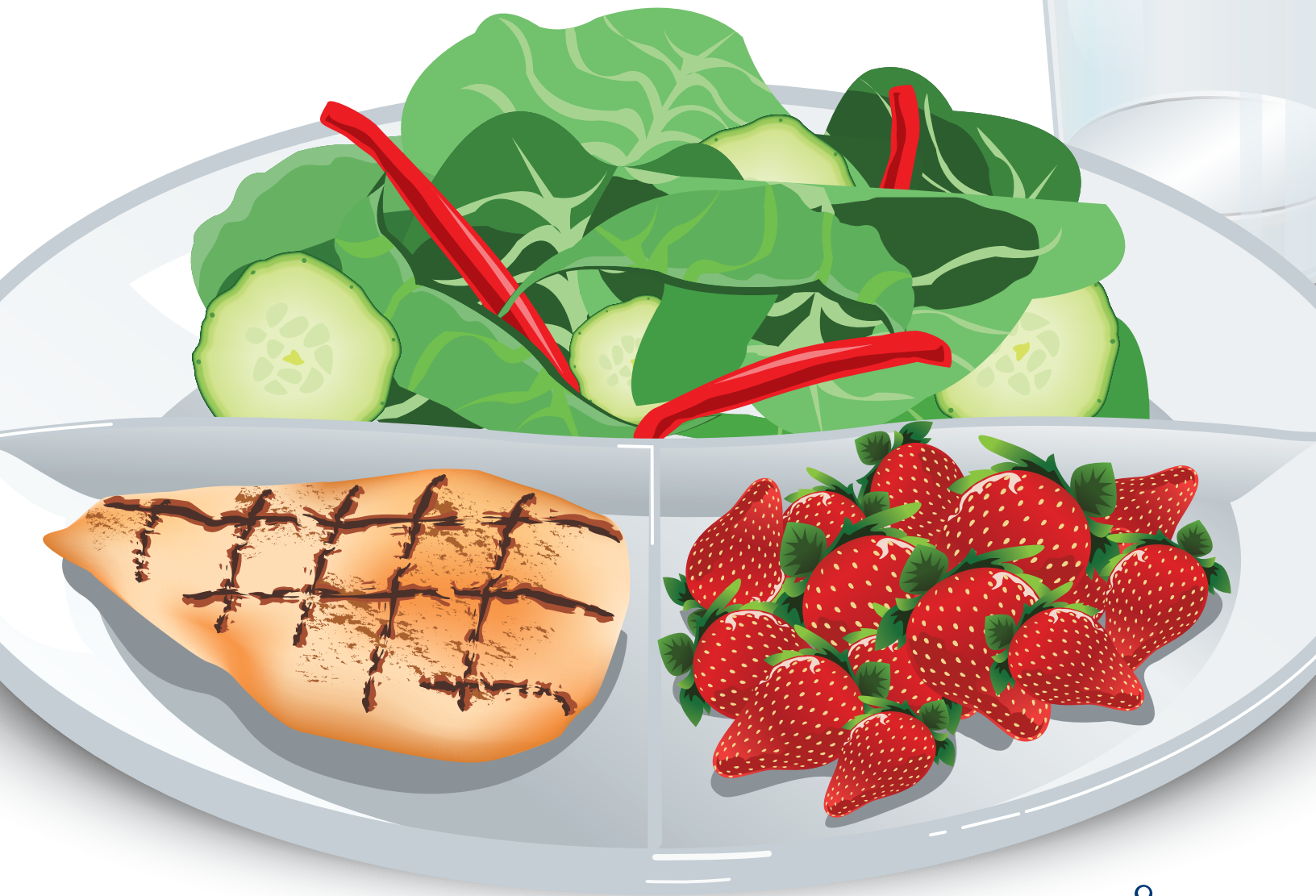


Planning healthy meals



Diabetes and healthy eating

Good diabetes self-care includes following a healthy eating plan. Try to:

- Eat a variety of foods in the right amounts
- Check food labels for calorie, carbohydrate, total fat, and sodium amounts
- Eat regularly (small portions several times a day)
- Match how much you eat with your activity level
- Eat fewer foods high in calories, cholesterol, saturated fat, trans fat, and sodium

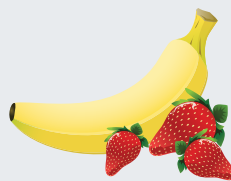
Talk with your diabetes care team if you have any questions about your healthy eating plan.

“Every time I prepare my foods now I think of my health beforehand.”

