

# Diabetes Medical Nutrition Therapy



For a person with prediabetes or diabetes it is important to control intakes of carbohydrate-containing foods to avoid consistently high blood sugars. It is helpful to become familiar with which foods contain carbohydrates, and how to moderate intakes of these to achieve blood sugar control.

## Foods that Contain Carbohydrates

- Breads, pasta, tortillas
- Crackers & chips
- Rice, quinoa, other grains
- Cereal
- Starchy vegetables
- Beans & legumes
- Fruit & fruit juice
- Milk, non-dairy milk, yogurt

## Meal Timing

Just as it is important to pay attention to what it is you are eating, it is also important to pay attention to when you are eating. Spreading carbohydrates throughout the day and have consistent intakes of meals and snacks will help avoid large swings in blood sugar levels. It is advisable to have a small meal or snack every 3-4 hours throughout the day.

## General Serving Sizes *1 serving = 15 grams*

Although it is important to control portion sizes of foods containing carbohydrates, carbohydrates are still a very important part of our diet. Do not eliminate carbohydrates completely, but learn how to consume them in moderation.

### Grains & Starches

- 1 slice of bread
- 1 small tortilla (corn or flour)
- 1/2 hamburger or hotdog bun
- 3/4 cup cold cereal, unsweetened
- 1/2 cup cooked oatmeal
- 1/3 cup cooked rice or pasta
- 1/2 cup beans, peas, corn, potatoes
- 3 cups popcorn
- 3/4 oz. pretzels or chips

### Dairy

- 1 cup milk or soy milk
- 2/3 cup non-fat yogurt, sugar free

### Fruit

- 1 small piece of fruit (about the size of a tennis ball)
- 1/2 cup canned or frozen fruit
- 2 tbsp. dried fruit
- 1 cup melon or berries
- 1/2 cup 100% fruit juice

### Condiments & Desserts

- 1 tbsp. jam, jelly, or honey
- 1 tbsp. syrup
- 1/2 cup ice cream or frozen yogurt
- 2 small cookies (ex: oreo cookie size)