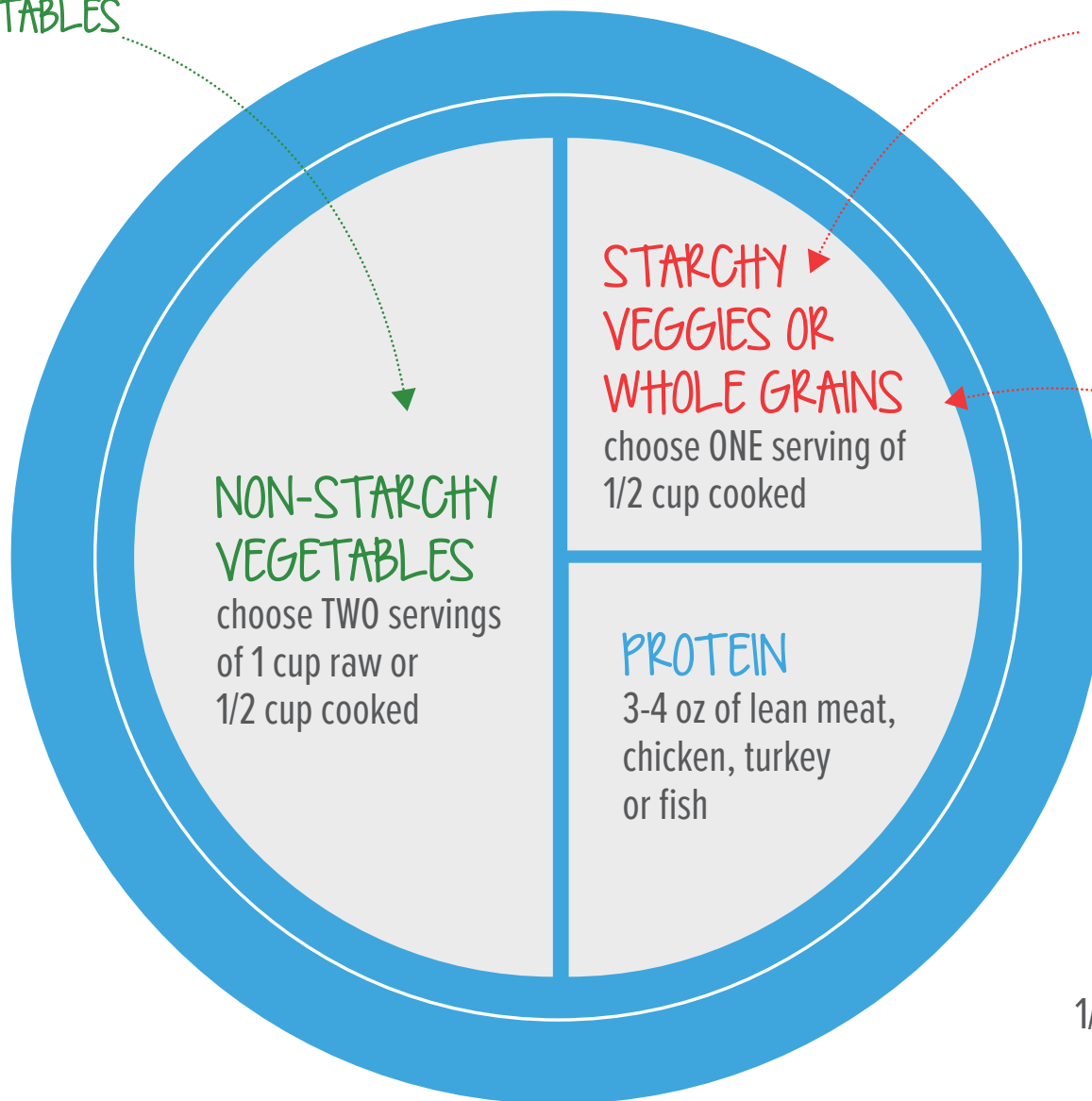


# DIABETES MEAL PLANNING QUICK START GUIDE

Here's a quick and easy way to put together a healthy and well-balanced meal. Two servings from the non-starchy vegetable category, one serving from the whole grains or starchy vegetable category, and 3-4 oz. protein. That's all there is to it!

## NON-STARCHY VEGETABLES

- Asparagus
- Green Beans
- Beets
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Garlic
- Lettuce
- Mushrooms
- Onions
- Sugar Snap Peas
- Green/Red Peppers
- Pickle
- Radish
- Rutabagas
- Yellow Squash
- Tomato
- Turnips
- Zucchini
- Spinach



## STARCHY VEGETABLES

- Potatoes
- Corn
- Sweet Potatoes
- Beans
- Lentils
- Peas
- Parsnips

## WHOLE GRAINS

- Barley
- Quinoa
- Farro
- Millet
- Brown Rice
- Whole Wheat Bread
- Whole Grain Pasta

## FRUITS

Talk to your dietitian about what's right for you.

General guideline:  
1/2 cup, two servings per day

# SNACKS

Does having diabetes mean that your snacking days are over? Absolutely not! In fact, snacks are an important part of a daily meal plan and can help keep your blood sugar levels stable between meals.



## NATURAL

Choose the same types of whole, natural foods you have in your meals. That includes fruits, vegetables, whole grains and proteins.



