

Managing your Diabetes with Nutrition

Valuable information for our customers
living with Diabetes





Diabetes causes high levels of blood sugar (glucose) to flow through the body. You can keep this disease under control by following a healthy eating plan. This plan includes eating a variety of healthy foods all through the day. Exercise is also important. Be sure to take your medications and check your blood sugar levels too.

At Mom's Meals[®], we know that better health begins with the very meals we eat. We provide nutritious meals at every stage in life. We recognize that everyone's needs are unique.

We empower you with a voice in your care. You have the option to choose every meal, every delivery. Our goal is to provide a pathway to help you manage your Diabetes.

Here are answers to the more common questions we get from our customers.

WHAT ARE CARBOHYDRATES?

Carbohydrates are one of the three main nutrients in the food we eat. Protein and fat are the other two. Foods also contain vitamins and minerals. The body breaks down carbohydrates (in any form) into blood sugar. This sugar is the body's primary and preferred source of energy.

HOW MANY CARBOHYDRATES ARE IN MOM'S MEALS?

Most Mom's Meals have between 80-120 grams of carbohydrates. Menus list two carbohydrate amounts. The first number is for the tray only. The second includes the whole meal (tray, sides and/or beverages). This makes picking your meals easy. You can choose meals within your approved range.

, Potatoes and Seasoned Green Beans,	36	76
Seasoned Green Beans, Apple Juice, Whole	48	90
a and Mixed Vegetables, Whole Wheat Dinner	43	88

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

IS SUGAR OFF LIMITS FOR ME WITH DIABETES?

No, just control how much sugar you eat. All foods with carbohydrates can affect your blood sugar level. You don't need to avoid sugar, just "budget" the amount you eat daily. Everyone's "budget" is different. Age, body weight, weight loss goals, activity levels, diabetic medication, and other medical conditions all factor into your "budget". Your healthcare provider can help you with your sugar "budget".

HOW MANY CARBOHYDRATES SHOULD I EAT?

Everyone's needs are different. Your healthcare provider or registered dietitian can make a plan that is right for you. Your plan may include the number of meals and snacks and the timing of eating. It may also list the grams of carbohydrates needed per day to control your blood sugar.

Many people with Diabetes have 3 meals and 2 snacks a day and eat every 4-5 hours. The plan may suggest they consume between 45-60 grams of carbohydrates per meal. 15-20 grams at a snack, and have a total of 180-240 grams of carbohydrates per day. Your health care provider may adjust this based on activity level, medications and calorie needs.



Simple Tips

Follow the eating plan from your healthcare provider. Be sure to stick to your range of carbohydrates for each meal and snack. Here are a few simple tips:

- ✓ Eat the whole meal if it is in your approved range.
- ✓ Eat only part of the meal if the carbohydrates 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.



HOW DO I KNOW HOW MANY CARBOHYDRATES A MEAL OR SIDE HAS?

Read the Nutrition Facts food label on the meal tray. Carbohydrates are listed on the label, just like on other packaged food. An insert in your box lists the nutrition information for some of the sides.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size [259g] Servings 1 Calories 360 Fat Cal. 170	Total Fat 18g	30%	Total Carb. 31g
	Sat. Fat 6g	30%	Fiber 4g	15g
	Trans fats 0g		Sugars 12g	
	Cholest. 45mg	15%	Protein 20g	
	Sodium 640mg	25%		
*Percent Daily Values [DV] are based on a 2,000 calorie diet.	Vitamin A 8%	Vitamin C 10%	Calcium 15%	Iron 10%

WHICH MOM'S MEALS ARE OKAY FOR ME TO EAT?

All of the meals on our menu can work for people managing Diabetes. It's important to know what you eat may impact your Diabetes. Eating a variety of regular meals and healthy snacks will make it easier to control your Diabetes.

THE GOOD NEWS IS THAT MOM'S MEALS MAKES IT EASY.

We provide you the building blocks for nutritious eating with Diabetes. Many of our meals are also low in fat and lower in sodium.

We hope this information is helpful. Our goal is to help you manage your nutrition plan. Contact your healthcare provider with any questions about your Diabetes.

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.

