

Tips to Help Manage Your Diabetes



Diabetes is a health condition that occurs when your blood sugar (glucose) is too high. Glucose comes from the foods we eat and is the main source of energy for our bodies.

Types of carbs

Sugar, starches and fiber are the three main types of carbs in food. All sources of carbs affect blood sugar.

Below are examples of each type of carbs:

- **Sugars.** These include both natural (like in fruit) and added (like in a cookie).
- **Starches** (complex carbs). Starchy vegetables, dried beans and grains are part of this group.
- **Fiber.** This is the roughage in foods. It is mainly found in whole grains, fruits and vegetables. Eating foods with fiber and protein help lower spikes in blood sugar.

Here are a few things that can help you manage your diabetes:

- Follow a healthy eating plan and eat regularly
- Get regular exercise
- Monitor your glucose levels
- Take medications as prescribed

A diabetes-friendly diet means eating healthy foods in moderate amounts and sticking to regular mealtimes. It should be rich in nutrients and low in fat and calories.

What are carbohydrates and how many should I eat?

Carbohydrates (carbs), protein and fat are the three main nutrients in the food we eat. The body breaks down carbs into glucose. Because carb needs vary from person to person, work with your healthcare team to determine your daily carb needs and how to space them throughout the day.

Below is an example of a daily eating plan for someone with diabetes:

- 3 meals a day, 45-60 grams of carbs per meal
- 1-2 snacks a day, 15-20 grams per snack
- Eat every 4-5 hours

Your eating plan: _____ total grams **CARBOHYDRATES.**

Can I still eat sugar if I have diabetes?

Yes, as long as it is part of a healthy meal plan with a variety of nutritious foods. How much sugar you can consume is dependent on many factors. Discuss this with your healthcare team.

Your eating plan: _____ total grams **SUGAR**.

Which Mom's Meals are best if I have diabetes?

Any of our meals can be part of a healthy eating plan. The important part of managing your blood sugar is to know how many carbs are in the foods you eat. Most Mom's Meals have between 65-120 grams of carbs and meals on our diabetes-friendly menu have even fewer carbs, ranging from 50-110 grams. Our menus make selecting meals within your carb range easy, they list two carb amounts, one for the entire meal and another for the tray only.

Seasoned Vegetables, Whole Wheat Bread and	51	82
Seasoned Vegetables, and Whole	50	75
Mushroom Sauce over Pasta and Bread	48	74
1/2 g Cheese and Applesauce	57	81

Approximate grams of carbs are shown for the tray only and the full meal with side(s) included.

Helpful Tips:

- ✓ Eat the whole meal if it is in your approved range.
- ✓ Eat only part of the meal if the carbs are too high. Save the rest for a snack.
- ✓ Eat the meal side (roll or fruit) as your snack if it is in your approved range.

For more information about diabetes or nutrition visit:

www.diabetes.org and www.eatright.org



At Mom's Meals, our menus are designed to support the nutritional needs of many common chronic conditions. For additional questions about how to manage your diabetes with Mom's Meals, visit our website at momsmeals.com.

Sources:

<https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbohydrates.html>
<https://www.niddk.nih.gov/health-information/diabetes/overview/>
<https://www.verywellhealth.com/how-many-carbs-a-day-are-right-for-me-1087029>