

# Diabetes Mellitus – Diet and Plan

## Plan:

- Increase Cardiovascular activity (30-60 minutes most days of the week)
- Increase overall daily activity (take the stairs, park farther away, etc)
- Check your feet everyday for cuts, blisters, red spots of swelling
- Brush your teeth and floss everyday to prevent mouth problems
- Find ways to cope with stress (breathing, yoga, walking, taking a bath)
- STOP Smoking (if you smoke)
- Monitor your blood sugar, cholesterol, and blood pressure
- Modify diet using the information below

## Diet Recommendations:

- Decrease intake of processed foods
  - Includes candy, high sugar cereals (tip: if high fructose corn syrup is in the top ingredients) AND white breads, crackers, pastries, cookies, etc.
- Decrease overall intake of fats and salt
- Decrease overall daily calorie intake
  - See Portion Size Guide
- Increase intake of Fruits and Vegetables
- Increase intake of High Fiber Grains
  - Examples: Whole Wheat Breads and Cereals, Oatmeal, etc.
- Limit intake of Alcoholic Beverages to 1 (women) or 2 (men) or less per day

Instead of:	Try:
Whole Fat Dairy Products (cheese, milk, yogurt, ice cream, etc)	Low fat or Nonfat Dairy Products
Red Meats (steak, ground beef, etc)	White Meats (chicken breast, ground turkey, fish)
Butter for cooking	Olive oil or Canola oil for cooking
Fried foods	Baked, Grilled, or Roasted foods
Salt	Salt-free spices (Rosemary, Basil, etc) or fresh herbs (Cilantro, Basil, etc) or salt substitute
Eating Out	Eating at Home (where you can control portion sizes and ingredients)

## Other Resources:

- National Diabetes Education Program website: <http://ndep.nih.gov/> \*
- Centers for Disease Control (CDC) website: <http://www.cdc.gov/>
- American Diabetes Association website: <http://www.diabetes.org/home.jsp>

## Portion Size Guide\*

**Woman's fist or baseball** - a serving of vegetables or fruit is about the size of your fist

**A rounded handful** - about one half cup cooked or raw veggies or cut fruit, a piece of fruit, or ½ cup of cooked rice or pasta - this is a good measure for a snack serving, such as chips or pretzels

**Deck of cards** - a serving of meat, fish or poultry or the palm of your hand (don't count your fingers!) - for example, one chicken breast, ¼ pound hamburger patty or a medium pork chop

**Golf ball or large egg** - one quarter cup of dried fruit or nuts

**Tennis ball** - about one half cup of ice cream

**Computer mouse** - about the size of a small baked potato

**Compact disc** - about the size of one serving of pancake or small waffle

**Thumb tip** - about one teaspoon of peanut butter

**Six dice** - a serving of cheese

**Check book** - a serving of fish (approximately 3 oz.)

**Eyeball it!** - Take a look at the recommended serving sizes on the new [USDA MyPyramid Food Guidance System](#). Get out a measuring cup or a food scale and practice measuring some of your favorite foods onto a plate, so that you can see how much (or how little!) a ½ cup or 3-ounce serving is. This will help you "eyeball" a reasonable serving!

\* <http://www.mealsmatter.org/EatingForHealth/Topics/article.aspx?articleID=52>