– NovoCare® Education & Resources Member

Making healthy food choices

- Lots of nonstarchy vegetables
- Whole-grain foods
- Fish at least 2 times a week
- Lean cuts of beef and pork
- Remove skin from chicken and turkey
- Non-fat or low-fat dairy products
- Water, unsweetened tea, coffee, and calorie-free “diet” drinks instead of drinks with sugar
- Liquid oils for cooking instead of solid fats
 - Limit quantities
- Choose whole foods over processed foods whenever possible



Ask your diabetes care team how many fruits a day are right for you

Tips for dining out with diabetes

- If you don't know what's in a dish or how it's prepared, ask
- Ask for salad dressing, sauces, and gravy on the side
- Estimate your normal portion and put the extra in a container to go
- Try to limit alcohol and sugary drinks, or avoid them
- Don't rush! Eat slowly and really enjoy your meal



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DIABETES

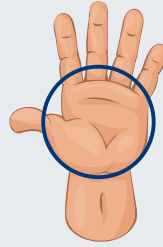
Estimating portion sizes

When you can't measure, you can estimate!

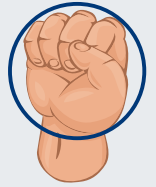
Keep in mind that all hands are different sizes. Before you estimate, compare your fist size to a measuring cup.

Portion size is the amount of a food you choose to eat at any one time.

Serving size is a set, measured amount of food as shown on the label below.

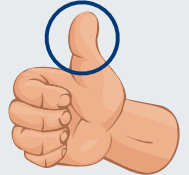


A loose fist equals about 1 cup
(milk, yogurt, dry cereal, etc.)



A palm equals about 3 ounces
(cooked, boneless meat)

A thumb equals about 1 ounce or 1 tablespoon
(peanut butter or salad dressing)



Reading a Nutrition Facts label

Use it to compare foods and to help you make decisions about the foods you choose to eat.

Check serving size. Information on the label is based on 1 serving. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 8 servings. But the food facts given are for only 1 serving.

Look at the amount of fat. Try to limit saturated fats and avoid trans fats.

Check how many grams of total carbs are in each serving. This number is important if you are counting carbs.

Notice how many grams of fiber are in each serving. Dietary fiber has many benefits on your body, such as helping to lower cholesterol. Therefore, try to choose foods with the most fiber.

Look at how many grams of added sugar the food contains. This is sugar that has been added as the food is made. Try to choose foods with less added sugar.

| Nutrition Facts | |
|-------------------------------|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Know your nutrients and create your plate



1. Nonstarchy Vegetables

Fill half your plate with nonstarchy vegetables such as salad greens, broccoli, cauliflower, or squash.

2. Protein Foods

Fill one quarter of your plate, about 3 ounces, with lean protein foods. Fish, chicken, lean beef, soy products, and cheese are all foods that are high in protein.

3. Carbohydrate Foods

Fill one quarter of your plate with carbohydrate foods like whole grains, starchy vegetables, fruit, or dairy.

4. Water or a 0-calorie drink

Choose a drink without calories or carbs like water or unsweetened tea or coffee (hot or iced).

