minimally processed.

Foods that are high in starch include:

- Starchy vegetables, like corn, squash, plantain, and potatoes
- Beans, lentils, and peas
- Grains, like wheat, oats, rice, barley, and quinoa
- Foods made from wheat, like pasta and bread



Effect on blood glucose levels

Starchy foods raise blood glucose levels, but not as fast as sugary foods.

Fiber

Fiber is the kind of carb found in plant foods, like vegetables, fruits, beans, whole grains, nuts, and seeds. Your body does not digest fiber. Fiber helps you feel full after eating and have regular bowel movements. It may also reduce your cholesterol.

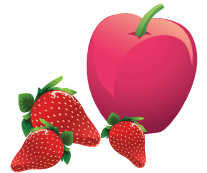
For good health, adults should try to eat 25 to 30 grams of fiber each day. Most of us only eat about half that amount.

Foods that are good sources of fiber include:



Beans and legumes, (like black beans, kidney beans, chick peas, and lentils)

Fruits and vegetables, especially those with skin you can eat (like apples) and those with seeds you can eat (like berries)



Whole grains (like oats, barley, brown rice, whole-grain cereals and breads, and whole-wheat pasta)

Nuts and seeds



Effect on blood glucose levels

Fiber slows down digestion. This means that eating fiber-rich food helps your blood glucose levels rise slowly.



Visit NovoCare.com to learn more about how carbohydrates affect your blood glucose levels.

Sugar

Sugar is also called *simple* or *fast-acting carbohydrate*. There are 2 main types of sugar:



Sugar that occurs naturally in food, like in milk and in fruit



Sugar that is added to food, like in sweet desserts and in many packaged foods and sugar-sweetened drinks

Effect on blood glucose levels

Sugary foods and drinks, such as pastries, desserts, breakfast cereals, fruit juices, and soft drinks, raise blood glucose levels very quickly after you eat them.

Sugar substitutes

There are many products on the market that contain sugar substitutes. You can also buy them as tabletop sweeteners or in packets to add to your food. Some examples are:

- Saccharin (Sweet'n Low)
- Aspartame (NutraSweet, Equal, Sugar Twin)
- Sucralose (Splenda)
- Stevia
- Luo han guo (monk fruit)

Be sure to check the nutrition label. Some foods labeled as "sugar-free" or "no sugar added" may still have carbohydrates in them.

Effect on blood glucose levels

Most sugar substitutes do not effect blood glucose levels. They also have little or no calories.



Visit [NovoCare.com](https://www.novocare.com) to learn more about making healthy food choices to help you manage your diabetes.

Carbs and diabetes

When you digest foods and drinks with carbs, the carbs break down into glucose to fuel your cells. This causes the body's blood glucose level to rise. That doesn't mean you have to stop eating carbs. You just have to be aware of the amount you eat. Carbohydrates are an important part of a balanced diet.

How many carbs should you eat?

A good starting place for people with diabetes is:

- For most women, about 45 to 60 grams of carbs per meal and 15 grams per snack
- For most men, about 60 to 75 grams of carbs per meal and 15 to 30 grams for one or two snacks

This amount depends on how active you are, your weight, and any medicines you might take. Your registered dietitian or diabetes care and education specialist can help you figure out the right amount for you.

Knowing how many carbs you should eat at each meal and snack is important. Why? Because when you know the amount of carbs that is right for you, you can choose foods and portion sizes to help you meet your blood glucose goals. In the boxes on the next page, write the amount of carbs recommended by your diabetes care team.



My recommended carbs

Per day



Per meal



Per snack



Know what you're eating

All packaged foods must show a Nutrition Facts label. The label gives important facts about what's in the food. Use it to compare foods and to help you make decisions about the foods you choose to eat.

These food labels are very helpful if you use carb counting to plan your meals.



Visit [NovoCare.com](https://www.novocare.com) to learn more about carbs and blood glucose. You can also find helpful fact sheets about low and high blood glucose levels.

How to read a Nutritional Facts label

▶ **Check the serving size.** Information on the label is based on 1 serving size. Keep in mind that packages and cans often contain more than 1 serving.

This example label shows that the package contains 8 servings. But the food facts given are for only 1 serving.

▶ **Check how many grams of total carbs** are in each serving.

▶ **Notice how many grams of fiber** are in each serving. Your body doesn't digest fiber, so it doesn't affect your blood glucose. Compare food labels and choose foods with the most fiber.

▶ **Check how many grams of added sugar** the food contains. This is sugar that was added to the food as it was made.



Use the Nutrition Facts label to help you make other healthy choices. The ADA recommends that you:

- Keep saturated fats to less than 10% of total daily calories each day
 - Limit fatty meats and high-fat dairy
- Avoid trans fats
- Restrict cholesterol intake to less than 300 mg/day
- Reduce sodium intake to less than 2,300 mg/day

First read the label and know what's in the food. Then decide if the food fits into your eating plan.

| Nutrition Facts | |
|-------------------------------|-----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| | % Daily Value* |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |

◀ Serving size

◀ Carbs

◀ Fiber

◀ Added sugar

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Visit NovoCare.com for more information about how food labels can help you make healthy food choices.

Some packaged foods may have a label that has 2 columns. This is to show the difference in how much you are eating or drinking if you have one serving or the entire package at one time.

| Nutrition Facts | | | |
|--------------------------|------------------|---------------------|--------------|
| 2 servings per container | | | |
| Serving size | | 1 cup (255g) | |
| | Per serving | Per container | |
| Calories | 220 | 440 | |
| | % DV* | | % DV* |
| Total Fat | 5g 6% | 10g | 13% |
| Saturated Fat | 2g 10% | 4g | 20% |
| <i>Trans</i> Fat | 0g | 0g | |
| Cholesterol | 15mg 5% | 30mg | 10% |
| Sodium | 240mg 10% | 480mg | 21% |
| Total Carb. | 35g 13% | 70g | 25% |
| Dietary Fiber | 6g 21% | 12g | 43% |
| Total Sugars | 7g | 14g | |
| Incl. Added Sugars | 4g 8% | 8g | 16% |
| Protein | 9g | 18g | |
| Vitamin D | 5mcg 25% | 10mcg | 50% |
| Calcium | 200mg 15% | 400mg | 30% |
| Iron | 1mg 6% | 2mg | 10% |
| Potassium | 470mg 10% | 940mg | 20% |

◀ Serving size

◀ Portion size

◀ Carbs

◀ Fiber

◀ Added sugar

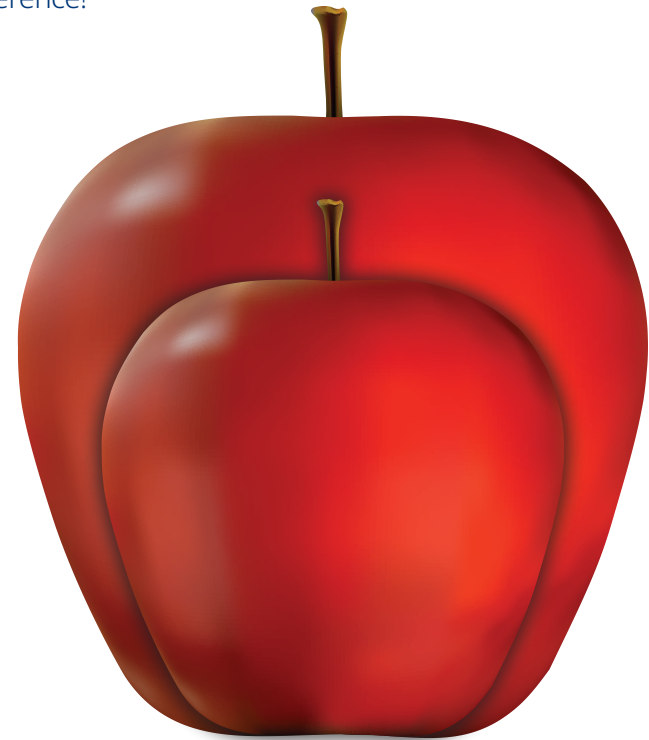
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Portion sizes matter!

It's important to eat healthy foods. But eating the right amount of food matters, too. It's even possible to eat too much healthy food!

For example, a small 3-ounce apple (the size of a small fist) has about 15 grams of carbs.

A large apple has about 30 grams of carbs. That's a big difference!



Visit NovoCare.com to learn how small diet adjustments can make a big difference.








A serving and a portion are not the same. A serving is a set, measured amount of food. A portion is the amount of a food you choose to eat at any one time. A portion may be more or less than 1 serving. You can find serving sizes for packaged foods on the Nutrition Facts label.

To make sure your portion sizes are right, it's a good idea to weigh and measure your foods after they are cooked. Soon you'll be used to seeing and eating portions that are right for you. Over time you may not need to measure anymore. But it's still helpful to do it every once in a while. Why? Because your portions may have grown without you realizing it.



Use the food look-up tool starting on page 45 of this book to see recommended serving sizes of the foods you choose.

How some of your favorite foods have changed over time:

| | 20 years ago | Today |
|---------------|--|--|
| Bagel |  3 inches across |  6 inches across |
| Muffin |  1.5 ounces |  4.5 ounces |
| Soda |  6.5 ounces |  20 ounces |
| Pasta |  1 cup |  2 cups |

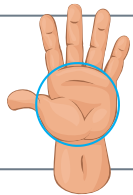
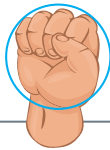


Visit NovoCare.com to learn more about food choices and serving sizes.

