

Diabetes and Nutrition

Successful treatment of diabetes is often called “good control”, and means achieving your best possible health level. Meal planning plays a key role in good control and the overall management of diabetes.



What is diabetes?

In diabetes, the body's blood glucose (also known as blood sugar) level is above normal. When you eat, food is broken down into glucose, raising the level of blood glucose in your body. Insulin is then secreted, which allows this glucose in your blood to enter your body's cells and be used for energy. With diabetes, your blood glucose is high because this insulin is lacking or is not working as effectively as it should.



Types of diabetes:

Type 1 – (also known as insulin dependent diabetes)

- the least common form of diabetes
- occurs most frequently in children and young adults
- the body makes little or no insulin, therefore insulin must be taken regularly

Type 2 – (also known as non-insulin dependent diabetes)

- the most common form of diabetes
- occurs most often in adults over the age of 40, and those adults above desired body weight
- either the body does not make enough insulin or the body can not properly use the insulin it does make

Gestational Diabetes –

- develops in some women during pregnancy
- more likely to occur in older women, and those women above desired body weight
- if untreated, it may result in unusually large babies at birth



Too much or too little?

- Hypoglycemia – too little glucose in the blood.
- Hyperglycemia – too much glucose in the blood.

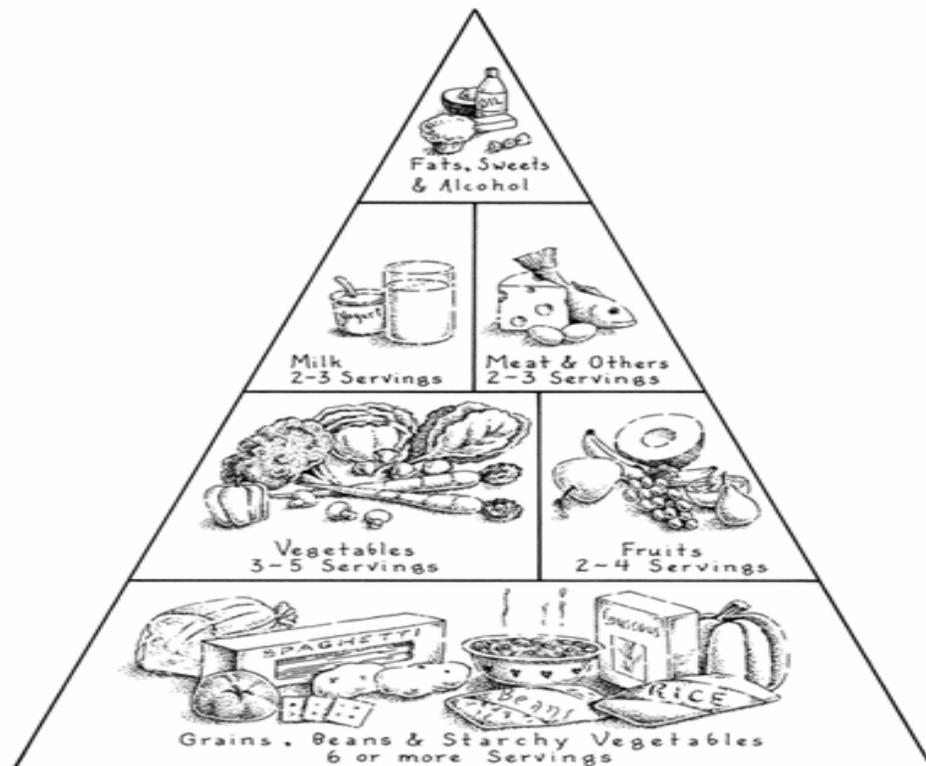
Prevention of both hypoglycemia and hyperglycemia can occur through effective meal planning and the self-monitoring of blood glucose levels.



Getting started....

No one “diabetes diet” exists. General guidelines have been developed to help provide successful control based on your needs.

1. The diabetes food guide pyramid provides balance and variety, allowing for an individualized meal plan to be created.
2. Appropriate serving sizes are an important part of blood glucose control.



Food Group

One serving size equals....

- Grains, Beans, & Starchy Vegetables (6 or more servings per day or 2-4 servings per meal)
 - 1/3 cup cooked pasta or rice
 - ¼ bagel (1 oz)
 - 1 slice of bread
 - ½ cup sweet potato or yam
 - 1- 6 inch tortilla

- Fruits (2-4 servings per day)
 - 1 med. orange or *a tennis ball*
 - 1 cup of melon
 - ½ cup canned fruit
 - 2 TBS raisins

- Vegetables (a minimum of 3-5 servings per day)
 - 1 cup of raw vegetables
 - ½ cup cooked vegetables

- Meat (4-6 oz per day)
 - 3 ounces chicken or *a deck of playing cards*
 - ½ cup fat-free or low-fat cottage cheese=2oz
 - ½ cup tuna canned in water=2oz
 - 1 slice of cheese=1oz
 - 1 egg = 1oz
 - 1 Tbsp peanut butter
 - 1 cup tofu= 2oz

- Milk (2-3 serving per day)
 - 6 oz of Yogurt
 - 8 oz fat-free milk

- Fats & Sweets (2-5 servings)
 - 1 teaspoon oil, margarine, or mayonnaise
 - 1 Tbsp cream cheese or salad dressing
 - 2 Tbsp avocado

3. Be consistent. It is very important to eat at least three meals every day with an evening snack, with four to five hours in between each meal and three to four hours between dinner and an evening snack. There should be no more than ten hours between a nighttime snack and breakfast. Each meal should contain approximately the same amount of food and should be eaten at approximately the same time of day. For example, always eat breakfast around 7:30-8:30 am each morning, lunch at 11:30am-12:30 pm, dinner at 4:30-5:00pm and an evening snack at 9:30 pm.

4. Keep a food record or log of your daily intake along with your blood glucose levels, such as the one provided below. This will help you and your health care providers better understand how your body reacts to the food your eating.

<i>Date</i>	<i>Time</i>	<i>BG (pre)</i>	<i>BG (post)</i>	<i>Amount Food</i>	<i>Type of Food</i>

* BG = Blood Glucose or Blood Sugar



Additional topics to discuss with a Register Dietitian....

- Carbohydrates vs. Sugar
- Protein
- Fat
- Sodium
- Fiber
- Food Labels
- Alcohol Use
- Sick Days
- Dining Out
- Physical Activity

*For more information, please contact a Registered Dietitian at:
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