Protein Foods

Size of a deck of cards



Carbohydrate Foods

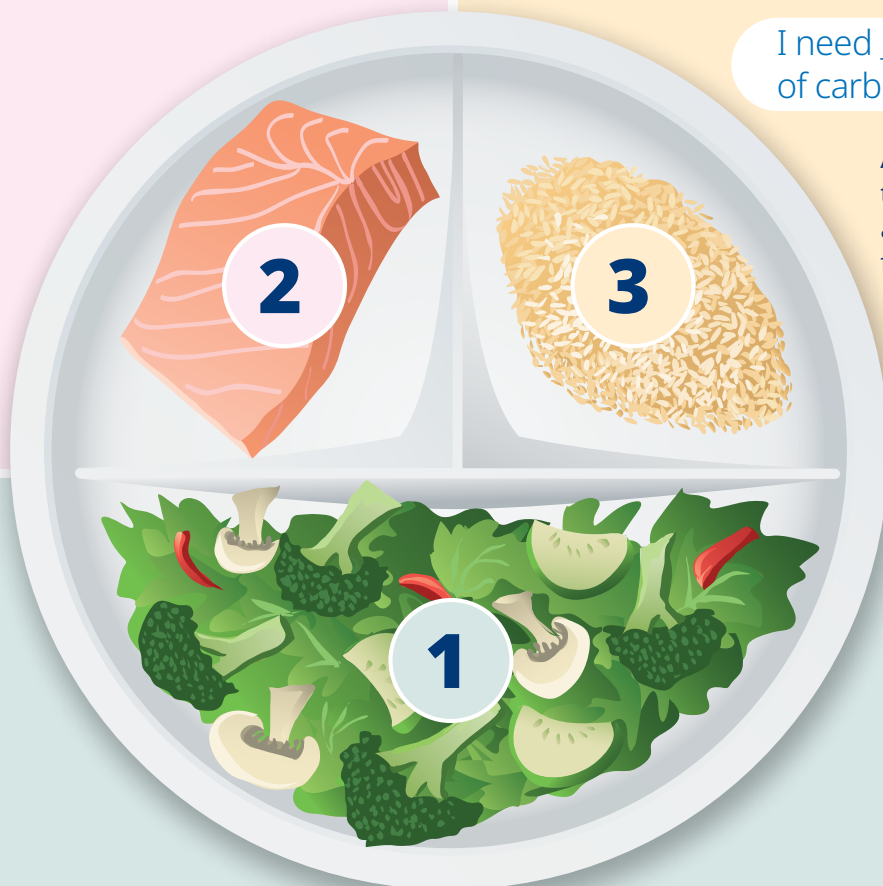
Size of a computer mouse



Each carb serving listed contains 15 grams of carbs.

I need _____ grams of carbs per meal.

Ask your diabetes care team what the right amount of carbs is for you.



Nonstarchy Vegetables

- Do not raise blood glucose very much
- High in vitamins, minerals, and fiber, making them an important part of any healthy eating plan
- 1 cup raw or ½ cup cooked = 5 grams of carbohydrates

Artichoke hearts

Asparagus

Baby corn

Bamboo shoots

Bean sprouts

Beans (green, wax, Italian)

Broccoli

Brussels sprouts

Cabbage (green, bok choy, Chinese)

Carrots

Cauliflower

Celery

Cucumber

Eggplant

Green onions or scallions

Leafy greens (collard, kale, mustard, turnip)

Leeks

Mixed vegetables (without corn, peas, or pasta)

Mushrooms, all kinds, fresh

Okra

Onions

Pea pods

Peppers (all varieties)

Radishes

Salad greens (lettuce, arugula, endive)

Sauerkraut

Soybean sprouts

Spinach

Squash (summer, crookneck, zucchini)

Tomato

Turnips

Water chestnuts

Noncarbohydrates

Protein Foods



- Protein foods do not raise blood glucose significantly
- Try to choose lean proteins and bake, grill, or broil them
- Each serving size of protein foods listed below = 0 grams of carbs
- A portion on your plate may be 3 oz of cooked meat or 3 servings
- Your number of servings per day will depend on your eating plan

| | Protein | Fat |
|------------------------|---------|-------|
| Lean meat | 7 g | 0–3 g |
| Medium-fat meat | 7 g | 4–7 g |
| High-fat meat | 7 g | 8+ g |

| | | SERVING SIZE |
|----------------|--|--------------|
| Beef | Lean—Ground round, roast, round, sirloin, steak, tenderloin | 1 oz |
| | Medium-fat—Corned beef, ground beef, prime rib, short ribs | 1 oz |
| Chicken | Lean—Without skin | 1 oz |
| | Medium-fat—With skin | 1 oz |
| Fish | Lean—Smoked: herring or salmon (lox) | 1 oz |
| | Medium-fat: Any fried product | 1 oz |
| Lamb | Lean—Chop, leg, or roast | 1 oz |
| | Medium-fat—Ground, rib roast | 1 oz |
| Pork | Lean—Canadian bacon, rib or loin chop/roast, ham, tenderloin | 1 oz |
| | Medium-fat—Cutlet, shoulder roast | 1 oz |
| | High-fat—Ground, sausage, spareribs | 1 oz |
| Sandwich meats | Lean—Chipped beef, deli thin-sliced meats, turkey ham | 1 oz |
| | High-fat—Bologna, pastrami, hard salami | 1 oz |
| Sausage | Medium-fat—With 4–7 grams of fat per oz | 1 oz |
| | High-fat—Bratwurst, chorizo, Italian, knockwurst, Polish, smoked | 1 oz |
| Shellfish | Lean—Clams, crab, imitation shellfish, lobster, scallops, shrimp | 1 oz |
| Veal | Lean—Loin chop, roast | 1 oz |
| | Medium-fat—Cutlet (no breading) | 1 oz |

| Meat Substitutes | SERVING SIZE |
|--|--------------|
| Beef jerky (lean) | ½ oz |
| Cheese | |
| Lean—Cottage cheese | ¼ cup |
| Medium-fat—Feta, mozzarella, reduced-fat cheeses, string | 1 oz |
| High-fat—American, bleu, brie, cheddar, queso, and Swiss | 1 oz |
| Egg (medium-fat) | 1 |
| Egg substitutes, plain (lean) | ¼ cup |
| Egg whites (lean) | 2 |
| Hot dog | |
| Lean—3 grams of fat or less per oz | 1 |
| High-fat—Beef or pork | 1 |
| Sardines, canned (lean) | 2 small |
| Tofu | ½ cup |