## PROCESSED

Avoid processed snack foods. The majority of these snack items offer little nutritional value and are generally high in calories, fat, sugar, sodium and additives.



## PORTIONS

Keep your portion sizes small. This is not a full meal, after all.

## 15-20 CARBOHYDRATES IN A SNACK



## PREPARED

Pack a few convenient snack options to take with you for those times you need an energy boost. A small handful of nuts are an excellent choice for an on-the-go snack.



## SIGNAL

Use hunger as your signal for a snack, not boredom or fatigue.

## PROTEIN

Including a source of protein helps you feel full longer.



## DRINK WATER

Sometimes your body just needs water, so have a glass whenever you have a snack.



## BE CREATIVE

The idea is to keep it to 15-20 grams of carbohydrate and about 150 calories, but you can choose from a wide variety of tasty and healthy items.



## TIMING

Timing is important. A snack in the mid-morning or afternoon can really help manage blood sugar, keep you from getting overly hungry, and give you a little pick-me-up.



## NEED IDEAS?

There are many sources for good snack ideas, like the American Diabetes Association, Everyday Health or the great articles on our website, but here are a few suggestions we like. Portion size will depend upon your personal carbohydrate snack budget, so be sure to read nutritional information when selecting your snacks.

- Cheese (1 oz.) and a few whole grain crackers or fruit
- Plain yogurt and berries or other fruit
- Celery and a tablespoon of almond or peanut butter
- Hard boiled egg
- Hummus (1/3 cup) and raw veggies like celery, carrots & peppers
- Half a banana or apple and a tablespoon of nut butter
- Air popped popcorn
- Lettuce wrap made with lean meat like sliced turkey
- A cup of soup – read the label if using canned or make your own
- Nuts of any kind – just watch the portion size
- Make your own crunchy kale chips

# EASY BREAKFAST IDEAS

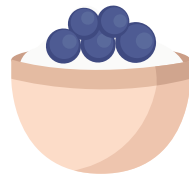


Studies show that eating a balanced breakfast not only provides a good start to the day, but can actually have a positive effect on blood sugar levels after lunch and dinner. It also helps with weight loss. Here are a few steps to making breakfast easier.



## MOVE AROUND.

Some light stretching or exercise in the morning may improve your appetite for breakfast



## KEEP IT SIMPLE.

No-cook breakfast options include: plain yogurt with blueberries, fruit and nut bars, peanut/nut butter and fruit, hard-boiled eggs and cheese.



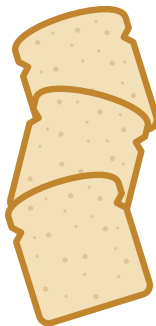
## THINK OUTSIDE THE BOX.

Enjoy leftovers from dinner the night before instead!



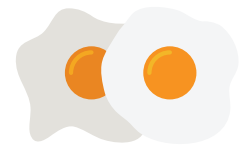
## EAT SOME FIBER MID-MORNING.

A piece of fruit, small bowl of berries or a small handful of almonds will help keep you full and smooth out your blood sugar levels too too.



## CARB BUDGET.

Your doctor or diabetes educator has likely given you some carbohydrate guidelines to follow —use that as your guide in terms of figuring out how many carbs to have at breakfast.



## GET SOME PROTEIN.

Studies have shown that protein (milk, cheese, yogurt, eggs) in the morning is super-helpful for preventing those after-meal blood sugar spikes after lunch and dinner.



## NEED IDEAS?

A simple and nutritious breakfast is one of the best ways to start your day with energy and keep your glucose/sugar levels in target. Enjoy!

Cottage Cheese and Fruit  
Whole-Grain Cereal+Milk  
Scrambled Eggs and Toast

Bagel Thins with Nut Butter  
Non-fat yogurt, fruit and nuts  
Breakfast Burrito

# GUIDE FOR THE HOLIDAYS



Does the very thought of the food and stress-filled holiday season strike fear in your heart? Don't worry! Here are some simple suggestions to help you navigate the season, have a great time and still keep your numbers in target range.



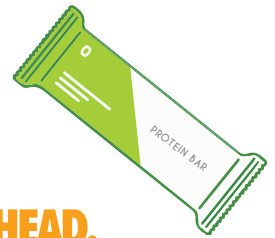
## GET ENOUGH SLEEP.

Lack of sleep can affect your health. Help keep your blood sugar on an even keel by getting good rest.



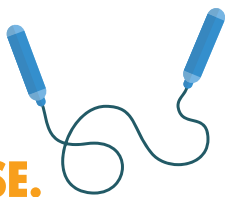
## DRINK WATER.

It's a great way to avoid the tempting drinks. It will also help you avoid getting dehydrated, and make you feel full which can lead to less snacking.



## PLAN AHEAD.

If you have food and alcohol-filled parties on your calendar, have a protein snack before you go.



## EXERCISE.

We know you're busier than ever during the holidays, but see how you can make getting some activity a part of your day.



## MANAGE YOUR STRESS.

Things can get crazy during the holidays, so be sure to allow some time for relaxation. Read a book, prioritize quiet time for prayer or reflection, and enjoy some down time with friends.



## TREAT YOURSELF.

If there's a special holiday food that you love, build it into your meal plan and carb budget so you can enjoy it without guilt.



## GET SUPPORT.

Finding a friend, a diabetes educator or support group that you can set goals with and talk with about any challenges that arise can really help you stick to your goals through stressful time.