

Carbohydrates provide much-needed fuel and energy. They are broken down into glucose to provide this energy. Even though carbohydrates raise blood glucose, it is best to have some in every meal. When planning meals, a balance of foods containing protein, fats and carbohydrates is best.

Food is not only a source of fuel and nourishment, food is also a source of pleasure. Having diabetes does not mean you have to eat special foods or never have dessert. Meal planning for diabetes includes the same guidelines used by anyone who wants to stay healthy.

## *Make Your Plate Look Like This!*

### **Carbohydrates**

Fruit, milk, plain or light yogurt, pasta/noodles, corn, peas/lentils, sweet potato, waffles/pancakes, sweets, lima beans, kidney beans, soy beans, potatoes, rice, couscous, whole grain bread, tortillas, pita bread, English muffins, bagels, winter squash, crackers, hamburger buns, hot dog buns



### **Protein**

Chicken, turkey, fish, lean beef, lean pork, lean lamb, veal, low-fat cheese, egg/egg substitute, peanut butter, tofu, edamame



### **Vegetables**

Artichokes, asparagus, bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, eggplant, greens, green beans, okra, onions, parsnips, pea pods, peppers, spinach, summer squash, tomatoes, water chestnuts, zucchini (Celery, cucumbers, green onions, mushrooms, radishes and salad greens can be eaten in unlimited quantities.)



### **Weight Control**

For weight control, fats should be used sparingly (e.g., salad dressings, avocado, seeds, nuts, butter, pesto, sour cream, cream cheese).