When you can't measure, estimate!

Knowing how much you eat at each meal can help you meet your blood glucose goals. When you can't weigh or measure, you can estimate portion sizes. Your hand is a helpful tool. Best of all, it's always with you no matter where you are!

Your loose fist = **about 1 cup**
(milk, yogurt, dry cereal, etc.)



Your palm = **about 3 ounces**
of cooked, boneless meat

Your thumb = **about 1 tablespoon**
of peanut butter or salad dressing



The tip of your thumb = **about 1 teaspoon**
of butter or oil

Your open hand = **about 1 slice**
of whole-wheat bread



Your cupped hand = **about ½ cup**
rice, oatmeal, or nuts

Keep in mind that all hands are different sizes. First compare your fist size to a measuring cup, then start estimating!

Sample eating plans

Now that you know a little more about carbs and portion sizes, it's time to start building balanced meals. Your eating plan may have low, medium, or higher amounts of carbs. Talk with your registered dietitian, diabetes care and education specialist, or another member of your diabetes care team about which eating plan is right for you. See the next pages for some examples of medium-carb meals and snacks to help manage your diabetes.



The American Diabetes Association (ADA) recommends these key tips for any eating plan:

- Add a lot of nonstarchy vegetables
- Limit added sugars and refined grains
- Choose whole foods over processed foods whenever possible



Visit NovoCare.com to learn how to keep making diabetes-friendly food choices that you actually enjoy.

SAMPLE 1: Medium-Carb Eating Plan

| Food | Carb grams |
|--|--------------|
| Breakfast | |
| 2 slices bread, whole-wheat | 28 |
| 1 egg, scrambled | 0 |
| ½ cup blueberries | 10 |
| Total meal carbs: | 38 |
| Lunch | |
| Tuna sandwich: | |
| 1 whole-wheat pita pocket, 1 oz | 15 |
| 6 oz tuna, canned in water | 0 |
| 1 cup tomatoes and cucumbers, chopped | <5 |
| 1 tbsp salad dressing, ranch, fat-free | <5 |
| 1 cup peaches, canned, water pack | 15 |
| Total meal carbs: | 30 |
| Afternoon snack | |
| 1 cup baby carrots | 12 |
| ¼ cup hummus | 9 |
| Total meal carbs: | 21 |
| Dinner | |
| 4 oz white fish, such as tilapia, grilled or broiled | 0 |
| 2 tbsp olive oil | 0 |
| ½ cup quinoa, cooked | 20 |
| 1 cup kale, cooked | 7 |
| ½ cup green peas, frozen, cooked | 13 |
| Total meal carbs: | 40 |
| Evening snack | |
| 6 oz yogurt, Greek, plain, nonfat | 6 |
| ½ cup pineapple | 11 |
| Total meal carbs: | 17 |
| Total daily carbs: | 146 |
| Total daily calories: | 1,536 |

<5 means less than 5 grams of carbs. Foods with less than 5 grams of carbs do not get added to your carb total.

SAMPLE 2: Medium-Carb Eating Plan

| Food | Carb grams |
|---|--------------|
| Breakfast | |
| ½ cup oats, cooked | 14 |
| 1 cup cantaloupe, sliced | 14 |
| ¼ cup walnuts, plain, chopped | <5 |
| Total meal carbs: | 28 |
| Mid-morning snack | |
| Smoothie: | |
| ½ cup coconut milk, unsweetened | 6 |
| 1 cup strawberries | 14 |
| ½ cup banana slices | 17 |
| ½ cup crushed ice | 0 |
| Total meal carbs: | 37 |
| Lunch | |
| 4 oz chicken breast, boneless, skinless | 0 |
| 1 large roll, 2 oz, whole wheat | 25 |
| 1 cup green beans, cooked | 7 |
| 1 cup cauliflower, cooked | 5 |
| 1 tbsp olive oil | 0 |
| Total meal carbs: | 37 |
| Dinner | |
| Pasta with meat and vegetables: | |
| 1 cup flat noodles, whole wheat, cooked | 23 |
| 1 cup broccoli, cooked | 12 |
| 1 cup cabbage, cooked | 8 |
| 4 oz pork loin, cooked and minced | 0 |
| 1 tbsp olive oil | 0 |
| Total meal carbs: | 43 |
| Evening snack | |
| 6 oz yogurt, Greek, plain, nonfat | 6 |
| 1 small orange (2-5/8" diameter) | 16 |
| Total meal carbs: | 22 |
| Total daily carbs: | 167 |
| Total daily calories: | 2,072 |

Advanced carb counting

Advanced carb counting is often used by people who take mealtime insulin 2 or more times a day. First you count the number of grams of carbs in a meal. Then you match that to your dose of mealtime insulin. This is known as an insulin-to-carb ratio.

To get started, write down what you eat and drink for a few days and how many grams of carbs you eat each day. Record your blood glucose level before and about 2 to 3 hours after each meal. Doing these things helps you see how your meals affect your blood glucose. Share this information with your diabetes care team.

Example

| | |
|---------------------------------------|---|
| Meal: Breakfast | |
| What I ate: | Carbs: |
| 1 cup cereal | 25 grams |
| 1 cup milk | 12 grams |
| ½ banana | 9 grams |
| Total carbs: | 46 grams |
| Blood glucose before: 90 mg/dL | Blood glucose 2 hours after: 130 mg/dL |

You can find how many grams of carbs foods have by reading food labels. You can also use the food lists starting on page 45 for foods without a label, like fruits and vegetables.



Carbs and blood glucose

| | |
|------------------------------|-------------------------------------|
| Meal: | |
| What I ate: | Carbs: |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | Total carbs: |
| _____ | _____ |
| Blood glucose before: | Blood glucose 2 hours after: |
| | |

You and your diabetes care and education specialist, or another member of your diabetes care team, will plan how many grams of carbs you should eat at meals and snacks. Then you can choose which foods you would like to eat at those times.

Advanced carb counting may seem hard at first, but it might give you more choices and flexibility when planning your meals.



Visit NovoCare.com to request or download a Blood Glucose Tracker.

Where healthy meets delicious!



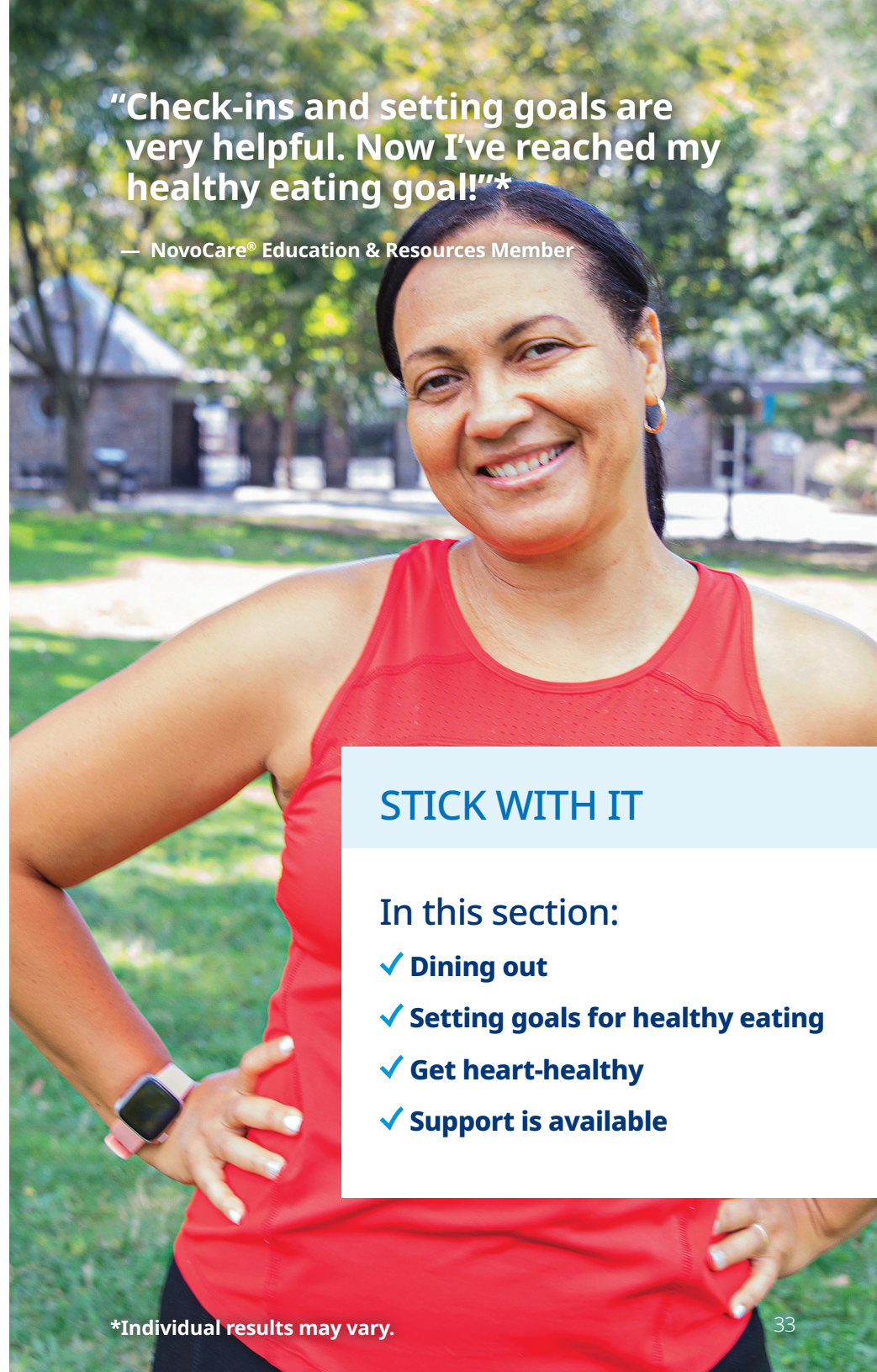
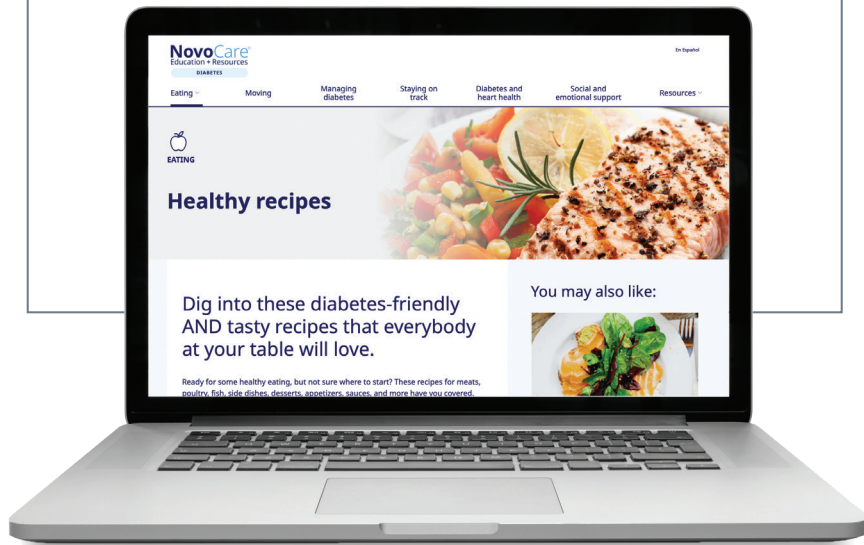
Looking for a new diabetes-friendly recipe that everybody at your table will enjoy?

