



Healthy Eating and Diabetes: before you see an RD

What about you?

How many meals and snacks do you eat each day? _____ meals _____ snacks

Which is your largest meal? _____

How would you describe:

The size of your servings? small average large

How much fat you eat? small average large

How much added sugar you eat? small average large

Do you eat foods from each of the food groups every day?

grains/beans/starchy vegetables yes no

vegetables yes no

fruits yes no

milk yes no

meat yes no

Why learn about healthy eating for diabetes?

- You can make a difference in your diabetes control through your food choices.
- A meal plan can help you decide what, when and how much to eat.
- You do not need special or diet foods.
- When you learn how food affects your diabetes, you can have your favorite foods in your meal plan.

What will you learn?

- What to eat until you meet with a Registered Dietitian (RD).
- How an RD can help you make healthy food choices.
- Where to find an RD.

Food Guide Pyramid

In April of 2005, the United States Department of Agriculture released a new food guidance system replacing the former Food Guide Pyramid. The new system, called “My Pyramid” provides a set of tools based on caloric requirements to help Americans make healthy food choices. It also encourages physical activity.

An individualized plan is recommended for those with diabetes. The “My Pyramid” Web site can provide you general information about healthy eating until you are able to see a Registered Dietitian (RD). The RD will then provide you a personalized meal plan that can meet your nutritional needs. Please visit: <http://www.mypyramid.gov> for more information.

What can you eat?

- Eat at least 3 small meals each day, especially if you are taking diabetes pills or insulin.
- Try to eat about the same amount of food at the same time each day.
- Cut down on foods and drinks with a lot of added sugar (regular soft drinks, rich desserts, and sweet baked goods) until your dietitian shows you how to fit them into your meal plan. It’s OK to use low-calorie sweeteners and diet soda.
- You might need a snack, such as half a sandwich or a small bowl of cereal, between meals and before you go to sleep if you take insulin.
- Avoid drinking alcohol until the dietitian shows you how to fit it into your meal plan.

A Registered Dietitian (RD) can

- Work out a food plan based on what you like to eat.
- Give you tips on grocery shopping, reading food labels, cooking and baking and eating away from home.
- Help you prepare for special times like holidays and when you are ill.
- Help you learn more about how food affects your diabetes.

How to find an RD

Call the Health Education Unit at McKinley Health Center at 333-2714 or SportWell Center at 244-0261 to schedule an appointment with a registered dietitian.

Set your sights

Write down your questions about food and diabetes until you see a registered dietitian.

1. _____

2. I will try to eat _____ fruits per day by _____.
I will try to eat _____ vegetables per day by _____.

3. I will try to eat less fat by _____.
I will try to eat less added sugars by _____.

Keep track

Keep food records for three days and bring them with you when you meet with your RD. Write down what you eat and how much you eat right after you eat it to help you remember. Don't wait until the end of the day.

Example:

Day 1

Time	Foods and drinks eaten and amount
7:00 a.m.	dry cereal-corn flakes 1-1/2 cups

Time	Foods and drinks eaten and amount
_____	_____
_____	_____
_____	_____

The above information is adapted from material by and reprinted with permission from: American Diabetes Association and American Dietetic Association.

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>