



Diabetes Diet

A diabetes diet is a healthy-eating plan rich in nutrients and low in fat and calories. Key elements are foods which contain carbohydrate such as: fruits, vegetables and whole grains. In fact, a diabetes diet is a good eating style for almost everyone.

1. Why do you need to have a diabetes healthy-eating plan?

For people with diabetes, getting extra calories including carbohydrate and fat may cause an undesirable rise in body weight, blood glucose, which is prone to leading long-term complications, such as nerve, kidney and heart damage.

Diabetes-healthy diet helps you control your blood sugar (glucose), manage your weight and heart disease risk factors, such as high blood pressure and high blood fats. Weight loss also can help to control blood glucose and offers a host of other health benefits. A diabetes diet provides a structured, nutritious way to reach your goal safely.

2. What is a diabetes diet?

- Eat three meals a day at regular times
- Balanced diet including carbohydrate, proteins and fats
- Counting carbohydrates and choose more complex type, such as:
 - Whole grains
 - Fruits
 - Vegetables, Legumes, such as beans and peas
 - Low-fat dairy products, such as milk and cheese
- Rich in fibers from whole grains, vegetables and legumes
- Avoid foods or drinks with added sugar
- Avoid saturated fats and trans fats with high animal protein, for example, butter, hot dogs, sausage, bacon; processed snacks, baked goods, shortening and stick margarines as well.
- Limit sodium intake: less than 2,300 mg of sodium per day

◆ Create my own healthy diet plan, an example of 1400~1800 calories per day

Food Group	Each meal Servings	Food choice
Whole grains	2~4	rice, noodle, pasta, bread, oat, corn, sweet potato, taro, potato, pumpkin, coix seed, red bean and mung bean, soda biscuits
Legumes, fish, eggs, meat and their products	2~3	soybeans and their products, egg, livestock, poultry, fish, seafood etc.
Vegetables	1 or more	Lettuce, broccoli, tomato, radish, cucumber, onion, carrot, mushroom, eggplant, bell pepper, asparagus etc.
Fruits	1~2 (per day)	guava, apple, cherry tomato, tangerine, orange, kiwifruit, papaya, pear, peach, banana etc.
Low-fat dairy products	1 (per day)	milk, yogurt, cheese and other dairy products
Oils, fats, nuts and seeds	1~2	plant oil (olive oil, canola oil, sunflower oil, flax seeds oil) avocado, animal oil, butter nuts (peanuts, cashew nuts, sesame)

● My health plate sample



**If you have diabetes or prediabetes, please visit a dietitian for healthy-eating plan.