So many tasty recipes to choose from:

- Lite bites
- Soups and salads
- Side dishes
- Comfort foods
- Main dishes
- Drinks and sweets



Take 5 to visit **NovoCare.com** and try something new today!



“Check-ins and setting goals are very helpful. Now I’ve reached my healthy eating goal!”*

— NovoCare® Education & Resources Member

STICK WITH IT

In this section:

- ✓ Dining out
- ✓ Setting goals for healthy eating
- ✓ Get heart-healthy
- ✓ Support is available

*Individual results may vary.

Dining out

Diabetes doesn't have to stop you from enjoying life's pleasures. And that includes dining out. You can eat in restaurants and still stay on your eating plan. Here are some tips that may help.

Tips when dining out

Stay on schedule

When you eat may be important if you take diabetes medicines. Plan ahead and make reservations. Try to avoid going at restaurants' busiest times, so you don't have to wait too long to eat.

Pick your portion

Ask for half or "lunch" size portions if that's the right amount of food for you. Or ask for half of your food in a to-go box before you start to eat.



Ask for what you want

Think about how you want your food cooked. Instead of fried, ask for broiled, roasted, grilled, or steamed. You can also ask for egg whites, whole-grains, and skinless poultry to help you stick with your eating plan.

Add color

When you build a colorful plate, you are adding more fruits and vegetables that make up all the colors of the rainbow. This ensures you are getting a variety of different nutrients in your meal.

Watch what you drink

Sweetened sodas, shakes, and alcohol can add hundreds of calories and fat to your meal. Better choices might be water, unsweetened iced tea, or sparkling water.



Visit [NovoCare.com](https://www.novocare.com) to learn how to make dining out healthier.

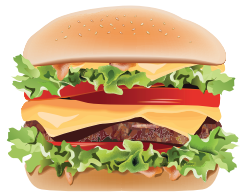
Fast food options

Sometimes fast food may be your only option. But if you plan ahead, you can make smart choices that fit your eating plan. Many fast-food chains now give nutritional information for all menu items. Check it before you order.

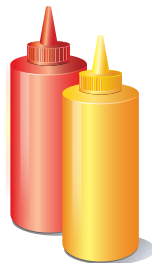
Here are some tips to help you make healthy choices at common types of fast-food restaurants:



Burger chains



- Avoid “double” or “triple” burgers. Try single patties instead
- Add vegetable toppings like lettuce and tomato to help fill you up
- Choose grilled chicken, not crispy fried
- Head to the salad bar, but choose your toppings and dressing wisely
- If you really want the fries, split a small order with someone else
- Mustard is better than ketchup, and both are better than mayonnaise



Pizza

- Order thin-crust pizza and top it with vegetables
- Avoid high-fat meats, such as pepperoni and sausage, and extra cheese
- Add a side salad for a more balanced meal
- Order cauliflower crust, if available



Sandwich shops

- Order a turkey breast, roast beef, or vegetable sandwich on whole-wheat bread or a wrap
- Avoid over-sized sandwiches
- Choose vegetable toppings for your sandwich, like lettuce and tomato or salsa
- Stay away from high-fat sauces, dressings, and mayonnaise



Ask for nutritional information before you order or look online before you go. Use it to help you make healthy food choices, including:

- Choose whole grains
- Minimize salt
- Stick to moderate portion sizes



Visit NovoCare.com for help with sticking to your diabetes eating plan.

Mexican

- Tacos, burritos, and wraps can be added to most eating plans
- Avoid all foods that are supersized, stuffed, or fried
- Try adding lots of vegetables
- Request a whole-wheat wrap when possible
- Use salsa, but go easy on cheese, sour cream, and guacamole



Asian

- Try sushi with brown rice
- Ask to have your chicken, veggies, or fish steamed or stir-fried
- Avoid fried foods and tempura
- Skip sweet and sour foods



Indian

- Order tandoori or kebabs
- Avoid anything fried
- Skip curries with coconut milk or cream
- Choose salads with fresh vegetables



Drinking alcohol

Be sure to talk to your diabetes care team about drinking alcohol with any of the medicines you may take. Then if your diabetes is managed and your doctor says it's okay, go ahead and enjoy an alcoholic drink with a meal once in a while. But keep in mind that alcohol adds empty calories and can cause your blood glucose level to drop. Don't skip meals or drink on an empty stomach.

If you drink alcohol, choose options with fewer calories and carbohydrates, such as:

- Light beer
- Dry wines
- Mixed drinks made with sugar-free mixers, such as club soda or seltzer



If you choose to drink, follow the guidelines recommended for adults with diabetes or prediabetes:

Women:

1 drink or less
per day

Men:

2 drinks or less
per day

One drink is equal to a 12 oz beer, 5 oz glass of wine, or 1½ oz distilled spirits (vodka, whiskey, gin).



Visit [NovoCare.com](https://www.novocare.com) to see how your food choices play a part in diabetes management.

Setting goals for healthy eating

Take one step at a time. Trying to change everything about how you eat all at once can make it hard to stick to. Instead start by setting small simple goals. You can then try for bigger goals you may want to set for yourself. Fill in a few of your eating goals below.



My goals for healthy eating

Example

Goal: I will eat more fiber

How: I will have brown rice or whole-wheat pasta once a week.

Goal:

How:

Goal:

How:

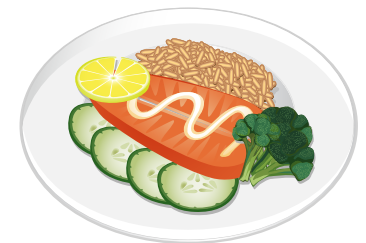
Goal:

How:

Get heart-healthy

People with diabetes are 2 times more likely to have heart disease or a stroke than people without diabetes. Making small changes to how you cook may help you reduce your risk for heart disease. To help protect your heart and blood vessels try to:

- Make food choices that include healthy fats and limit those with less healthy fats
- Get to and maintain a healthy weight for you
- Cut down on foods that are high in sodium, especially if you have high blood pressure
- Include foods high in omega-3s (like salmon, albacore tuna, and mackerel)
- Choose healthy cooking methods (like broiling, roasting, or grilling)
- Have fresh, homemade foods over packaged (store bought) when possible



Visit NovoCare.com to enroll in NovoCare® Education & Resources for Diabetes, that includes access to the Diabetes Health Coach program.

Support is available

Healthy eating is good for everyone, not just for people with diabetes. Eating healthy meals with family and friends benefits all of you. And it supports your goals.

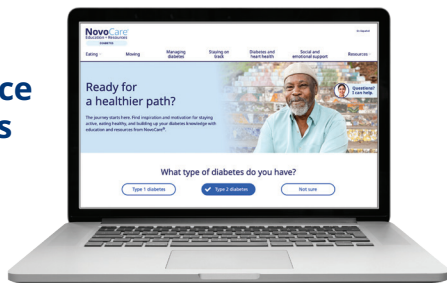
If there is not a registered dietitian on your diabetes care team, you can ask your team to refer you to one. A dietitian can help you learn more about healthy eating. And he or she can support you as you work to meet your diabetes and overall health goals.

Support for healthy eating is available in more places than you may think. Many local chain food stores, hospitals, pharmacies, and community centers offer educational classes about healthy eating with diabetes.

Ready for a healthier path with type 2 diabetes?

Visit **NovoCare.com**.
Your one-stop resource for all things diabetes

- Informative articles
- Educational videos
- Ask Sophia!
A digital assistant



You can also enroll in NovoCare® Education & Resources for Diabetes, that includes access to the Diabetes Health Coach program.

