

BASIC NUTRITION ADVICE for DIABETICS or CAREGIVERS of DIABETICS

1. Avoid all concentrated sweets

Cakes	Icing	Regular Jell-O
Candy	Jams & jellies	Regular pop
Fruit drinks or punch	Regular Pudding	Sugar
Honey	Pies	Syrup

2. Eat 3 meals every day on a regular schedule.

NO skipped meals. Follow diabetic meal plan if available.

3. Eat an evening snack every day (hungry or not). Include protein food and starchy food.

Examples are: milk and graham crackers, milk and cold cereal,
peanut butter and crackers, cottage cheese, and fruit.

4. Include some protein food in every meal and snack.

Protein Foods:

Meat	Eggs	Cottage Cheese
Fish	Cheese	Peanut Butter
Milk	Dry Beans	

5. Eat no more than 1-2 teaspoons of fat each meal.

FAT MEANS: butter, margarine, oil, shortening, meat fat, cream cheese,
salad dressings, gravy.

NO Fried Foods. 1 slice of bacon = 1 teaspoon fat

6. Limit fruits and juices to 1 serving (1/2 cup) each meal.