

# Diabetes & Eating

Take good care of yourself and your diabetes by learning:

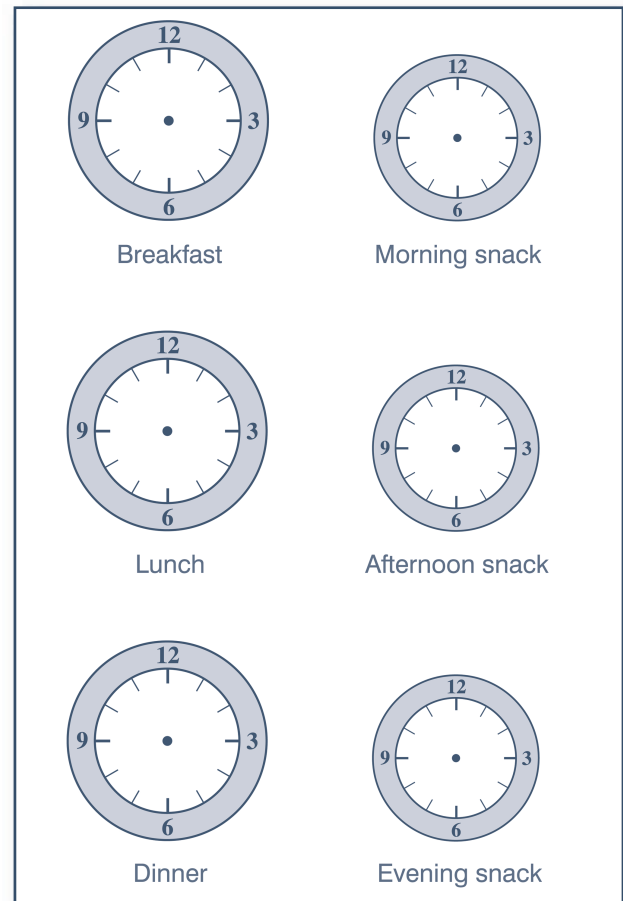
- what to eat
- how much to eat
- when to eat

Making wise food choices can help you:

- feel good every day
- lose weight if you need to
- lower your risk for heart disease, stroke, and other problems caused by diabetes

For people taking certain diabetes medicines, following a schedule for meals, snacks, and physical activity is best. However, some diabetes medicines allow for more flexibility. You'll work with your health care team to create a diabetes plan that's best for you. Talk with your doctor or diabetes teacher about how many meals and snacks to eat each day.

Fill in the times for your meals and snacks on these clocks:



## ••• Hypoglycemia •••

Low blood glucose (**hypoglycemia**) can make you feel shaky, weak, confused, irritable, hungry, or tired. You may sweat a lot or get a headache. If you have these symptoms, check your blood glucose. If it is below 70, have one of the following right away:






- 3 or 4 glucose tablets
- 1 serving of glucose gel—the amount equal to 15 grams of carbohydrate
- 1/2 cup (4 ounces) of any fruit juice

- 1/2 cup (4 ounces) of a regular (not diet) soft drink
- 1 cup (8 ounces) of milk
- 5 or 6 pieces of hard candy
- 1 tablespoon of sugar or honey

After 15 minutes, check your blood glucose again. If it's still too low, have another serving. Repeat these steps until your blood glucose level is 70 or higher. If it will be an hour or more before your next meal, have a snack as well.

# Guide to Sensible Serving Sizes

To make sure your food servings are the right size, you can use: measuring cups, measuring spoons or a food scale. Or you can use the guide below. Also, the Nutrition Facts label on food packages tells you how much of that food is in one serving.

This Much	Is The Same As
	<b>3 ounces</b> 1 serving of <ul style="list-style-type: none"><li>• meat, chicken, turkey, or fish</li></ul>
	<b>1 cup</b> 1 serving of <ul style="list-style-type: none"><li>• cooked vegetables</li><li>• salads</li><li>• casseroles or stews, such as chili with beans</li><li>• milk</li></ul>
	<b>1/2 cup</b> 1 serving of <ul style="list-style-type: none"><li>• fruit or fruit juice</li><li>• starchy vegetables, such as potatoes or corn</li><li>• pinto beans and other dried beans</li><li>• rice or noodles</li><li>• cereal</li></ul>
	<b>1 ounce</b> 1 serving of <ul style="list-style-type: none"><li>• snack food</li><li>• cheese (1 slice)</li></ul>
	<b>1 tablespoon</b> 1 serving of <ul style="list-style-type: none"><li>• salad dressing</li><li>• cream cheese</li></ul>
	<b>1 teaspoon</b> 1 serving of <ul style="list-style-type: none"><li>• margarine or butter</li><li>• oil</li><li>• mayonnaise</li></ul>

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