



WATCH YOUR PORTION SIZES

One of the easiest ways to control your blood sugar is to eat a little less of the foods you normally eat.

Still Hungry?

- Eat more vegetables!
- Eat slowly – it takes a while for your body to feel full. Put your fork down between bites.
- Drink more water – a glass before you eat and a sip between each bite.
- Take a short walk.

Helpful Tips:

- Eat a small potato the size of a computer mouse.
- Eat a piece of meat that is the size of a deck of cards.
- Fill a teacup with cooked rice to get the right portion size.
- Try using a smaller plate.

Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. This information should never replace your doctor's advice or care.



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Take Charge of Your Diabetes

Taking care of yourself is an important aspect of controlling your diabetes. Some individuals with diabetes say they sometimes feel overwhelmed. Some people feel alone. You are not alone. Millions of people have diabetes.

WHAT IS DIABETES?

- Diabetes causes your body to have a hard time changing the food you eat into energy.
- It can lead to sugar buildup in the blood. If the sugar stays high, it can slowly damage the heart, kidneys, eyes and feet.
- Diabetes is a life-long disease, but you can control it by eating right and moving your body more. Certain medications or insulin shots may also be needed.

Learn the skills you need to take charge of your diabetes. You can take this one step at a time.

Just Start! Eat Right!

Your blood sugar is affected by what you eat, when you eat and how much you eat.

Focus on two things:

1. Eat fewer carbohydrates
2. Eat smaller portions

Why? Eating the right portion sizes may help you lose weight. Most people with diabetes will feel better if they lose even a few pounds. Losing weight will also lower your blood sugar.

THE HEALTHY PLATE

View your plate in different sections. Half is for vegetables, and the other half is for proteins and carbohydrates.

Carbohydrates:

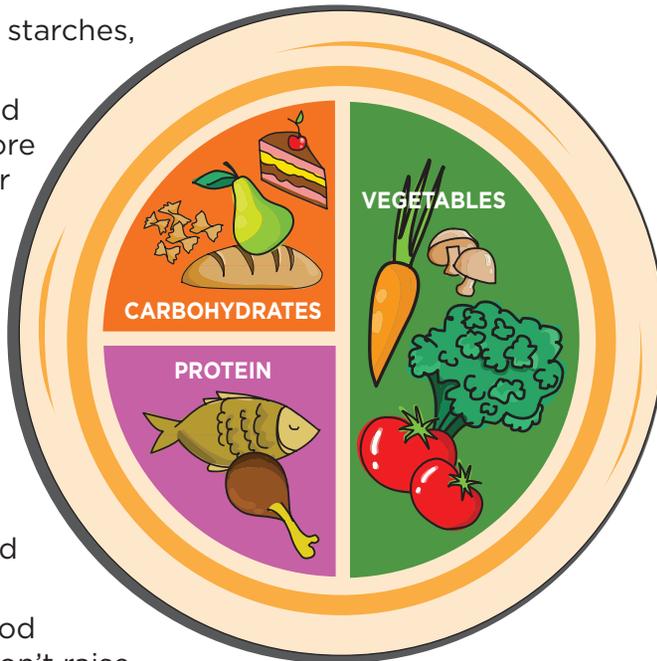
- Include sweets, starches, fruits and milk.
- Make your blood sugar go up more than most other foods.
- High in carbs: pasta, potatoes, rice, tortillas and desserts

Proteins:

- Include meat, fish, chicken and tofu.
- Proteins are good because they don't raise your blood sugar very much and keep you from getting hungry.
- Beans are a protein but have a lot of carbs too.

Vegetables:

- Include broccoli, cabbage, spinach, carrots, green beans, zucchini, peppers, cucumbers, mushrooms and tomatoes.
- Most vegetables are low in carbs, so eat all you want.
- Vegetables fill you up!
- Try them fresh or frozen.



FOCUS ON CARBOHYDRATES

You can still eat carbs – just make the portion sizes smaller.

Desserts Have Lots of Carbs

- Desserts make your blood sugar go up fast. If you plan to eat one, make sure to eat it right after your meal to keep your blood sugar from going up too fast.
- Fruits raise your blood sugar just like all other carbs, but they are also good for you.
- Right Portioned Desserts:
 - A sugar-free popsicle
 - A snack size (mini) candy bar
 - A small piece of cake
 - A half of a banana

Drinks Have Carbs

- Juices, fruit drinks, sodas, and even milk make your blood sugar go up.
- What are the best drinks for you?
 - Water
 - Low fat or skim milk (no more than two glasses a day)
 - Diet sodas or sugar-free drinks
 - Tea or coffee (with sugar substitutes if you want)
- Alcohol can make it hard for you to control your blood sugar. If you drink alcohol, don't have more than one drink a day. Talk to your doctor about how to drink alcohol safely.



Eating well means eating the right portions!