Scan this code with a smartphone or tablet



PLANNING YOUR MEALS

In this section:

| | |
|-------------------------|----|
| ✓ Starch | 46 |
| ✓ Fruit | 50 |
| ✓ Milk and yogurts | 53 |
| ✓ Vegetables | 54 |
| ✓ Protein | 57 |
| ✓ Fats | 64 |
| ✓ Combination foods | 66 |
| ✓ Sweets and desserts | 68 |
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| ✓ Fast foods | 71 |
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Planning your meals

You and your diabetes care team will decide the right type of eating plan for you. Perhaps you will be using the plate method (see page 10). Or you may be counting carbs (see page 9). No matter which plan you follow, the food lists on the next pages of this booklet can help you make good choices.



Food lists

All packaged and canned foods must show a Nutrition Facts label. Be sure to read them. Always check serving sizes. Many foods do not have food labels. But you can find the carbohydrate count of some of them in the lists included here.

- ✓ Place a check mark in the boxes next to your favorite foods. Use these foods to help you build balanced meals.

Free foods

Look for this symbol

Look for this symbol in the food lists. These foods are low in carbs and/or high in fiber. They are good choices to spread out during the day. For people with diabetes, free foods make good choices for snacks or to add flavor.



Visit [NovoCare.com](https://www.novocare.com) for healthy recipes you can dig into and your family will love.

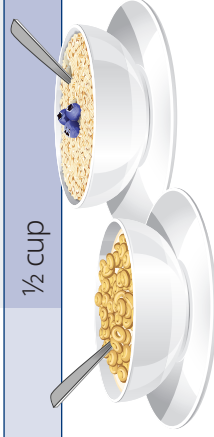
Starch

Starchy foods, such as bread, pasta, rice and cereal, provide carbohydrate, the body's energy source. Choose starchy foods that are whole grain and high in fiber for overall good nutrition.



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--------------------------|--|----------|-----------|-----------|-------------|
| Bread | | | | | |
| <input type="checkbox"/> | Bagel, plain (includes onion, poppy, sesame) | 72 | 14 | 1 | 3 |
| <input type="checkbox"/> | Bread, naan, plain | 262 | 45 | 2 | 9 |
| <input type="checkbox"/> | Bread, pita, white | 77 | 16 | 1 | 3 |
| <input type="checkbox"/> | Bread, white | 77 | 14 | 1 | 3 |
| <input type="checkbox"/> | Bread, whole-wheat | 81 | 14 | 2 | 4 |
| <input type="checkbox"/> | Corn bread prepared with 2% milk | 198 | 33 | 1 | 4 |
| <input type="checkbox"/> | English muffin | 127 | 26 | 3 | 5 |
| <input type="checkbox"/> | Hot dog or hamburger roll, plain | 67 | 11 | 0 | 2 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--------------------------|------------------------------------|----------|-----------|-----------|-------------|
| Cereals | | | | | |
| <input type="checkbox"/> | Pancake, plain, prepared | 74 | 14 | 1 | 2 |
| <input type="checkbox"/> | Taco shell, baked | 127 | 17 | 2 | 2 |
| <input type="checkbox"/> | Tortilla, corn | 52 | 11 | 2 | 1 |
| <input type="checkbox"/> | Roll, plain | 78 | 13 | 1 | 3 |
| Cereals | | | | | |
| <input type="checkbox"/> | Bran flakes | 130 | 34 | 7 | 4 |
| <input type="checkbox"/> | Granola cereal | 149 | 16 | 3 | 5 |
| <input type="checkbox"/> | Grits, cooked | 91 | 19 | 1 | 2 |
| <input type="checkbox"/> | Oatmeal, cooked, quick and regular | 83 | 14 | 2 | 3 |
| <input type="checkbox"/> | Raisin bran | 95 | 23 | 4 | 2 |
| <input type="checkbox"/> | Shredded wheat | 86 | 20 | 3 | 3 |



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) | |
|--|------------------------------------|----------|-----------|-----------|-------------|---|
| Grains (including pasta and rice) | | | | | | |
| <input type="checkbox"/> | Barley, cooked | 1/3 cup | 64 | 15 | 2 | 1 |
| <input type="checkbox"/> | Bran, oat, dry | 1/4 cup | 58 | 16 | 4 | 4 |
| <input type="checkbox"/> | Bran, wheat, dry | 1/2 cup | 63 | 19 | 12 | 5 |
| <input type="checkbox"/> | Buckwheat, roasted, cooked | 1/2 cup | 77 | 17 | 2 | 3 |
| <input type="checkbox"/> | Couscous, cooked | 1/3 cup | 59 | 12 | 1 | 2 |
| <input type="checkbox"/> | Millet, cooked | 1/3 cup | 69 | 14 | 1 | 2 |
| <input type="checkbox"/> | Noodles, egg, cooked | 1/3 cup | 74 | 13 | 1 | 2 |
| <input type="checkbox"/> | Pasta: macaroni, spaghetti, cooked | 1/3 cup | 74 | 14 | 1 | 3 |
| <input type="checkbox"/> | Quinoa, cooked | 1/3 cup | 74 | 13 | 2 | 3 |
| <input type="checkbox"/> | Rice, brown, cooked | 1/3 cup | 73 | 15 | 1 | 2 |
| <input type="checkbox"/> | Rice, white, cooked | 1/3 cup | 81 | 18 | 0 | 1 |
| <input type="checkbox"/> | Wild rice, cooked | 1/2 cup | 83 | 18 | 2 | 3 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) | |
|---------------------------------|-----------------------------------|--------------------------|-----------|-----------|-------------|---|
| Crackers and Snacks | | | | | | |
| <input type="checkbox"/> | Crackers, crispbread, rye | 2 pieces (approx 3/4 oz) | 73 | 16 | 3 | 2 |
| <input type="checkbox"/> | Crackers, oyster | 20 crackers | 84 | 15 | 1 | 2 |
| <input type="checkbox"/> | Crackers, saltine-type | 6 crackers | 75 | 13 | 1 | 2 |
| <input type="checkbox"/> | Matzoh, plain | 3/4 oz | 84 | 18 | 1 | 2 |
| <input type="checkbox"/> | Popcorn, air-popped, white | 3 cups | 92 | 19 | 4 | 3 |
| <input type="checkbox"/> | Rice cakes, brown rice, plain | 2 cakes | 70 | 15 | 1 | 1 |
| <input type="checkbox"/> | Tortilla chips, plain | 1 oz | 134 | 19 | 2 | 2 |
| Beans, Peas, and Lentils | | | | | | |
| <input type="checkbox"/> | Baked beans, canned, vegetarian | 1/3 cup | 80 | 18 | 4 | 4 |
| <input type="checkbox"/> | Beans, black, cooked | 1/2 cup | 114 | 20 | 8 | 8 |
| <input type="checkbox"/> | Beans, garbanzo, cooked | 1/2 cup | 134 | 22 | 6 | 7 |
| <input type="checkbox"/> | Beans, pinto, cooked | 1/2 cup | 122 | 22 | 8 | 8 |
| <input type="checkbox"/> | Lentils, cooked | 1/2 cup | 115 | 20 | 8 | 9 |
| <input type="checkbox"/> | Refried beans, canned, vegetarian | 1/2 cup | 100 | 16 | 6 | 6 |

Fruit

Fruit contains carbohydrate, so you need to count it as part of your eating plan. Fresh fruit or fruit salad is a perfect choice for a healthy sweet dessert. Fruit is full of vitamins, minerals, and fiber just like vegetables.



