

RISKS AND BENEFITS

This diet restricts carbohydrates (white flour, sugar) at meals and snacks because of its effect on blood glucose. The benefits and risks of following this diet depend upon age, medical condition and life expectancy.

By choosing a diabetic diet, you may experience these potential benefits:

- You MAY successfully manage your blood glucose and reduce possible episodes of hyperglycemia.
- You MAY minimize the progress of diabetes complications, e.g. blindness, poor circulation, kidney failure, and stroke.
- Other:

By declining a diabetic diet, you may experience these potential health/safety risks:

- You MAY experience further complications of diabetes, e.g. blindness, poor circulation, organ failure (kidney, heart) and stroke.
- You MAY increase your risk of hyperglycemia or hypoglycemia.
- You MAY gain weight.
- You MAY feel tired from fluctuations in blood sugar.
- Other:

By changing to a diet of your choice, you may experience these potential benefits:

- The Academy of Nutrition and Dietetics states there is no evidence to support prescribing diets such as no-concentrated sweets or no-sugar added for older people living in continuing care communities, and these restricted diets are no longer considered appropriate. Most experts agree that using medication rather than dietary changes to control blood glucose can enhance the joy of eating and reduce the risk of malnutrition for this community.
- You MAY NOT experience adverse effects from too much restriction, i.e. hypoglycemia.
- Moderate use of a variety of carbohydrates MAY make your meals and snacks more enjoyable and satisfying.
- Your weight MAY remain stable as a result of eating foods that are enjoyable to you.
- You MAY NOT feel left out or different during meals, snacks and other food-related events.
- Other:

TIP SHEET FOR DIABETIC DIET

Carbohydrates (starch, sugar, white flour) are the main nutrients that, when digested, have the biggest effect on blood glucose.

“Understanding the amount of carbohydrates in foods is an important first step in diabetic meal planning.”

-Diane Hall, RD

COUNTING CARBS IS EASY

1 serving = about 15 grams of carbohydrate

Grains

- ◆ 1 slice bread
- ◆ 1 tortilla (6 inch)
- ◆ ¼ large bagel
- ◆ 2 taco shells (5-inch size)
- ◆ ½ hamburger or hot dog bun
- ◆ ¾ cup cereal
- ◆ ½ cup cooked cereal
- ◆ 4-6 small crackers
- ◆ ½ cup cooked pasta or rice
- ◆ ¾ ounce pretzels, potato chips, or tortilla chips
- ◆ 3 cups popcorn

MILK

- ◆ 1 cup milk
- ◆ 1 cup soy milk
- ◆ 1 cup yogurt, plain or sweetened w/sugar-free sweetener

Other Foods

- ◆ Count 1 cup of casserole or similar foods as 2 servings.
- ◆ Count 1 cup raw veggies or ½ cup cooked non-starch veggies as “free” foods.

Starchy Vegetables

- ◆ ½ cup beans, peas, corn, sweet potatoes, winter squash, or mashed or boiled potatoes
- ◆ 1 sm. baked potato

Sweets and Desserts

- ◆ 2-inch square cake (unfrosted)
- ◆ 2 small cookies
- ◆ ¼ cup sherbet/sorbet
- ◆ ½ cup ice cream/frozen yogurt
- ◆ 1 popsicle
- ◆ 1 Tbsp syrup, jam, jelly, sugar, honey
- ◆ 2 Tbsp light syrup
- ◆ ½ cup soft drink
- ◆ 1 cup Gatorade

Fruit

- ◆ 1 small fresh fruit
- ◆ ½ cup canned fruit
- ◆ ¼ cup dried fruit
- ◆ 17 small grapes
- ◆ 1 cup melon/berries
- ◆ 2 Tbsp raisins, ½ cup fruit juice

SOME SUGGESTIONS FOR CONTROLLING BLOOD SUGAR

Medication or insulin dose should be prescribed at optimum times, which should be in accordance to individual eating routines.



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| <ul style="list-style-type: none"> ✓ Eat the same number of meals and snacks each day. ✓ Eat three meals a day, roughly 4-6 hours apart. ✓ A mid-morning, afternoon and/or evening snack may be beneficial. ✓ Try to always eat the same amount of carbs at each meal and snack. ✓ Do some daily physical activity. | <ul style="list-style-type: none"> ✓ Consume foods that have fiber, such as whole grains, legumes (kidney, pinto, black, lima beans, etc.) and vegetables. ✓ Include a source of protein and fat to balance out meals and snacks. ✓ Choose healthy foods. ✓ Do not skip meals. |
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Most adults aim for 3-5 servings of carbs with meals and 1-2 servings with snacks.