

Diabetes and Food

Knowing how to eat right will help you keep your blood sugar normal and control your diabetes.

4 Steps to Help Control Diabetes

1. Eat breakfast, lunch and dinner every day

Try to eat about the same time every day. Try to eat the same amount of food at each meal.

2. Do not skip meals

Eating some food every 4 to 6 hours will help keep your blood sugar normal. Even if you are not hungry, eat a small amount of food to keep your blood sugar normal.

3. Drink sugar free or diet beverages

Regular soda pop, fruit punch and powdered drink mixes have a lot of sugar in them. Too much sugar can make your blood sugar go too high and make your diabetes hard to control.

4. Learn about carbohydrates (car-bo-hi-drates)

Not enough carbohydrate could lead to low blood sugar. Too much carbohydrate could lead to high blood sugar.

What are carbohydrates?

Carbohydrates, or “carbs”, are sugars and starches.

Sugars include:

Cookies
Cake
Candy
Regular soda pop
Sugar
Honey
Corn syrup
Fruit and fruit juice
Milk

Starches include:

Bread
Cereal
Pasta
Rice
Potatoes
Dried beans
Corn
Peas
Lima beans

Why are carbohydrates important?

When you eat carbohydrates, they turn into glucose (glu-kose). Glucose is also called “sugar”, and is your body’s main source of energy. Just like a car needs gas, your body needs glucose to work well.

It is important to eat carbohydrates, but too much, or the wrong kind of carbohydrate will make your diabetes hard to control.

Choose these carbohydrates more often

Whole wheat Breads and buns
Cereals
Brown Rice
Pasta and noodles
Potatoes
Fruit
Vegetables

Choose these carbohydrates less often

Jams and jelly
Cake
Cookies
Pies
Honey
Sugar

Who can give me more information about food?

A registered dietitian (die-a-tish-an) can help you learn more about diabetes and food. When you talk to the dietitian, ask these questions:

1. How much carbohydrate do I need at each meal?
2. Are there other things I need to pay attention to (fat, sodium, calories)?

If you would like to learn more about diabetes,
contact the Diabetes Association of Greater Cleveland.
Ask to talk with an educator.



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