

# Diabetes Diet: Tips and Tricks to manage

*Following a consistent carbohydrate diet may assist your body in management of blood glucose levels*

*Diabetes is a disease in which the body’s ability to produce or respond to the hormone insulin is impaired, resulting in decreased ability to manage carbohydrates, resulting in elevated levels of glucose in the blood and urine.*

## Carbohydrate Amounts

**Women:** 45–60 grams per meal

**Men:** 60–75 grams per meal

The exact amount is determined by:

- physical activity
- weight
- medications

### Divide your meals into 3 per day

- For each meal, determine how many carbs you need
- You can divide your carbs into serving amounts

### 1 serving = 15 grams of carbs

- Example: So.. if you need 45 grams per meal:
- Choose 3 carb foods, each equal to 15 grams. This will get you to your target amount!

## Vegetables

### 1 cup cooked or 1/2 cup raw

Vegetables are a great way to assist with meeting your goals. They are full of fiber, and low in saturated fat. Aim for 1/2 your plate to be vegetables

### Each serving size equals 5 grams of carbs

- Beans
- Beets
- Carrots
- Cauliflower
- Celery
- Cucumber
- Mixed Veggies
- Mushrooms
- Peppers
- Radishes
- Salad greens
- Summer Squash
- Tomato

## Fruit

Fruit contains natural sugars called fructose. Whole fruit is a healthy option for diabetes because the fiber contained in the skins and pulp slow the release of sugars into the bloodstream. This assists the body to better manage sugar.

### Each serving size equals 15 grams of carbs

- Apple: 4oz (small)
- Banana: 4 oz (small)
- Grapefruit: 1/2 large
- Grapes: 17 each
- Melon (cubed): 1/2 cup
- Strawberries: 1 1/4 cup
- Berries: 3/4 cup
- Orange: 1 small
- Pineapple: 3/4 cup
- Watermelon: 1 1/4 cup
- Dried Fruit: 2 Tbsp
- Fruit Juice: 1/2 cup

## Starch

Starches include breads, cereals, grains, pasta, rice, starchy vegetables, crackers, beans, peas, and lentils. They can be part of a healthy diet, but should be planned out so you don't over-consume. Be sure to focus on whole wheat blends vs. white.

### Each serving size equals 15 grams of carbs

- Potato: 1/4 (3 oz)
- Bagel (Lrg): 1/4 (1 oz)
- English Muffin? 1/2
- Pancake (4"): 1 ea
- Peas: 1/2 cup
- Yam/Sweet Potato: 1/2 cup
- Tortilla (any) 6": 1 each
- Popcorn (no butter): 3 cups
- Rice (any): 1/2 cup

## Dairy

Dairy includes a variety of vitamins and nutrients essential for optimal health, including protein, calcium, vitamin D, and vitamin B. When considering dairy options, be sure to choose low-fat or skim versions.

### Each serving size equals 12 grams of carbs

- Milk (any): 1 cup
- Evaporated milk: 1/2 cup
- Yogurt (sugar free): 6 oz
- Yogurt (plain/greek): 6 oz
- Soy Milk: 1 cup
- Cheese: 1 oz

Consider working with a registered dietitian



**Heidi K McMahan, MPH RDN**  
**Ventura, CA 93003**

[www.love4nutrition.com](http://www.love4nutrition.com)

[heidimc375@gmail.com](mailto:heidimc375@gmail.com)

p: (425) 501-6670 f: (805) 256-6081