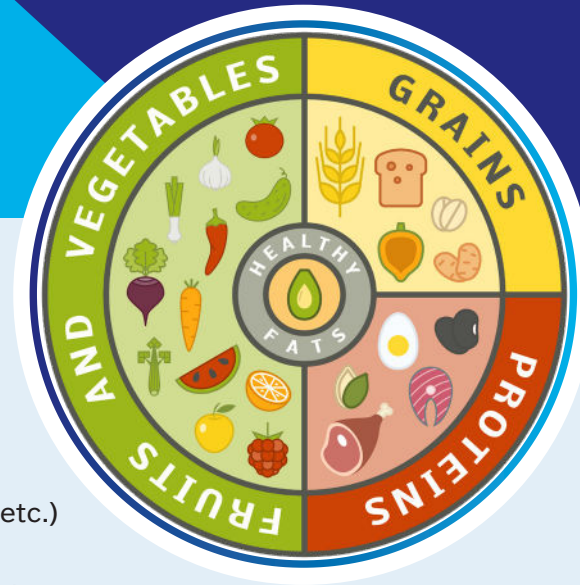


HEALTHY EATING BASICS



WHY IS IT IMPORTANT FOR ME TO EAT HEALTHY?

Eating healthy will help you to reduce complications and live longer. Having a healthy diet includes:

- Non-starchy Vegetables (spinach, broccoli, carrots, beets, bell peppers, etc.)
- Fruits (apples, berries, melons, bananas, mangos, etc.)
- Grains and Starches (wheat, bread, pasta, oats, rice, beans, legumes etc.)
- Dairy (milk, ice cream, yogurt, etc.)
- Protein (meat, poultry, fish, tofu, eggs, cheese, etc.)
- We also need some oils or fat in our diet, but only a little bit. Healthy fats include nuts, avocado, nut butters, etc.

The type of food you eat, and when you eat work together with your insulin injections (boluses) to keep blood glucose within normal limits. (Blood glucose is also called blood sugar.) Since food intake raises blood glucose, it's important to balance meals with insulin and exercise to keep blood glucose close to normal. Eating healthy is important to everyone!

STAYING HEALTHY WITH TYPE 1 DIABETES



My doctor told me to avoid diabetes complications. I need to eat healthy.

What should my diabetes care include?

- Healthy eating,
- Staying active
- Taking your required insulin.

Do I have to avoid certain foods because I have diabetes?

A lot of people think people with diabetes can only eat certain types of food. This is not true. Some experts used to think there was a "diabetes diet." They thought people with diabetes had to avoid all foods with sugars or stop eating certain other foods. But when you have type 1, you can eat the same as everyone else.

In order to control blood glucose, you need to know the effect different foods have on your blood glucose. Some foods will make your blood glucose go up very fast. Other foods will make your blood sugar go up slowly.

My doctor said that certain types of food may help control my blood sugar better.



OVERVIEW OF MAIN FOOD SOURCES

The 5 food groups can be placed into 1 of 3 categories - carbohydrates, proteins or fats.

Most of us enjoy eating. We don't usually think about foods by the way they affect our bodies. Instead, we choose them based on things like smell, flavor and tradition.

In order to control blood sugar, we need to know the effect different foods have on our blood sugar. We will talk about each food category and how it affects blood sugar.

FOOD CATEGORY SAMPLE

Carbohydrates:

- Grains
- Pasta
- Bread
- Tortillas
- Rice
- Apples
- Oranges
- Corn
- Milk
- Beans
- Legumes
- Peas



Proteins:

- Eggs
- Tofu
- Chicken
- Turkey
- Fish
- Beans
- Legumes
- Cheese
- Cottage Cheese

Fats:

- Nuts (Walnut, Hazelnut, etc.)
- Avocado
- Margarine
- Olives
- Nut Butters (Almond, Cashew, & Peanut)