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A Quick Guide To Eating Healthy with Type II Diabetes

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A Quick Guide to Healthy Eating with Diabetes

What is Diabetes?

Diabetes is a disease that causes your blood sugar [glucose] to be too high. This is because your body doesn't have enough insulin or doesn't use insulin effectively.

Why is diabetic management important?

Uncontrolled diabetes can increase your risk of developing heart disease, nerve disease, kidney disease, eye disease, foot damage, and infections.



Healthy Food Choices

Fruits and Vegetables

apples, oranges, peaches, berries, mangoes, carrots, dark leafy greens, and broccoli

Lean Proteins

chicken, turkey, lean beef, white fish, yogurt, low-fat milk, beans, and peanut butter

Healthy Fats

salmon, tuna, avocado, eggs, nuts, seeds, and olive oil

Stay Hydrated!

Dehydration can increase your blood sugar levels

Foods to Limit

High Carbohydrate Foods

breads, rice, pasta, and dry cereals

Starchy Vegetables

potatoes, french fries, potato chips, and corn

Sugary Beverages

soda, sweetened teas, sports drinks (e.g., Gatorade), and fruit juice

Common Misconceptions about Diabetes Management

“All carbohydrates are bad”

It is all about quantity, quality, and balance. Whole fruits are a healthy source of carbs because they have fiber, which helps to slow the absorption of sugar into your body. Eating protein with fruits (e.g., apple with peanut butter) will slow the absorption of sugars even more!

“Artificial sweeteners are a good alternative”

We do not yet fully understand the effect of artificial sweeteners on our bodies. Artificial sweeteners may worsen glucose intolerance. It is best to limit the consumption of these substances.

“Bread, pasta, cookies, and other high carb foods are off limits”

These foods can still be enjoyed by managing your portion sizes and eating a balanced meal. Diabetes.org recommends the following portion sizes:

Bread	One Slice	Rice or Cooked Pasta	1/3 Cup
Dry Cereal	3/4 Cup	Potato or Corn	1/2 Cup

Resources for Diabetes Management

ChooseMyPlate.gov

Provides practical information about building a balanced diet with an easy-to-use visual format

DiabetesEducator.org

Provides information about a variety of topics important to patients living with diabetes

CDC.gov/diabetes/management/eat-well

Provides science-based information about nutrition and weight-loss planning

NIDDK.nih.gov

Provides useful tips about serving sizes, grocery shopping, eating out, and more



Next Steps

1

Keep a food diary for a day

Write down all the foods, including how much, you eat in a day to track the kinds of food you eating and how many calories you are consuming each day

2

Meet with your Primary Care Provider

Your PCP can help create an action plan and set goals for your diabetes management

3

Make an appointment with our Registered Dietitian

Jill McKenney, RD, Community Health Team
Phone: 802-886-8907
Email: jmckenney@springfieldmed.org

Notes