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--------------------------|--|----------|-----------|-----------|-------------|
| Fruit (Fresh) | | | | | |
| <input type="checkbox"/> | Apple, unpeeled, small | 77 | 21 | 4 | 0 |
| <input type="checkbox"/> | Banana 1 extra small, less than 6 inches long (approx 3 oz) | 72 | 19 | 2 | 1 |
| <input type="checkbox"/> | Blackberries ¾ cup (approx 4 oz) | 46 | 10 | 6 | 2 |
| <input type="checkbox"/> | Blueberries ¾ cup (approx 4 oz) | 63 | 16 | 3 | 1 |
| <input type="checkbox"/> | Cantaloupe 1 cup diced (5½ oz) | 53 | 13 | 1 | 1 |
| <input type="checkbox"/> | Cherries, sweet, fresh 12 (3½ oz) | 62 | 16 | 2 | 1 |
| <input type="checkbox"/> | Clementine 1 fruit | 35 | 9 | 1 | 1 |
| <input type="checkbox"/> | Figs, fresh 2 medium (3½ oz) | 74 | 19 | 3 | 1 |
| <input type="checkbox"/> | Grapes, red or green 17 small (approx 3 oz) | 57 | 15 | 0 | 1 |
| <input type="checkbox"/> | Grapefruit, fresh ½ large (approx 6 oz) | 53 | 13 | 2 | 1 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--------------------------|--|----------|-----------|-----------|-------------|
| <input type="checkbox"/> | Guava 2 fruit (approx 4 oz) | 75 | 16 | 6 | 3 |
| <input type="checkbox"/> | Honeydew melon 1 cup diced (6 oz) | 61 | 15 | 1 | 1 |
| <input type="checkbox"/> | Kiwi fruit ½ cup, sliced | 55 | 13 | 3 | 1 |
| <input type="checkbox"/> | Mango ½ cup (approx 3 oz) | 50 | 12 | 1 | 1 |
| <input type="checkbox"/> | Orange 1 large (6½ oz) | 86 | 22 | 4 | 2 |
| <input type="checkbox"/> | Papaya 1 cup (approx 5 oz) | 62 | 16 | 3 | 1 |
| <input type="checkbox"/> | Peach, fresh 1 medium (approx 5 oz) | 58 | 14 | 2 | 1 |
| <input type="checkbox"/> | Pear, fresh ½ large (4 oz) | 66 | 18 | 4 | 0 |
| <input type="checkbox"/> | Pineapple, fresh ¾ cup | 62 | 16 | 2 | 1 |
| <input type="checkbox"/> | Plantain, raw ½ cup (2½ oz) | 90 | 24 | 2 | 1 |
| <input type="checkbox"/> | Plums, fresh 2 small (approx 5 oz) | 61 | 15 | 2 | 1 |
| <input type="checkbox"/> | Pomegranate seeds (arils) ½ cup | 72 | 16 | 4 | 1 |
| <input type="checkbox"/> | Raspberries 1 cup (4 oz) | 64 | 15 | 8 | 1 |
| <input type="checkbox"/> | Strawberries 1¼ cups whole berries (6 oz) | 58 | 14 | 4 | 1 |
| <input type="checkbox"/> | Tangerine 1 large (4 oz) | 64 | 16 | 2 | 1 |
| <input type="checkbox"/> | Watermelon 1¼ cups diced (7 oz) | 57 | 14 | 1 | 1 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|---|--------------|----------|-----------|-----------|-------------|
| Fruit Juice | | | | | |
| <input type="checkbox"/> Apple juice, unsweetened | ½ cup | 57 | 14 | 0 | 0 |
| <input type="checkbox"/> Cranberry juice cocktail, bottled | ½ cup | 68 | 17 | 0 | 0 |
| <input type="checkbox"/> Orange juice | ½ cup | 56 | 13 | 0 | 1 |
| <input type="checkbox"/> Vegetable and fruit juice blends, 100% juice | 1 cup | 113 | 27 | 0 | 1 |



Many fruits are high in fiber, especially those with the skin or pulp. Fruits can also satisfy a sweet tooth without having candy and other desserts.

✓ Choose fresh or frozen fruits
 ✗ Avoid processed fruits in a can or jar
 ✗ Avoid fruit juices with added sugar

Milk and Yogurts

Including low-fat dairy products in your eating plan is a great way to get calcium and high-quality protein.



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|---|--------------|----------|-----------|-----------|-------------|
| Dairy - Milk | | | | | |
| <input type="checkbox"/> Milk, low-fat (1%) | 1 cup | 105 | 12 | 0 | 9 |
| <input type="checkbox"/> Milk, reduced-fat (2%) | 1 cup | 125 | 12 | 0 | 9 |
| <input type="checkbox"/> Milk, whole | 1 cup | 149 | 12 | 0 | 8 |
| Dairy - Yogurt | | | | | |
| <input type="checkbox"/> Yogurt, Greek, plain, nonfat | 6 oz | 100 | 6 | 0 | 17 |
| <input type="checkbox"/> Yogurt, plain, low-fat | 8 oz | 143 | 16 | 0 | 12 |
| Non-dairy | | | | | |
| <input type="checkbox"/> Almond milk | 1 cup | 60 | 8 | 1 | 1 |
| <input type="checkbox"/> Coconut milk | ¼ cup | 138 | 3 | 1 | 1 |
| <input type="checkbox"/> Oat milk | 1 cup | 60 | 5 | 0 | 1 |
| <input type="checkbox"/> Soy milk, plain | 1 cup | 100 | 8 | 1 | 7 |

Vegetables

For good health, try to eat at least 3 to 5 servings of non-starchy vegetables a day. More is better!

A serving of vegetables is:

- ½ cup of cooked vegetables
- 1 cup of raw vegetables



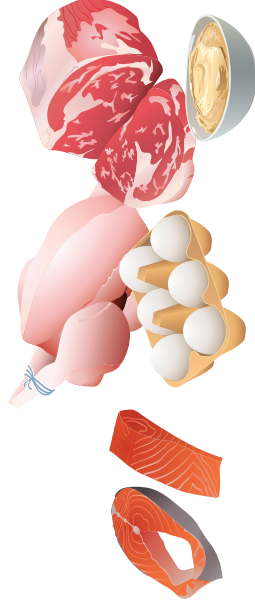
| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|-----------------------|----------|-----------|-----------|-------------|
| Starchy Vegetables | | | | | |
| <input type="checkbox"/> Corn, cooked | ½ cup | 72 | 16 | 2 | 3 |
| <input type="checkbox"/> Corn, sweet, yellow, frozen, kernels on cob, unprepared | 1 ear | 122 | 30 | 4 | 4 |
| <input type="checkbox"/> Peas, green, cooked | ½ cup | 67 | 13 | 4 | 4 |
| <input type="checkbox"/> Plantain, cooked | ⅓ cup | 60 | 16 | 1 | 0 |
| <input type="checkbox"/> Potato, baked with skin | 1 small (approx 5 oz) | 128 | 29 | 3 | 3 |
| <input type="checkbox"/> Potato, boiled, all kinds | ½ cup (approx 3 oz) | 68 | 16 | 1 | 1 |
| <input type="checkbox"/> Potato, mashed, with milk and butter | ½ cup (approx 4 oz) | 119 | 18 | 2 | 2 |
| <input type="checkbox"/> Squash, winter, all varieties, baked | 1 cup | 76 | 18 | 6 | 2 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|---|---------------|----------|-----------|-----------|-------------|
| Non-starchy Vegetables | | | | | |
| <input type="checkbox"/> Sweet potato, plain | ½ cup (3½ oz) | 90 | 21 | 3 | 2 |
| <input type="checkbox"/> Yam, cooked | ½ cup (2½ oz) | 79 | 19 | 3 | 1 |
| Non-starchy Vegetables | | | | | |
| ★ <input type="checkbox"/> Asparagus, cooked | ½ cup | 20 | 4 | 2 | 2 |
| <input type="checkbox"/> Beans, green or yellow, raw | 1 cup | 31 | 7 | 3 | 2 |
| <input type="checkbox"/> Beets, cooked | ½ cup | 37 | 8 | 2 | 1 |
| ★ <input type="checkbox"/> Bitter melon, cooked | 1 cup | 24 | 5 | 3 | 1 |
| <input type="checkbox"/> Broccoli, cooked, chopped | ½ cup | 27 | 6 | 3 | 2 |
| <input type="checkbox"/> Brussels sprouts, cooked | ½ cup | 28 | 6 | 2 | 2 |
| ★ <input type="checkbox"/> Cabbage, cooked, shredded | ½ cup | 17 | 4 | 1 | 1 |
| <input type="checkbox"/> Carrots, slices, cooked | ½ cup | 27 | 6 | 2 | 1 |
| ★ <input type="checkbox"/> Cauliflower, cooked, chopped | ½ cup | 14 | 3 | 1 | 1 |
| <input type="checkbox"/> Celery, cooked | 1 cup | 27 | 6 | 2 | 1 |
| <input type="checkbox"/> Collard greens, cooked | 1 cup | 63 | 11 | 8 | 5 |
| <input type="checkbox"/> Cucumber, slices, raw | ½ cup | 8 | 2 | 0 | 0 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|----------------|----------|-----------|-----------|-------------|
| Non-starchy Vegetables (continued) | | | | | |
| <input type="checkbox"/> Eggplant, cooked | 1 cup | 35 | 9 | 3 | 1 |
| <input type="checkbox"/> Kale, cooked | 1 cup | 36 | 7 | 3 | 2 |
| <input checked="" type="checkbox"/> Lettuce, green leaf | 1 cup shredded | 5 | 1 | 1 | 0 |
| <input checked="" type="checkbox"/> Mushrooms, stir-fried | ½ cup pieces | 14 | 2 | 1 | 2 |
| <input checked="" type="checkbox"/> Okra, cooked | ½ cup | 18 | 4 | 2 | 2 |
| <input type="checkbox"/> Onions, cooked, chopped | ½ cup | 46 | 11 | 2 | 1 |
| <input type="checkbox"/> Pea pods, cooked | 1 cup | 67 | 11 | 5 | 5 |
| <input type="checkbox"/> Peppers (green and red varieties), cooked | 1 cup | 38 | 9 | 2 | 1 |
| <input type="checkbox"/> Spaghetti squash | 1 cup | 31 | 7 | 2 | 1 |
| <input type="checkbox"/> Spinach, cooked | 1 cup | 41 | 7 | 4 | 5 |
| <input checked="" type="checkbox"/> Squash, summer, all varieties, raw | ½ cup | 9 | 2 | 1 | 1 |
| <input checked="" type="checkbox"/> Swiss chard, cooked | ½ cup | 18 | 4 | 2 | 2 |
| <input type="checkbox"/> Tomato, ripe, chopped | 1 cup | 32 | 7 | 2 | 2 |
| <input checked="" type="checkbox"/> Turnips, cooked | ½ cup | 17 | 4 | 2 | 1 |

Protein

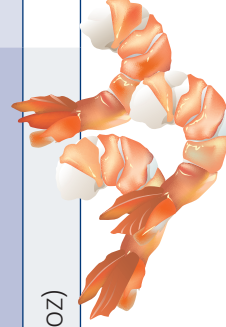
Choose poultry without the skin for less saturated fat and cholesterol. Choose round and loin cuts of beef and pork.



