

# Healthy Meal Planning

BAYER HEALTH FACTS



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Bayer HealthCare  
Diabetes Care



The foods you eat – and how much you eat – can affect your blood sugar (glucose) and blood fats (cholesterol, triglycerides). You can improve your

blood sugar control by making food choices that build healthy meals. But healthy eating doesn't mean you have to deprive yourself of food you enjoy. It just means you have to follow your meal plan for the amount of carbohydrates, fat, and protein you eat (these are the three food nutrients that are the main source of calories).

## ***CARBOHYDRATES***

Carbohydrates are found in grains, fruits, and vegetables. Milk, yogurt, and sweets are also sources of carbohydrates. The carbohydrate in food is turned into sugar and provides your body with energy. Eating about the same amount of carbohydrate foods at the same time each day will help with blood sugar control. **No matter what your blood sugar reading is, try not to skip meals or snacks. Skipping meals and snacks may cause swings in your blood sugar levels.** Eat the same amount of carbohydrate at meals and snacks to help balance food with your medication and activity for good blood sugar control.

## **GRAINS, FRUITS, AND VEGETABLES**

Eating a variety of foods in moderation is key to building a healthy diet. The base of the Food Pyramid is made of grains, fruits, and vegetables. These are the foods on which a healthy diet is built.

- Grains, fruits, and vegetables provide fiber and important vitamins and minerals. Increasing the fiber in your diet may help with your blood sugar control.
- To increase fiber, choose whole grain breads, bran cereal, and brown rice.
- Use whole wheat and whole grain flours in cooking and baking.
- Cooked beans are an excellent source of fiber.
- Make changes in your eating habits to include more fresh fruits and vegetables. Choose whole fruits with edible seeds and skin rather than drinking juice.
- Add more raw vegetables to your diet and choose dark green leafy and dark yellow vegetables.



## **MILK**

Whole milk provides carbohydrate, protein, and fat in your diet. Whole milk contains “saturated” fat, which raises cholesterol levels (see the section on Fats).

- Choose milk and milk products that are low-fat or fat-free, such as 1% milk or non-fat milk.
- Yogurt with added sugar will have a higher carbohydrate content than plain or artificially sweetened yogurt.
- Use low-lactose or lactose-free milk if you have problems digesting regular milk.

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## **MEAT**

The meat group provides mostly protein and fat.



Reducing your intake of meat and meat products will help lower the saturated fat and cholesterol in your diet. A serving size is about 2-3 ounces.

This is the size of a deck of playing cards.

Choose lean cuts of beef and pork and eat fish and poultry more often.

- Trim visible fat and remove skin before cooking.
- Eggs, cheese, and peanut butter are also in the meat group.
- Limit egg yolks to three per week and choose part-skim cheeses.
- Choose peanut butter that contains less saturated fat.

- Eat less high-fat luncheon meats, sausage, and organ meats, such as liver.

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## FATS

It is important to eat less fat of all types.



A diet low in saturated fat and cholesterol will help reduce your risk of heart disease. Saturated fat is usually solid at room temperature and is found mostly in foods that come from animals. Butter, lard, bacon, poultry skin and the fat in whole milk products are examples. Other fats that are saturated include solid shortening, coconut oil, and palm oil.

- Try cooking with less fat or use a cooking spray.
- Bake or broil meats, avoid adding sauces or gravy, and remove animal skin or fat before cooking.
- Choose low fat salad dressings and mayonnaise.
- When fat is used in cooking, choose olive or canola oil and use sparingly.
- Olive and canola oil are monounsaturated fats and are low in saturated fat.

**USE THE FOOD PYRAMID TO HELP GUIDE YOU WITH YOUR FOOD-CHOICES AND RECOMMENDED NUMBER OF SERVINGS.**

**PHYSICAL ACTIVITY**

Find your balance between food and physical activity. Be physically active for at least 30 minutes most days of the week.



**GRAIN**

Eat at least 48 grams of grain a day.



Grains

Vegetables

Fruits

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Need help in choosing the foods and amounts that are right for you? Go to [www.mypyramid.gov](http://www.mypyramid.gov) for the new and more personalized Food Pyramid

### **GRAINS** Make your half grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta every day.

One ounce is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta.

