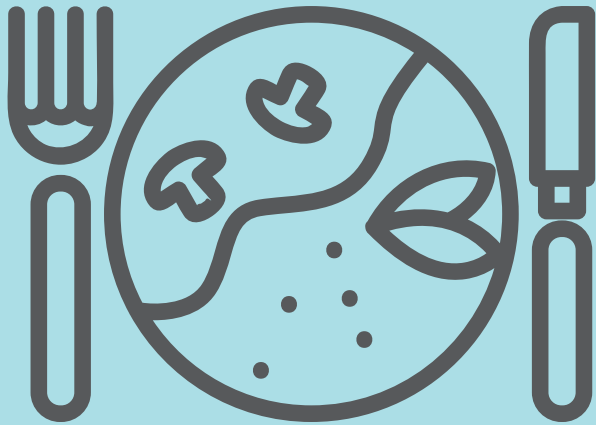


# Meal Plan for Patients with Diabetes



For more information, visit  
[www.shifaclinic.org](http://www.shifaclinic.org)  
Contact us: (916) 441-6008  
419 V. St, Sacramento, CA

## What is diabetes?

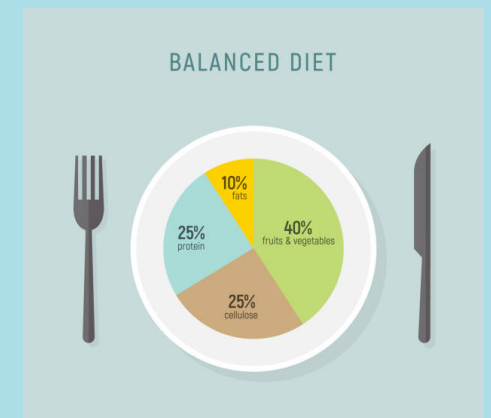
Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. When the body is unable to make or use insulin, too much sugar is left in the bloodstream, leading to heart problems, kidney disease and vision loss.



Insulin is a key that allows the blood sugar to be used up by the cells as energy. There is no cure but overall diet and food choices can help lead a healthy lifestyle.

## Concepts for Control

- Choose small portions.
- Eat 3 meals a day about 4-5 hours apart.
- Spread intake of carbohydrates through the day.
- Choose heart healthy (unsaturated) fats in each meal.
- Limit alcohol intake.
- If you are overweight, losing 12-20 pounds can improve blood sugar control.



# Carbohydrate counting

100% carbohydrates turn into blood sugar.

Average person with Type 2 Diabetes needs:

- 45-60 grams of carbohydrates per meal.
- 15 grams carbohydrates per snack.

Foods such as grains, fruits, starchy vegetables, dried beans, lentils, milk and sugary beverages.

# Total Carbohydrate and Fiber

Fiber is the portion of total carbohydrate that will raise blood sugar.

# Protein

Protein provides your body with the building blocks for muscles and tissues. It is important to choose lean and low fat protein, in small portions, at each meal.

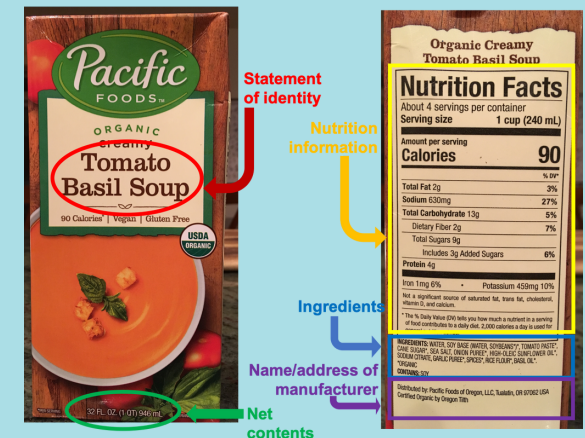
Foods such as Chicken, turkey, poultry, eggs, cheese, beef, fish, soy based products etc.

# Fats

Fats are essential, in small amounts, for a healthy body. Foods such as butter, cream, oil(olive), nuts and avocados.

# Reading Food Labels

**Serving Size** is the amount of food recommended as a portion by manufacturers. The nutrition information mentioned on food labels represents nutrients actually measured in a "serving size."



Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%

Nutrition Facts	
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Includes 10g Added Sugars	20%
Protein 3g	