



# Diabetes & Your Health

## *Foods Not to Eat*

- Sugar or honey
- Alcoholic drinks
- Syrup
- Candy
- Jelly or jam
- Cakes or cookies
- Doughnuts
- Brownies
- Ice Cream
- Sherbet
- Pies
- Pudding

## *Healthy Snacks*

- 1 low-fat granola bar
- 1/2 cup fresh fruit
- 1/2 cup sugar-free pudding
- 5 vanilla wafers
- 6 to 12 tortilla chips with salsa
- 5 whole wheat crackers with a little peanut butter or low-fat cheese

For more information, contact:

SoonerCare Disease Management Services  
(405) 522-6205  
(800) 522-0114

or talk to your doctor.

## *Healthy Eating Makes a Difference*

People who have diabetes need to pay attention to what they eat and drink. Making good choices about what you eat and drink is a very important part of living with diabetes. Combined with exercise, healthy eating helps to manage diabetes, as well as blood pressure and cholesterol.

## *Healthy Eating Tips*

- Eat 3 well balanced meals a day and never skip meals.
- Eat a wide variety of foods and smaller helpings for a healthy diet.
- Eat 3 to 5 servings of non-starchy vegetables every day.
- Eat more foods that are high in fiber such as oatmeal, bran cereal, brown rice, canned or dry beans, and raw vegetables.
- Limit lean meat, fish, and poultry to 6 or 7 ounces per day.
- Limit starchy foods to 1 or 2 servings per meal.
- Limit fruits to 1 small piece with lunch or dinner. Don't eat fruit at breakfast.
- Limit milk to 2 cups of skim or fat free milk per day.
- Use sugar substitutes like Equal™, Splenda™, or Sweet n' Low™.
- Avoid high fat foods such as bacon, sausage, fried foods, bologna, mayonnaise, and regular cheese.



## *Portion Size Guide*

- Grains, Beans, & Starchy Vegetables: 1/2 cup portion (size of a fist)
- Non-Starchy Vegetables: 1/2 cup of cooked vegetables (size of a fist) or 1 cup of raw vegetables (size of two fists)
- Fruits: 1 small orange or apple (size of a baseball)
- Dairy: 1 cup of yogurt, 1 cup skim or fat free milk (size of a baseball)
- Meats: 3 ounces of lean meat, poultry, or fish (size of a deck of cards)
- Fats: 1 teaspoon of butter, oil, or margarine

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

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