

Diabetes and Your Health

Portion size guide

- *Grains, beans and starchy vegetable (like potatoes): ½ cup, or the size of a fist*
- *Non-starchy vegetables: ½ cup cooked or 1 cup raw (size of two fists)*
- *Fruits: 1 small orange or apple (size of a baseball)*
- *Dairy: 1 cup of yogurt or skim/fat-free milk (size of a baseball)*
- *Meats: 3 ounces of lean meat, poultry or fish (size of a deck of cards)*
- *Fats: 1 teaspoon of butter, oil or margarine. Use sparingly.*



For more information, contact:

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Healthy eating makes a difference

For people who have diabetes, making good choices about their diet is a very important part of living. Combined with exercise, healthy eating helps to manage diabetes, as well as blood pressure and cholesterol.



It's also important to eat a wide variety of foods and smaller meal sizes. Think of your plate having three sections: one half having vegetables, and the other half split between a lean protein (such as beans or skinless turkey) and a carbohydrate (like brown rice or whole grain pasta). Your doctor, a dietitian, nurse or certified diabetes educator can help decide what foods are right for you.

Other tips to eat well are:

- Drink water, low-fat/skim milk, diet soda, sugar-free drinks, tea or coffee.
- Do not drink fruit juices or regular soda. Avoid sugar.
- Eat protein in the morning to help you feel full.
- Snack on vegetables, cottage cheese, hard-boiled eggs, unbuttered popcorn or sugar-free popsicles.
- Eat less sodium (salt).