

MANAGING DIABETES

General dietary recommendations for blood sugar control



A1c Normal: less than 5.7%

Pre-Diabetes: 5.7-6.4%

Diabetes: 6.5% or higher

BLOOD SUGAR CONTROL STARTS HERE



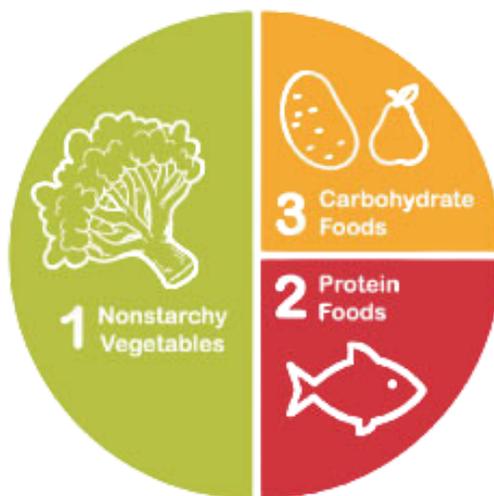
Carbohydrate Sources

Starchy Foods, Fruit, Milk, Yogurt, Sweets, Beans, Starchy Vegetables, Sweetened Beverages



Eat Consistent Amounts of Carbs

Do not skip meals/snacks. Keep portions small



Choose Complex Carbs

Prevent blood sugar spikes by eating complex carbohydrates



Combine Carbs with Protein

Ex: apple and peanut butter or Greek yogurt



Follow the Plate Method

Use the picture above as a guide for a balanced, healthy plate

TYPES OF CARBOHYDRATES

Complex (Choose)

Whole Grains
Whole Wheat Foods
Popcorn, whole wheat crackers
Fruits
Vegetables

Simple (Limit)

White Bread
White Rice
Chips, Pretzels,
Soda, Sports Drinks, Juice
Candies, Cookies, Cakes



Chocolate Banana Ice Cream

A sweet treat without the added sugar!

Yields: 4 servings

INGREDIENTS

- 2 ripe bananas (peeled & frozen)
- 1 Tablespoon of unsweetened cocoa powder

Optional ingredients:

- Yogurt or cottage cheese to boost protein
- Coconut flakes, nuts, or fresh fruit for topping!
- 1/4 tablespoon of honey or maple syrup for added sweetness

DIRECTIONS

- Place the frozen bananas and cocoa powder in a blender.
- Blend until smooth and serve.
- Be creative by adding different toppings (peanut butter, chocolate chips, etc.)
- Enjoy!

DID YOU KNOW?

Bananas are actually considered a berry because they have a seed!



FOOD IS MEDICINE

APPROVED BY OUR
REGISTERED DIETITIAN NUTRITIONISTS

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