



## LIFESKILLS

### Diabetic Diet Highlights

Eating wisely helps you balance your blood sugar levels and control your diabetes. Special foods are not required. The key to diabetes diet management is balance, moderation, and variety.

The following points can help you take charge of your diabetes.

- Eat regular meals

Never skip meals or planned snacks. Your body needs foods throughout the day. Try to keep meals within an hour of your regular meal schedule.

Consistency in the amount of food you eat every day is also important.

- Eat less sugar and high sugar treats

Sugar containing treats as donuts and soda pop contain few nutrients like vitamins and minerals your body needs everyday. These foods are rich in calories and may increase your blood sugar and weight. In fact they are often thought of as supplying “empty calories”. Try sugar substitutes when you wish to sweeten your foods.

Consume small portions of fruit juice.

- Practice portion control

Eat a variety of foods everyday, but don't overdo amounts or portions eaten.

- Eat less fat

Controlling your fat intake can help you with your weight management efforts.

Try these tips:

- Choose low fat meats, poultry without skin and fish
- Bake, broil, grill, boil or steam foods with added fat
- Use low fat dairy foods as 1% milk or less, light sour cream, etc.
- Try light tub margarines, low or non-fat salad dressings
- Reduce/eliminate fat in recipes (try applesauce to replace half or all of the oil in a recipe as muffins)

- Eat more fiber

Fiber-rich foods as raw fruits and vegetables (with skins), whole-grain breads and cereals, as well as dried beans, peas, and lentils may assist in bowel regularity, weight management as well as blood sugar control.