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|--------------|----------|-----------|-----------|-------------|
| Lean (Approximately 0-4 grams of fat per serving) | | | | | |
| <input checked="" type="checkbox"/> Beef, ground, 90% lean meat/10% fat, cooked, pan-browned | 1 oz | 65 | 0 | 0 | 8 |
| <input checked="" type="checkbox"/> Beef, liver, raw | 1 oz | 38 | 1 | 0 | 6 |
| <input checked="" type="checkbox"/> Buffalo, cooked, roasted | 1 oz | 37 | 0 | 0 | 8 |
| <input checked="" type="checkbox"/> Cheese, nonfat or fat-free | About 1 oz | 24 | 2 | 0 | 4 |
| <input checked="" type="checkbox"/> Chicken, liver, raw | 1½ oz | 52 | 0 | 0 | 7 |
| <input checked="" type="checkbox"/> Chicken, roasted | ¼ cup | 66 | 0 | 0 | 10 |
| <input checked="" type="checkbox"/> Chicken, ground, cooked, pan-browned | 1 oz | 54 | 0 | 0 | 7 |
| <input checked="" type="checkbox"/> Clams, raw | 1 oz | 24 | 1 | 0 | 4 |
| <input checked="" type="checkbox"/> Cod, raw | 1 oz | 23 | 0 | 0 | 5 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) | |
|---------------------------------|---|---------------------------|-----------|-----------|-------------|---|
| Lean Protein (continued) | | | | | | |
| <input type="checkbox"/> ★ | Cornish hen, cooked | 1 oz | 38 | 0 | 0 | 7 |
| <input type="checkbox"/> ★ | Crab, raw | 1 oz | 24 | 0 | 0 | 5 |
| <input type="checkbox"/> ★ | Domestic duck, cooked | ¼ cup (1 oz) | 70 | 0 | 0 | 8 |
| <input type="checkbox"/> ★ | Egg whites | 2 | 34 | 0 | 0 | 7 |
| <input type="checkbox"/> ★ | Fish, whiting, cooked | 1 oz | 33 | 0 | 0 | 7 |
| <input type="checkbox"/> ★ | Lamb, kidneys, raw | 1 oz | 27 | 0 | 0 | 4 |
| <input type="checkbox"/> ★ | Lobster, raw | 1 oz | 22 | 0 | 0 | 5 |
| <input type="checkbox"/> ★ | Oysters, fresh | 6 medium | 43 | 2 | 0 | 5 |
| <input type="checkbox"/> ★ | Pork, Canadian bacon, uncooked | 1 oz | 31 | 0 | 0 | 6 |
| <input type="checkbox"/> ★ | Pork, cured, lean, ham | 1 oz | 45 | 1 | 0 | 5 |
| <input type="checkbox"/> ★ | Pork, loin, cooked | 1 oz | 42 | 0 | 0 | 7 |
| <input type="checkbox"/> ★ | Processed sandwich meats with 3 grams of fat or less per oz: turkey ham, sliced, extra lean | About 1 oz (¼ cup pieces) | 43 | 1 | 0 | 7 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) | |
|----------------------------|---|---------------------|-----------|-----------|-------------|---|
| <input type="checkbox"/> ★ | Rabbit, cooked | 1 oz | 56 | 0 | 0 | 8 |
| <input type="checkbox"/> ★ | Ricotta with part-skim milk | ¼ cup (approx 2 oz) | 86 | 3 | 0 | 7 |
| <input type="checkbox"/> ★ | Roast beef, deli style | 1 slice (½ oz) | 16 | 0 | 0 | 3 |
| <input type="checkbox"/> ★ | Shrimp, raw | 1 oz | 20 | 0 | 0 | 4 |
| <input type="checkbox"/> ★ | Smoked salmon (lox) | 1 oz | 33 | 0 | 0 | 5 |
| <input type="checkbox"/> ★ | Tilapia, raw | 1 oz | 28 | 0 | 0 | 6 |
| <input type="checkbox"/> ★ | Trout, raw | 1 oz | 42 | 0 | 0 | 6 |
| <input type="checkbox"/> ★ | Turkey, ground, cooked, pan-browned | 1 oz | 43 | 0 | 0 | 9 |
| <input type="checkbox"/> ★ | Turkey, pork, and beef sausage, low-fat | 1 oz | 29 | 3 | 0 | 2 |
| <input type="checkbox"/> ★ | Veal cutlet, boneless | 1 oz | 30 | 0 | 0 | 6 |
| <input type="checkbox"/> ★ | Venison, deer, lean, cooked | 1 oz | 40 | 0 | 0 | 8 |
| <input type="checkbox"/> ★ | Wieners (beef franks, fat-free) | 1 (1¾ oz) | 39 | 3 | 0 | 7 |

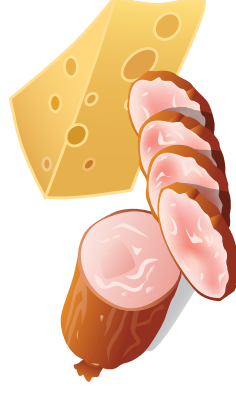




| Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|-------------------------------------|----------|-----------|-----------|-------------|
| Medium Fat (Approximately 4-6 grams of fat per serving) | | | | | |
| <input type="checkbox"/> Bacon, turkey | 3 slides (1 oz each before cooking) | 66 | 1 | 0 | 5 |
| <input type="checkbox"/> Beef, ground, 85% lean/15% fat, cooked | 1 oz | 71 | 0 | 0 | 7 |
| <input type="checkbox"/> Beef, tongue | 1 oz | 69 | 0 | 0 | 5 |
| <input type="checkbox"/> Chicken with skin | 1 oz | 84 | 0 | 0 | 10 |
| <input type="checkbox"/> Corned beef | 1 oz | 71 | 0 | 0 | 8 |
| <input type="checkbox"/> Egg | 1 large | 72 | 0 | 0 | 6 |
| <input type="checkbox"/> Fish fillet, battered or breaded, and fried | About 1 oz | 53 | 4 | 0 | 3 |
| <input type="checkbox"/> Lamb: chop, leg, or roast, cooked | 1 oz | 67 | 0 | 0 | 7 |
| <input type="checkbox"/> Lamb, ground, cooked, broiled | 1 oz | 80 | 0 | 0 | 7 |
| <input type="checkbox"/> Pork, ground | 1 oz | 84 | 0 | 0 | 7 |
| <input type="checkbox"/> Salmon, Atlantic, cooked | 1 oz | 58 | 0 | 0 | 6 |
| <input type="checkbox"/> Turkey, with skin, cooked | 1 oz | 85 | 0 | 0 | 9 |



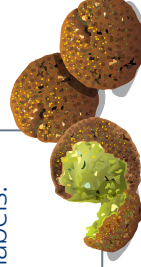
| Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|---|-------------------------------------|----------|-----------|-----------|-------------|
| High Fat (Approximately 7 or more grams of fat per serving) | | | | | |
| <input type="checkbox"/> Bacon, pork | 2 slices (1 oz each before cooking) | 234 | 1 | 0 | 7 |
| <input type="checkbox"/> Cheese, regular, cheddar | 1 oz | 115 | 0 | 0 | 7 |
| <input type="checkbox"/> Cheese, regular, Swiss | 1 oz | 108 | 2 | 0 | 8 |
| <input type="checkbox"/> Pork: spareribs, lean, cooked | 1 oz | 112 | 0 | 0 | 8 |
| <input type="checkbox"/> Processed sandwich meats with 8 grams of fat or more per oz: hard salami | 1 oz | 119 | 0 | 0 | 6 |
| <input type="checkbox"/> Sausage with 8 grams fat or more per oz: chorizo, pork and beef | 1 oz | 129 | 1 | 0 | 7 |



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|------------------------------------|----------|-----------|-----------|-------------|
| Plant-Based Proteins | | | | | |
| <input type="checkbox"/> Beans: black, cooked or canned, drained and rinsed | ½ cup | 114 | 20 | 8 | 8 |
| <input type="checkbox"/> Beans: garbanzo, cooked or canned, drained and rinsed | ½ cup | 134 | 22 | 6 | 7 |
| <input type="checkbox"/> Beans: kidney, cooked or canned, drained and rinsed | ½ cup | 108 | 19 | 6 | 7 |
| <input type="checkbox"/> Beans: navy, cooked or canned, drained and rinsed | ½ cup | 127 | 24 | 10 | 7 |
| <input type="checkbox"/> Edamame, frozen | ½ cup | 65 | 5 | 3 | 6 |
| <input type="checkbox"/> Falafel | 3 patties (about 2¼ inches across) | 170 | 16 | 2 | 7 |
| <input type="checkbox"/> Hummus | ⅓ cup | 136 | 12 | 5 | 6 |
| <input type="checkbox"/> Lentils, cooked | ½ cup | 115 | 20 | 8 | 9 |
| <input type="checkbox"/> Meatless bacon | 2 strips (approx ½ oz) | 31 | 1 | 0 | 1 |
| <input type="checkbox"/> Meatless burger, vegan | 1 patty (about 2½ oz) | 94 | 6 | 4 | 12 |
| <input type="checkbox"/> Meatless chicken | ⅓ cup | 125 | 2 | 2 | 13 |

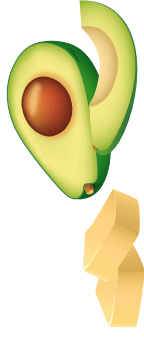
| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|---|----------------|----------|-----------|-----------|-------------|
| <input type="checkbox"/> Meatless frankfurter | 1 (2½ oz) | 163 | 5 | 3 | 14 |
| <input type="checkbox"/> Meatless luncheon slices | 1 slice (½ oz) | 26 | 1 | 0 | 2 |
| <input type="checkbox"/> Meatless sausage | 1 link (1 oz) | 72 | 3 | 1 | 5 |
| <input type="checkbox"/> Split peas cooked | ½ cup | 116 | 21 | 8 | 8 |
| <input type="checkbox"/> Tofu, firm | 1 slice | 52 | 2 | 0 | 6 |

Plant-based protein foods provide quality protein, healthy fats, and fiber. They vary in how much fat and carbohydrate they contain, so make sure to read labels.



