

NOW WHAT do i eat?

Have you, or someone you know, recently been diagnosed with Type 2 diabetes? Below are some facts to help you understand how your favorite foods don't have to be completely cut out.

FACTS FIRST

These three principles can help:

1. Measuring servings

2. Counting Carbohydrates

3. Following Portion Control

ACT ON THE FACTS

MEASURE YOUR SERVINGS. Did you know that food labels include serving sizes? Ex: 1/3 cup rice = 1 serving = 15 grams of carbohydrates.

WHAT TO DO? Instead of filling up the bowl, read food labels to identify the recommended serving size. Men aim for 60-75 grams of carbohydrates per meal. Women aim for 30-45 grams of carbohydrates per meal.

COUNT CARBOHYDRATES. Count the number of carb grams in a meal or snack. Ex: bread, beans, pasta, rice, fruit, milk, yogurt, tortillas, and starchy vegetables such as potatoes or corn.

WHAT TO DO? Contact a registered dietitian or certified diabetes care and education specialist to learn how much to eat and how to count.

REDUCE YOUR PORTION. Portions at restaurants tend to be larger than what we need. Some are more than double the serving size.

WHAT TO DO? Ask for a to-go box at the start of the meal. Eat half and save half for the next day.



List a food you would like to eat less:



Share half your meal with:

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/