Nutrition, Diabetes and Misconceptions

Do you have **diabetes**? Not sure where to start with your **diet**?

Here are some suggestions about your diet that may help your diabetes improve!

- If you are thirsty, look for calorie and carbohydrate free beverages.
  - Try to **drink water** instead of soda, juice, or milk.
  - If you do not like plain water – drink seltzer water without any additives.
- If you eat sweets, **limit** them to one per day.
  - Sweets include soda, candy, cookies, cakes, donuts, etc.
- Make sure you have **protein with each meal**.
  - Sources of protein include lean or low fat meat, chicken, salmon, trout, eggs, beans, and soy products.
  - This helps you metabolize carbohydrates slower.
- Fill half of your plate with a **low-carbohydrate vegetable**.
  - Watch out for peas, corn, and potatoes, which are high in carbohydrates!
- Try to eat a **series of smaller meals** every 2-3 hours instead of 2 or 3 bigger meals each day.

If you want more suggestions on better eating habits you can go to www.choosemyplate.gov or ask for a referral to see your local dietitian.