

Katie's Healthy Habits



Eat

Treat yourself to delicious, healthy foods that you enjoy eating. Talk to your doctor, nutritionist, or registered dietician to find out portion sizes that are right for you.

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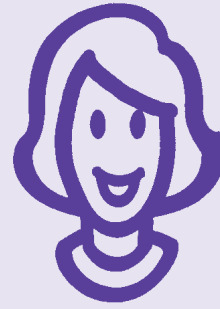
Make exercise a part of your daily routine. It feels good to take care of your body!

Take a Minute

What time of day do you usually feel like you need a break? Be sure to set aside some time each day to recharge your batteries. This might be a good time to eat a healthy snack, too!

- Eat a variety of foods.
 - Feel better today.
 - Stay healthy tomorrow.

Katie's Fun Facts



about diabetes...

- Almost 24 million people in the United States have diabetes.
- Some people who have diabetes don't even know they have it.
- Managing diabetes is individual to each person. Talk to your doctor about a plan that is right for you.



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10M, Revised May 2010, EFNEP-0211

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Katie Comes Calling

Diabetes Nutrition Tips



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Diabetes Nutrition Tips

The number of children and adults with diabetes in Alabama is growing. Here are a few tips to help you manage your diabetes:

- Eat well-balanced meals to help keep your blood glucose (sugar) levels in a healthy range.
- Enjoy your favorite foods. Just be sure to pay attention to portion sizes.
- Eat a variety of foods every day.

Diabetes Meal Plan

The diabetes meal plan is a guide that recommends the amounts of specific foods to choose for meals and snacks. The number of servings is based on your nutrition needs.

A meal plan is part of a program to help manage your blood glucose (sugar) levels. Talk to your doctor about using a meal plan in addition to the recommended medications and exercise.

Breads, Grains, and Starches

6 to 11 servings per day

- 1 slice bread
- 1/3 cup rice
- 1/2 cup cooked cereal
- 3/4 cup dry cereal
- 1/2 cup corn
- 1/2 cup potatoes

Vegetables

3 to 5 servings per day

- 1 cup raw
- 1/2 cup cooked

Fruit

2 to 4 servings per day

- 1 small fresh fruit
- 1/3 to 1/2 cup juice
- 1/2 cup canned (packed in its own juice)
- 1 1/4 cups strawberries
- 2 tablespoons dried fruit

Milk, Nonfat Dairy

2 to 3 servings per day

- 1 cup 1 percent or skim milk
- 1 cup low-fat yogurt

Fats and Sweets

(use sparingly)

- 1 teaspoon margarine
- 2 small cookies

Meat and Meat Substitutes

4 to 6 ounces per day (3 ounces of meat is the size of a deck of cards)

- 1 ounce = 1 egg
- 1 tablespoon peanut butter
- 1/4 cup cottage cheese

Remember!

- Avoid skipping meals.
- Check your food labels to help make smart choices.
- Limit fats to help prevent some of the risk factors for diabetes, such as heart disease.
- Sugar free does not mean carbohydrate free. Sugar-free foods can still raise blood sugar levels.
- A free food is one with less than 20 calories and 5 grams of carbohydrates per serving.
- Choose whole grains and fiber as part of a healthy meal plan.
- Keep an exercise program.
- Discuss with your doctor any problems or areas that you have difficulty managing.
- Keep your family involved in your diabetes care team.

Dear Friend,

I come to you from your county Extension office.

I can tell you many things about feeding and caring for your family.

Come by or call the Extension office for free material!

-Katie