Fats

- Do not raise blood glucose significantly
- Use sparingly and limit saturated fat
- Will help slow the rise of blood glucose after meals
- Each serving size of fats listed below = 5 grams of fat

Polyunsaturated Fats

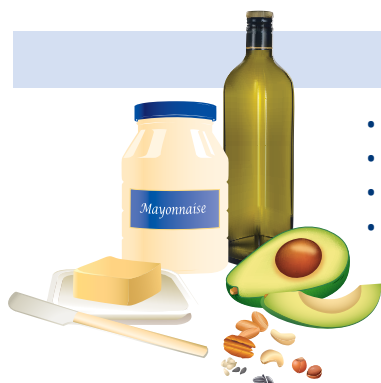
| | SERVING SIZE |
|--|--------------|
| Margarine | |
| Lower fat spread (30%–50% vegetable oil, <i>trans</i> fat-free) | 1 Tbsp |
| Stick, tub (<i>trans</i> fat-free), or squeeze (<i>trans</i> fat-free) | 1 tsp |
| Mayonnaise | |
| Reduced-fat | 1 Tbsp |
| Regular | 1 tsp |
| Oil: corn, cottonseed, flaxseed, grape seed, safflower, soybean, sunflower | 1 tsp |
| Salad dressing | |
| Reduced-fat | 2 Tbsp |
| Regular | 1 Tbsp |
| Seeds: flaxseed (whole), pumpkin, sunflower, sesame | 1 Tbsp |
| Walnuts | 4 halves |

Saturated Fats

| | SERVING SIZE |
|---------------------------------|--------------|
| Bacon | 1 slice |
| Butter | |
| Reduced-fat | 1 Tbsp |
| Stick | 1 tsp |
| Whipped | 2 tsp |
| Cream | |
| Half and half | 2 Tbsp |
| Heavy | 1 Tbsp |
| Light | 1½ Tbsp |
| Whipped, pressurized | ¼ cup |
| Cream cheese | |
| Reduced-fat | 1½ Tbsp |
| Regular | 1 Tbsp |
| Lard | 1 tsp |
| Oil: coconut, palm, palm kernel | 1 tsp |
| Shortening, solid | 1 tsp |
| Sour cream | |
| Reduced-fat or light | 3 Tbsp |
| Regular | 2 Tbsp |

Unsaturated Fats (Monounsaturated)

| | SERVING SIZE |
|--------------------------------------|--------------|
| Avocado | 2 Tbsp |
| Nut butters (<i>trans</i> fat-free) | 1½ tsp |
| Nuts | |
| Almonds | 6 |
| Cashews | 6 |
| Peanuts | 10 |
| Pecans | 4 halves |
| Pistachios | 16 |
| Oil: canola, olive, peanut | 1 tsp |
| Olives, Black | 8 large |
| Olives, Green, stuffed | 10 large |



Carbohydrate Foods

- Most of the carbohydrates we eat quickly turn into blood glucose
- There are 3 main types of carbohydrates in the foods you eat, sugar, starch, and fiber
- When you look at food labels, “total carbohydrate” includes all 3 types
- A serving size of carbs listed = 15 grams of carbs



Starch/Grains

| Bread | SERVING SIZE |
|--|----------------|
| Bagel, large (about 4 oz) | ¼ (1 oz) |
| Bread, reduced-calorie | 2 slices |
| Bread, white, whole-grain, pumpernickel, rye | 1 slice (1 oz) |
| English muffin | ½ |
| Hot dog or hamburger bun | ½ (1 oz) |
| Pancake, 4 inches across | 1 |
| Pita, 6 inches across | ½ |
| Roll, plain, small | 1 (1 oz) |
| Taco shell, 5 inches across | 2 |
| Tortilla, corn or flour, 6 inches | 1 |
| Waffle, 4-inch square | 1 |

| Crackers and Snacks | SERVING SIZE |
|---|--------------|
| Animal crackers | 8 |
| Cookies, Chocolate chip | 2 cookies |
| Crackers | |
| Round, butter type | 6 |
| Saltine-type | 6 |
| Sandwich-style, cheese or peanut butter filling | 3 |
| Whole-wheat | 2–5 |
| Graham cracker, 2½-inch square | 3 |
| Oyster crackers | 20 |
| Popcorn | 3 cups |
| Pretzels | ¾ oz |
| Rice cakes, 4 inches across | 2 |
| Snack chips | |
| Fat-free or baked (tortilla, potato, pita) | 15–20 |
| Regular (tortilla, potato) | 9–13 |

