

Healthy Bites!

1.

How much to eat?

The answer usually has a lot to do with our portion size and number of portions rather than the particular food we choose. We can have it all! Well almost!!

- Bites rather than bowls,
- Cups rather than bottles,
- Several rather than handfuls.
- Sometimes rather than often etc!!

Then add on:

- Eat your vegetables – 2 ½ cups daily - different colors!
- Aim for 3 starch/grain servings as whole grains
- Choose fruit for dessert or snack often – 2 cups daily
- Curtail added fats of spreads, dips and frying
(Allowance: 6 tsps. of oil daily if you calorie needs are 2000 calories)

A guide for portion size can be the food label. Note that often a “single serve” bottle or package is 2-2.5 servings. Large size baked goods and entrees are frequently 2 or more servings. A suggestion is to split them with a friend or save part for a future snack or meal. Break out the measuring cups at home for a reality check on “real size” for portions.

Check out the United States Department of Agriculture web site: **MyPyramid.gov** for a guide for your personal goals for the number of servings right for you.

2.

Eating Well With Diabetes: Carbohydrate

Carbohydrate is key to blood sugar control for people with diabetes. Tight blood sugar control is the key to fighting the complications of diabetes...targets of high blood sugar being: eyes, heart, kidneys, feet and legs, nerves. Blood sugar of generally 90- 120 mg/dl (possibly 130 -140, two hours after meals) should be #1 goal. (ADA)

Carbohydrate in all forms becomes blood sugar. Carbohydrate is more than just “sugars”. Carbohydrate foods are pasta, bread, cereal, rice and any other food made from flours; also potatoes, corn, prepared dry beans, milk, yogurt, fruit and fruit juice.

Carbohydrate foods are part of a healthful diet and should be part of meals and snacks for everyone including those with diabetes. The key is *portion size* and *limiting servings of carbohydrate food* to a general range of 3—5 servings per meal, 1-2 per snack. (15 gm carbohydrate per serving)

Initial advice is to severely limit high sugar foods like soda, juice, desserts, candy and baked goods, and added sugar, reserving them for occasional choices in strictly monitored portions.

Serving size: (equal about 15 gm carbohydrate each)

- ½ c. pasta, rice, potato, corn, beans
- 1 slice bread (standard loaf size), 1 small dinner roll
- ½ English muffin, ½ burger or hot dog bun
- ¼ -1/3 hoagie roll
- ¼ large bagel
- 1 c milk

1 c. lite yogurt (artificially sweetened)
1/3 c. low fat sweetened yogurt
1/2 c ice cream
1/2 c juice or fruit
1 c melon, berries
1/2 banana
2 inch square of cake, 2 small (2 1/2 " cookies)

A portion may include 1 or more of allotted carbohydrate "servings"

A word about "sugar free" and "low carb" foods. Sugar free means only that the sugar has been replaced with something. Sugar-free foods like cookies, pie, ice cream still have considerable carbohydrate. Some "low carb" foods do have low carbohydrate numbers but may have higher fat content with the same or more calories. Read labels.

Good news!! Note that vegetables other than potatoes, corn, peas, winter squash are very low in carbohydrate and usually lacking in daily diets by 2-3 servings. They are storehouses of vitamins and nutrients that help fight chronic diseases like heart disease and cancer. Eat up!!!!

Note: This information is a guide and not meant to replace the recommendations of your health care providers.