Fats

To lower your risk for heart disease, try to eat less saturated and trans fat — the unhealthy fats. Less than 10% of your total daily calories should come from saturated fat.



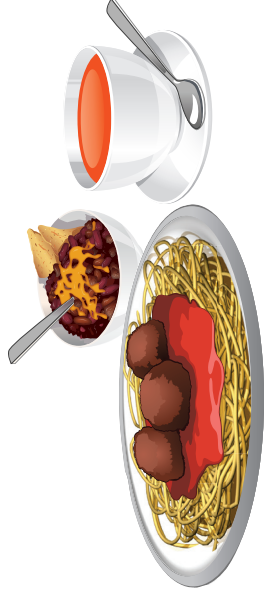
| ✓ Food | Serving Size | Total fats (g) | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|-----------------|----------------|----------|-----------|-----------|-------------|
| Unsaturated Fats | | | | | | |
| ★ <input type="checkbox"/> Almonds | 6 | 4 | 42 | 2 | 1 | 2 |
| ★ <input type="checkbox"/> Avocado, fresh | 1 (approx 5 oz) | 21 | 227 | 12 | 9 | 3 |
| ★ <input type="checkbox"/> Flaxseeds, ground | 1½ tbsp | 4 | 56 | 3 | 3 | 2 |
| ★ <input type="checkbox"/> Mayonnaise, regular | 1 tbsp | 12 | 103 | 0 | 0 | 0 |
| <input type="checkbox"/> Mayonnaise-style salad dressing, regular | 1 tbsp | 10 | 94 | 0 | 0 | 0 |
| ★ <input type="checkbox"/> Nut butters (trans fat-free): almond butter, cashew butter, peanut butter | 1 tbsp | 8 | 97 | 5 | 1 | 2 |
| ★ <input type="checkbox"/> Oil: canola, corn, cottonseed, grape seed, olive, peanut, safflower, soybean, sunflower | 1 tsp | 5 | 40 | 0 | 0 | 0 |

| ✓ Food | Serving Size | Total fats (g) | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|---|----------------|----------------|----------|-----------|-----------|-------------|
| Saturated Fats | | | | | | |
| ★ <input type="checkbox"/> Olives, green, pickled | 10 | 4 | 39 | 1 | 1 | 0 |
| ★ <input type="checkbox"/> Pecans | ¼ oz | 5 | 49 | 1 | 1 | 1 |
| ★ <input type="checkbox"/> Walnuts, English | ½ oz | 9 | 93 | 2 | 1 | 2 |
| Saturated Fats | | | | | | |
| ★ <input type="checkbox"/> Butter, light, stick | 1 tsp | 3 | 23 | 0 | 0 | 0 |
| ★ <input type="checkbox"/> Cream, half and half | 2 tbsp | 3 | 39 | 1 | 0 | 1 |
| ★ <input type="checkbox"/> Cream cheese, fat-free | 1½ tbsp (1 oz) | 0 | 28 | 2 | 0 | 4 |
| ★ <input type="checkbox"/> Oil: coconut, palm | 1 tsp | 5 | 39 | 0 | 0 | 0 |
| ★ <input type="checkbox"/> Shortening, lard and vegetable oil | 1 tsp | 4 | 38 | 0 | 0 | 0 |
| ★ <input type="checkbox"/> Sour cream, reduced-fat | 3 tbsp | 5 | 65 | 3 | 0 | 3 |



Combination Foods

Prepare foods that aren't breaded or fried. The breading adds to your carb count and your calorie count.



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|---|---------------|----------|-----------|-----------|-------------|
| Entrees | | | | | |
| <input type="checkbox"/> Beef stew, canned | 7 oz | 194 | 15 | 2 | 9 |
| <input type="checkbox"/> Chili with meat and beans | About 5 oz | 214 | 6 | 2 | 17 |
| <input type="checkbox"/> Lasagna with meat | 8 oz | 423 | 26 | 3 | 25 |
| <input type="checkbox"/> Mac and cheese with cheese sauce | 7 oz | 310 | 44 | 2 | 13 |
| <input type="checkbox"/> Spaghetti with meatballs | About 5 oz | 228 | 21 | 2 | 11 |
| Salads (Deli-Style) | | | | | |
| <input type="checkbox"/> Coleslaw | ½ cup | 146 | 14 | 2 | 1 |
| <input type="checkbox"/> Potato salad | ½ cup | 179 | 14 | 2 | 3 |
| <input type="checkbox"/> Tuna salad | ½ cup (3½ oz) | 192 | 10 | 0 | 16 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|---------------------|----------|-----------|-----------|-------------|
| Soups | | | | | |
| <input type="checkbox"/> Chicken noodle soup | 1 cup (about 8 oz) | 100 | 9 | 2 | 8 |
| <input type="checkbox"/> Clam chowder (made with low-fat milk) | 1 cup (about 8½ oz) | 154 | 19 | 1 | 8 |
| <input type="checkbox"/> Egg drop soup | 1 cup (about 8½ oz) | 65 | 10 | 1 | 3 |
| <input type="checkbox"/> Split pea soup | 1 cup (about 9 oz) | 180 | 30 | 5 | 10 |
| <input type="checkbox"/> Tomato soup (made with water) | 1 cup (about 8½ oz) | 74 | 16 | 2 | 2 |

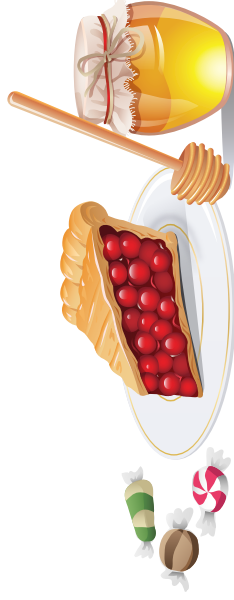
Many foods are a mix of starch and protein, stacked up or mixed together. You can still fit combination foods into the plate method eating plan:

- For lasagna, simply fill half of your plate with the combo of meat and starch. Then fill the other half of your plate with non-starchy vegetables
- For soup or chili, add plenty of non-starchy vegetables. Try to keep the portions similar to that of a plate



Sweets and desserts

It is important to remember that most sweets have a lot of calories and carbs in a small portion. Be sure to be mindful of the serving size.



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|---|------------------------------|----------|-----------|-----------|-------------|
| Desserts | | | | | |
| <input type="checkbox"/> Brownies | About 1 oz | 115 | 18 | 1 | 1 |
| <input type="checkbox"/> Cake, unfrosted | 1 piece (2½ oz) | 264 | 42 | 1 | 4 |
| <input type="checkbox"/> Cookies, chocolate chip | 2 cookies (2¼ inches across) | 118 | 16 | 0 | 1 |
| <input type="checkbox"/> Cupcake, chocolate, with frosting, low fat | 1 cupcake | 131 | 30 | 0 | 2 |
| <input type="checkbox"/> Large cookie, raisin, soft | 1 cookie | 60 | 10 | 0 | 1 |
| <input type="checkbox"/> Frozen pops, sugar free | 1 (1¾ fl oz) | 12 | 3 | 0 | 0 |
| <input type="checkbox"/> Ice cream, fat-free | ½ cup | 92 | 20 | 1 | 3 |
| <input type="checkbox"/> Ice cream, no sugar added | ½ cup | 115 | 15 | 0 | 3 |
| <input type="checkbox"/> Pie, blueberry, commercially prepared | 1 piece (1/6 of 8-inch pie) | 271 | 41 | 1 | 2 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|----------------------|----------|-----------|-----------|-------------|
| Candy and Toppings | | | | | |
| <input type="checkbox"/> Pie, pecan, commercially prepared | 1 slice | 541 | 79 | 3 | 6 |
| <input type="checkbox"/> Pie, pumpkin, commercially prepared | 1 slice | 323 | 46 | 2 | 5 |
| <input type="checkbox"/> Sandwich cookies with cream filling | 2 small (about 1 oz) | 111 | 17 | 1 | 1 |
| <input type="checkbox"/> Yogurt, frozen, nonfat | 1/3 cup | 47 | 9 | 1 | 2 |
| Candy and Toppings | | | | | |
| <input type="checkbox"/> Agave, syrup | 1 tbsp | 64 | 16 | 0 | 0 |
| <input type="checkbox"/> Candy, chocolate, dark or milk type | 1 oz | 156 | 17 | 2 | 1 |
| <input type="checkbox"/> Honey | 1 tbsp | 64 | 17 | 0 | 0 |
| <input type="checkbox"/> Jam and preserves | 1 tbsp | 56 | 14 | 0 | 0 |
| <input type="checkbox"/> Maple syrup | 2 tbsp | 104 | 27 | 0 | 0 |
| <input type="checkbox"/> Sugar | 1 tsp | 16 | 4 | 0 | 0 |
| <input type="checkbox"/> Syrup, chocolate | 2 tbsp | 109 | 25 | 1 | 1 |
| <input type="checkbox"/> Syrup, reduced-calorie (pancake type) | 2 tbsp | 50 | 13 | 0 | 0 |

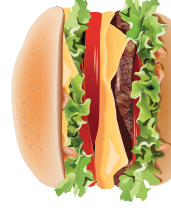
Condiments and sauces

Ask for sauces, gravy, and salad dressing on the side. First dip your fork in the sauce, then into your food.

