

DIABETIC DIET BASICS

MEAL PLANNING

1. Eat three meals a day which have about the same amount of foods.
2. If you are overweight and/or have Type II Diabetes, then you do not need to snack. If you are underweight and/or have Type I Diabetes you should have snacks, especially a bedtime snack.
3. Do not skip meals.
4. Eat at the **SAME** time everyday.
5. Make sure you eat a snack or meal within 1/2 hour after taking your insulin or medication.
6. If you take insulin, do not go more than 5 waking hours without eating a meal or a snack.

TREATING LOW AND HIGH BLOOD SUGARS

1. If you feel your blood sugar is high or low, always check your blood sugar with your glucometer. In addition, you should check your blood sugar _____ times a day.
2. If your blood sugar drops too LOW, you may feel shaky, weak, hungry, dizzy, cold and sweaty. This may happen if you skip a snack or meal, take too much insulin, or play or work harder than usual. If your blood sugar drops too low, drink one of the following items.

<u>Item</u>	<u>Grams of Carbohydrate</u>
1/2 cup juice	14
1/2 cup regular soda	13
1 cup of lowfat or skim milk	12
2 teaspoons of sugar	10

Follow this with a snack that includes protein (such as milk, meat, cheese) or a meal.

3. If your blood sugar drops low at the same time everyday, eat a snack just prior to this time on a regular basis. The snack should contain a source of protein. Also be sure to inform your physician during your next visit about changes in your blood sugar pattern.
4. If your blood sugar goes too HIGH, you will feel thirsty, hungry, and the need to go to the bathroom more often. If this occurs, contact your physician.

SICK DAYS

1. Always take your insulin.
2. If nausea or vomiting occurs and/or you are unable to eat or drink, call your physician.
3. Be sure to drink plenty of non-caloric beverages (unsweetened tea, broth, water, diet soda) throughout the day.
4. Try to follow your regular eating habits. If you are unable to do this, take small amounts of calorie containing foods every hour. Suggested examples are listed below.

<u>Item</u>	<u>Grams of Carbohydrate</u>
1/2 cup regular jello	19
1/2 cup ice cream, frozen yogurt	17
1/2 cup juice	14
1/2 cup regular soda	13
1 popsicle	12-15
1 cup meat-based soup	9