



Tips to Help Manage Your Diabetes

Diabetes is a disease that results in high levels of sugar (glucose) in your blood. It can be managed by following these steps:

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

When following a healthy eating plan you need to watch your intake of carbohydrates.

What are carbohydrates?

Carbohydrates are one of three main nutrients in the food we eat. Protein and fat are the other two. The body breaks carbohydrates down into glucose (blood sugar) which is the body's primary and preferred source of energy.

Foods that contain carbohydrates:

- Grains (breads, pasta, rice)
- Starchy vegetables (corn, peas, potatoes)
- Fruits
- Dairy
- Sweets or sugary foods

Everyone's carbohydrate needs are different. Follow the plan provided to you by your healthcare provider. Below is an average plan.

- Eat 3 meals and 1-2 snacks a day, eating every 4-5 hours
- Eat 180-240 grams of carbohydrates per day, which could break down to:
 - 45-60 grams per meal
 - 15-20 grams per snack

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

Is sugar off limits?

Sugar is not off limits. Foods that have sugar may be part of a healthy eating plan, in moderation. When choosing any food, it is important for a person with Diabetes to understand how it affects their blood glucose levels.

What is HbA1c?

A1C, or hemoglobin A1C (HbA1c), is measured by a blood test. This test gives you your average blood glucose for the past 2-3 months.

The American Diabetes Association recommends an A1C of <7%, but A1C targets change over time. It all depends on the person and circumstances. Your healthcare provider can help you determine an appropriate A1C value for you.

A1C should be tested at least twice each year. The results can help you and your healthcare provider by:

- Determining how well your Diabetes treatment plan is working.
- Showing you how healthy choices can make a difference in Diabetes control.
- Confirming the results of self-testing at home.

Eating your recommended grams of carbohydrates, and spreading them out throughout the day, will help you manage your A1C.

At Mom’s Meals, we make it easier for you to to keep your Diabetes under control by providing you fully-prepared diabetes-friendly meals. Many of our meals are also low in fat and lower in sodium.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 18g	30%	Total Carb. 31g	10g
Serv. size [259g] Servings 1 Calories 360 Fat Cal. 170	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%

Classics	CARBS (g)
oes and Seasoned Green Beans,	36 76
ned Green Beans, Apple Juice, Whole	48 90
Mixed Vegetables, Whole Wheat Dinner	43 88
rice and Mixed Vegetables, Whole Wheat	53 102
milk Biscuit, Apple Juice and Triple	34 87
om Sauce over Pasta and Seasoned	54 82
ese and Applesauce	57 82
d Vegetables, Gelatin, Whole Wheat Bread	45 91
oes and Mixed Vegetables, Apple Juice	46 88

All of our meals can work for people managing Diabetes. Our menus list two carbohydrate amounts – one for the tray only and one for the entire meal (tray, sides and beverages). Meals contain between 65-120 grams of carbohydrates.

The nutrition facts label on the tray lists the number of carbohydrates and all nutrition facts for the tray only. Carbohydrate information and nutrition facts for all sides is listed on a sheet inside your cooler.

Tips for eating Mom’s Meals:

- 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.

For more information visit:
www.diabetes.org and www.eatright.org