| Cereals and Grains | SERVING SIZE |
|------------------------------|--------------|
| Bran, dry, wheat | ½ cup |
| Cereals | |
| Cooked (oats, oatmeal) | ½ cup |
| Puffed | 1½ cups |
| Shredded wheat, plain | ½ cup |
| Sugar-coated | ½ cup |
| Unsweetened, ready-to-eat | ¾ cup |
| Couscous | ⅓ cup |
| Granola, low-fat or regular | ¼ cup |
| Grits, cooked | ½ cup |
| Pasta, cooked | ⅓ cup |
| Rice, white or brown, cooked | ⅓ cup |
| Wild rice, cooked | ⅓ cup |

| Starchy Vegetables | SERVING SIZE |
|---|----------------|
| Baked beans | ⅓ cup |
| Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, white) | ½ cup |
| Corn on cob, large | ½ cup |
| Lentils, cooked | ½ cup |
| Mixed vegetables with corn, peas, or pasta | 1 cup |
| Peas, green | ½ cup |
| Potato | |
| Baked with skin | ¼ large (3 oz) |
| Boiled, all kinds | ½ cup |
| Mashed, with milk and fat | ½ cup |
| French fried (oven-baked) | 1 cup (2 oz) |
| Pumpkin, canned, no sugar added | 1 cup |
| Squash, winter (acorn, butternut) | 1 cup |
| Yam, sweet potato, plain | ½ cup |

Dairy

Milk and Yogurts

| | SERVING SIZE |
|--|--------------|
| Chocolate milk, fat-free or whole | ½ cup |
| Evaporated milk (all kinds) | ½ cup |
| Ice cream, light, no sugar added, or regular | ½ cup |
| Milk or buttermilk, fat-free, low-fat (1%), reduced-fat (2%), or whole | 1 cup |
| Soy milk, light or regular, plain | 1 cup |
| Yogurt, plain, whole | 1 cup |



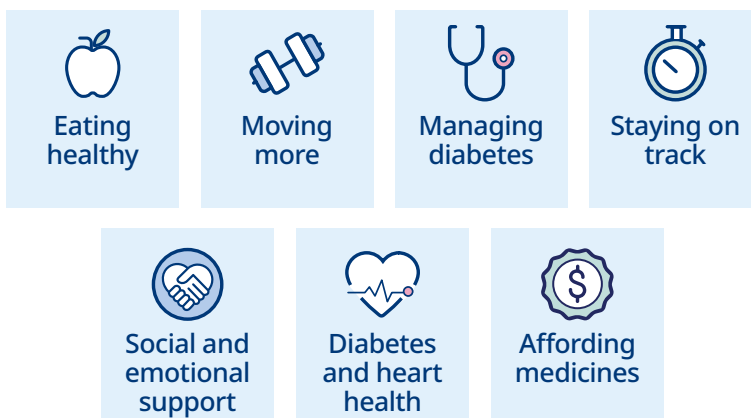
Fruit

| Fruits | SERVING SIZE |
|-------------------------|--------------------------|
| Apple, unpeeled, small | 1 (4 oz) |
| Applesauce, unsweetened | ½ cup |
| Apricots, whole | 4 (5½ oz) |
| Banana | ½ (4 oz) |
| Blackberries | ¾ cup |
| Blueberries | ¾ cup |
| Cantaloupe, small | ⅓ melon or 1 cup |
| Cherries | 12 (3 oz) |
| Dates | 3 |
| Dried fruits | 2 Tbsp |
| Figs (fresh or dried) | 1½ |
| Fruit juice | ½ cup |
| Grapefruit, large | ½ (11 oz) |
| Grapes, small | 17 (3 oz) |
| Honeydew melon | 1 slice or 1 cup |
| Kiwi | 1 (3½ oz) |
| Mango, small | ½ fruit (5½ oz) or ½ cup |
| Nectarine, small | 1 (5 oz) |
| Orange, small | 1 (6½ oz) |
| Papaya | ½ fruit or 1 cup |
| Peaches, medium | 1 (6 oz) |
| Pears | ½ cup (4 oz) |
| Pineapple | ¾ cup |
| Plums, small | 3 |
| Prunes | 2 (5 oz) |
| Raspberries | 1 cup |
| Strawberries, whole | 1¼ cups |
| Tangerines, small | 2 (8 oz) |
| Watermelon | 1 slice or 1¼ cups |



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