### **VEGETABLES** Vary your veggies

Eat more dark green veggies like broccoli, spinach and other dark leafy greens.

Eat more orange vegetables like carrots or sweet potatoes.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

### **FRUITS** Focus on fruits

Eat a variety of fruit.

Choose fresh, frozen, canned or dry fruit.

Go easy on fruit juices.

### **OILS** Know your fats

Make most of your fat sources from fish, nuts and vegetable oils.

Limit solid fats like butter, stick margarine, shortening, and lard.

### **MILK** Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

### **MEATS & BEANS**

#### Go lean with protein

Choose low-fat or lean meats and poultry.

Bake it, broil it, or grill it.

Vary your protein routine – choose more fish, beans, peas, nuts and seeds.



**Grains** **Milk** **Meat & Beans**

## **SWEETS**

Foods that are high in sugar are often high in fat and calories as well as carbohydrates, but low in vitamins and minerals. Sugar foods do not affect blood sugar any differently than other carbohydrate foods. Watch the serving size and include the carbohydrate from sugar foods in your meal plan. Most “sugar-free” desserts contain other kinds of sweeteners and may still have a lot of carbohydrates. Check the food label and work the carbohydrate from “sugar-free” foods into your meal plan. You may find that the amount of carbohydrate in a “sugar-free” dessert is the same as the regular dessert. Beverages containing sugar have large amounts of carbohydrates. Better choices are beverages that are sugar-free and have no carbohydrates, such as seltzer, water, and diet soda.



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## **ALCOHOL**

If you drink alcoholic beverages, do so in moderation. Alcohol is harmful when consumed in excess. Alcohol may interfere with diabetes medications and cause hypoglycemia. It is recommended you talk with your healthcare professional about drinking alcohol.





## **ARE YOU TIRED OF EATING THE SAME FOODS EACH DAY?**

**IF YOU ALWAYS EAT:**

**TRY:**

<b>English muffin</b>	Small wheat bagel or whole grain cereal
<b>Canned fruit</b>	Bananas, cherries, apples, berries, grapes, grapefruit, oranges, papayas, mangoes, or plums
<b>White bread</b>	Sourdough, 100% whole wheat, rye and pumpernickel breads or corn flour tortillas
<b>Canned corn</b>	Green beans, wax beans, kale, zucchini, carrots, summer squash or cauliflower
<b>Corn oil</b>	Olive oil, canola oil, or low-fat salad dressing

**Remember to use your meal plan as a guide to help you decide on the proper portion size.**

## RESOURCES FOR MEAL PLANNING

Successful meal planning can be overwhelming!

For help you can...



- **Team up with a dietitian:** A dietitian can help you develop a meal plan that will work for you. Make sure you let the dietitian know which foods you enjoy– and don't enjoy – as well as your schedule for eating meals. Plan to visit with your dietitian several times to “fine tune” a meal plan to best meet your needs.

OR

- **Log on to the Internet:** If you have access to a computer with an Internet connection, go to [www.BayerDiabetes.com/us](http://www.BayerDiabetes.com/us) for help with meal planning. The interactive menu feature “What’s in My Cabinet?” found in the “Diabetes Care” section lets you choose your favorite foods and lets you know when you have put together a healthy meal. It’s easy, and you can print out your menus to refer to in the grocery store or kitchen.

## **REFERENCES**

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Healthy meal planning can be difficult when you are unsure of which combination of foods to eat, how large the serving sizes should be, and what effect different foods have on your blood sugar (glucose) levels. But you can improve your blood sugar control by making food choices that build healthy meals. A meal plan guides you to plan when to eat, how much to eat, and what kinds of food to eat for meals and snacks. Meal plans help you eat a variety of foods from one day to the next... and that's what healthy eating is all about. Just remember – the power to manage your diabetes is in your hands.

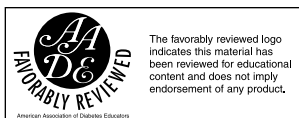
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You can also visit our web site at:

[www.BayerDiabetes.com/us](http://www.BayerDiabetes.com/us)



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[www.diabeteseducator.org](http://www.diabeteseducator.org)