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|--------------|----------|-----------|-----------|-------------|
| ★ <input type="checkbox"/> Balsamic vinegar | 1 tbsp | 14 | 3 | 0 | 0 |
| ★ <input type="checkbox"/> Barbecue sauce | 3 tbsp | 88 | 21 | 1 | 0 |
| ★ <input type="checkbox"/> Ketchup | 1 tbsp | 17 | 5 | 0 | 0 |
| ★ <input type="checkbox"/> Marinara, pasta, or spaghetti sauce | ½ cup | 66 | 10 | 2 | 2 |
| ★ <input type="checkbox"/> Mustard | 1 tsp | 3 | 0 | 0 | 0 |
| ★ <input type="checkbox"/> Salad dressing, Caesar, fat-free | 1 tbsp | 22 | 5 | 0 | 0 |
| ★ <input type="checkbox"/> Salad dressing, Italian, fat-free | 1 tbsp | 7 | 1 | 0 | 0 |
| ★ <input type="checkbox"/> Salad dressing, ranch, fat-free | 1 tbsp | 17 | 4 | 0 | 0 |
| ★ <input type="checkbox"/> Salsa | 2 tbsp | 10 | 2 | 1 | 1 |
| ★ <input type="checkbox"/> Soy sauce | 1 tbsp | 11 | 1 | 0 | 2 |
| ★ <input type="checkbox"/> Sweet and sour sauce | 3 tbsp | 79 | 20 | 0 | 0 |
| ★ <input type="checkbox"/> Teriyaki sauce | 1 tbsp | 16 | 3 | 0 | 1 |

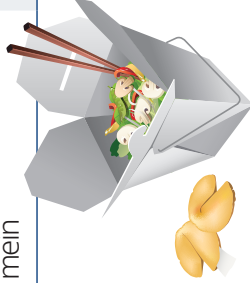
Fast Foods

Plan ahead! Most fast-food and chain restaurants have websites that list nutritional information on menu items. You can also ask for this information when you arrive, before you order.



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|-----------------------|----------|-----------|-----------|-------------|
| <input type="checkbox"/> Burrito, beef and bean | 1 (5 oz) | 332 | 43 | 6 | 10 |
| <input type="checkbox"/> Chicken breast or wing, breaded and fried | 1 piece (about 3 oz) | 247 | 10 | 0 | 18 |
| <input type="checkbox"/> Chicken drumstick, breaded and fried | 1 (about 3 oz) | 200 | 6 | 0 | 16 |
| <input type="checkbox"/> Chicken nuggets, frozen | 6 pieces (about 4 oz) | 281 | 18 | 1 | 13 |
| <input type="checkbox"/> Chicken parmesan without pasta | About 5 oz | 307 | 16 | 1 | 24 |
| <input type="checkbox"/> Chicken thigh, breaded and fried | 2 pieces (about 5 oz) | 431 | 16 | 0 | 30 |
| <input type="checkbox"/> Hush puppies | 1 piece (about 1 oz) | 65 | 9 | 1 | 1 |
| <input type="checkbox"/> Tortellini, pasta with cheese filling | ¾ cup (about 3 oz) | 249 | 38 | 2 | 11 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--------------------------|--|----------|-----------|-----------|-------------|
| Pizza | | | | | |
| <input type="checkbox"/> | Pizza, cheese, regular crust 1/8 of a 14-inch pizza (about 4 oz) | 284 | 36 | 3 | 12 |
| <input type="checkbox"/> | Pizza, cheese, thin crust 1/8 of a 14-inch pizza (about 3 oz) | 223 | 23 | 2 | 9 |
| Asian | | | | | |
| <input type="checkbox"/> | Eggroll 1 (about 3 oz) | 222 | 24 | 2 | 7 |
| <input type="checkbox"/> | Fortune cookies 1 cookie | 30 | 7 | 0 | 0 |
| <input type="checkbox"/> | Fried rice, meatless 1 cup (about 5 oz) | 238 | 45 | 2 | 6 |
| <input type="checkbox"/> | Hot-and-sour soup 1 cup (about 8 oz) | 91 | 10 | 1 | 6 |
| <input type="checkbox"/> | Noodles, flat, crunchy 1 cup (about 1½ oz) | 234 | 23 | 1 | 5 |
| <input type="checkbox"/> | Sweet and sour chicken 6 oz | 441 | 42 | 2 | 18 |
| <input type="checkbox"/> | Vegetable lo mein 1 cup (about 5 oz) | 165 | 27 | 2 | 6 |




| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--------------------------|--|----------|-----------|-----------|-------------|
| Mexican | | | | | |
| <input type="checkbox"/> | Burrito with beans and cheese 1 burrito (about 6½ oz) | 379 | 58 | 8 | 14 |
| <input type="checkbox"/> | Chicken and rice 1 cup (5 oz) | 245 | 28 | 2 | 17 |
| <input type="checkbox"/> | Empanadas 1 piece (about 3 oz) | 298 | 28 | 2 | 10 |
| <input type="checkbox"/> | Nachos with cheese 1 serving (about 3 oz) | 274 | 28 | 3 | 3 |
| <input type="checkbox"/> | Quesadilla, cheese only 1 quesadilla, 5-6 inch diameter (about 3 oz) | 342 | 22 | 2 | 15 |
| <input type="checkbox"/> | Rice and black beans 1 cup (5 oz) | 220 | 36 | 5 | 7 |
| <input type="checkbox"/> | Taco, hard shell, with beef, cheese, and lettuce 1 small taco (about 2½ oz) | 156 | 14 | 3 | 6 |
| <input type="checkbox"/> | Taco salad 1 salad (3½ oz) | 170 | 15 | 3 | 7 |

Tips you can use when ordering fast food:

- Choose whole grains when possible
- Create a meal that has a variety of food groups
- Choose menu items that include non-starchy vegetables
- Don't add any extra salt
- Don't order the large size



| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|--------------------------|----------|-----------|-----------|-------------|
| Sandwiches | | | | | |
| <input type="checkbox"/> Biscuit with egg, cheese, and bacon | 1 sandwich (about 5 oz) | 436 | 35 | 0 | 17 |
| <input type="checkbox"/> Cheeseburger, single, regular, with condiments | 1 burger (about 4½ oz) | 343 | 32 | 2 | 17 |
| <input type="checkbox"/> Crispy chicken fillet sandwich, with lettuce and mayo | 1 sandwich (about 5½ oz) | 420 | 42 | 2 | 17 |
| <input type="checkbox"/> English muffin with egg, cheese, and sausage | 1 sandwich (about 6 oz) | 472 | 29 | 0 | 22 |
| <input type="checkbox"/> Fish sandwich with tartar sauce and cheese | 1 sandwich (about 5 oz) | 374 | 35 | 1 | 15 |
| <input type="checkbox"/> Grilled chicken fillet sandwich with lettuce, tomatoes, and spread | 1 sandwich (about 8 oz) | 419 | 39 | 2 | 40 |
| <input type="checkbox"/> Hamburger, regular, with condiments | 1 burger (about 3 oz) | 255 | 29 | 2 | 13 |
| <input type="checkbox"/> Hot dog plain with bun | 1 hot dog (about 3½ oz) | 242 | 18 | 0 | 10 |
| <input type="checkbox"/> Submarine sandwich, cold cut on white bread with lettuce and tomato | 1 (6-inch sub; 7 oz) | 417 | 40 | 2 | 21 |

| ✓ Food | Serving Size | Calories | Carbs (g) | Fiber (g) | Protein (g) |
|--|---|-------------------|----------------|-------------|-------------|
| Sides/Appetizers | | | | | |
| <input type="checkbox"/> French fries |  1 small order (about 2½ oz) 1 medium order (about 4 oz) 1 large order (about 5½ oz) | 229 378 497 | 30 50 66 | 3 5 6 | 2 4 5 |
| <input type="checkbox"/> Fish sticks | 1 stick (1 oz) | 78 | 6 | 0 | 3 |
| <input type="checkbox"/> Hash browns | 1 cup (about 5½ oz) | 413 | 55 | 5 | 5 |
| <input type="checkbox"/> Onion rings, breaded and fried | 18 rings (about 4 oz) | 481 | 51 | 3 | 5 |
| Beverages and Desserts | | | | | |
| <input type="checkbox"/> Hot fudge sundae | 1 (about 6 oz) | 333 | 54 | 1 | 7 |
| <input type="checkbox"/> Milk shake, thick chocolate | 1 shake (about 10½ oz) | 357 | 63 | 1 | 9 |
| <input type="checkbox"/> Soft-serve ice cream with cone, vanilla | 1 (about 4 oz) | 196 | 32 | 0 | 5 |



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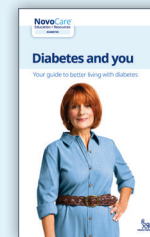
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DIABETES

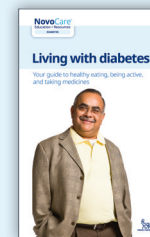
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