

Make Every Bite Count

Practical Nutrition for Diabetes Wellness							
Starches		Each serving contains about 15 grams of carbohydrates.					
Important source of B vitamins and fiber. Choose whole grains whenever possible.	1-ounce slice whole grain bread product	6-inch tortilla (corn or flour)	4-6 whole wheat crackers	½ cup cooked cereal (oatmeal, quinoa) or ¾ cup unsweetened cold cereal	1/3 cup cooked brown rice or whole-wheat pasta	½ cup cooked beans, peas, or lentils	½ medium baked or sweet potato; ½ cup mashed potato
Milk / Dairy		Each serving contains about 12 grams of carbohydrates.					
Good source of protein, fiber, and vitamins A & D. Choose unsweetened milk alternatives.	1 cup non-fat milk	1 cup low-fat milk	1 cup plain, unsweetened soy or rice milk	¾ cup (6 ounces) plain, lite, low-fat yogurt	½ cup plain Greek yogurt	Protein shakes – check label for carbohydrate amount	Almond milk – check label for carbohydrate amount
Fruit		Each serving contains about 15 grams of carbohydrates.					
Choose whole fruit over processed or juices. Edible peelings add to fiber intake.	1 small (tennis ball) apple, orange, pear, or peach	½ medium banana or mango	15 grapes	1 cup melon – honeydew – cantaloupe	1 cup berries	2 tablespoon raisin, cranberry, or other dried fruit	½ cup unsweetened canned fruit or juice
Non-Starchy Vegetables		Each serving contains about 5 grams of carbohydrates.					
Great source of vitamins A, C, folate, fiber, and other minerals. Aim for fresh or frozen when possible.	1/2 cup cooked or 1 cup raw for all vegetables – broccoli, green beans, spinach, cauliflower, carrots, peppers, mushrooms, tomatoes, etc. Or, ½ cup vegetable juice.						
Protein		Each serving contains about 0 grams carbohydrate and about 7 grams of protein.					
Eat plant-based protein, fish, and seafood more often than animal protein. Bake, broil, or roast over fry.	1 tablespoon peanut-butter or 2 tablespoons of nuts	½ cup tofu or other soy based product	1 egg or 2 egg whites	1 ounce low-fat cheese	¼ cup low-fast cottage cheese	1 ounce cooked fish or lean red meat	1 ounce cooked poultry with skin and fat removed
Oil & Fats		Each serving contains about 0 grams of carbohydrates and about 5 grams of fat.					
Helps the body in vitamin absorption and functioning. Provides flavor and texture.	1 teaspoon of olive, canola, or peanut oil	8 olives, or 6 almonds or cashews	1/8 th cup, or two tablespoons, of avocado	1 teaspoon of corn, safflower, or sunflower oil	1 tablespoon of reduced fat mayonnaise	1 teaspoon of butter	2 tablespoons of cream or half and half



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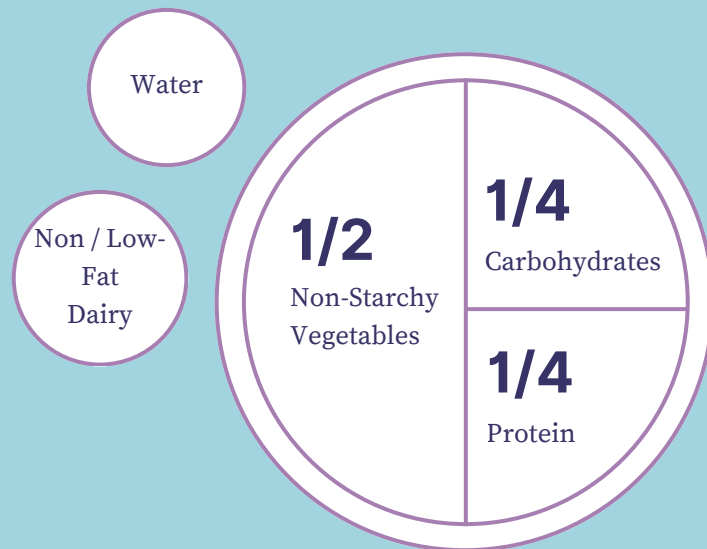
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Your Plate



Tips

- 1 serving = 15 grams.
- Aim to consume meals and snacks at regular intervals throughout the day.
- Don't skip meals, if possible.
- Strive for balanced daily carb consumption.
- Include vegetables and whole fruits in each meal.
- Choose whole grains over refined carbohydrates.
- Include a plant-slant to your protein.
- Choose unsaturated fat over saturated or trans fat.
- Use the plate method (above) for balanced meals.
- Eat slowly to avoid overeating.