What can I eat if I have diabetes?

The quick answer to the "What can I eat if I have diabetes?" question is, almost everything! The better question to ask is "What diet changes are recommended for someone with diabetes?" The quick answer is to not eat too much carbohydrate food at one time. Eating three meals a day and a few snacks, is a good way to not get too much at once. Special or diet foods are not needed. Healthy foods that are good for the whole family are just what the person with diabetes needs to eat. If you are cooking for a family member or guest with diabetes, family favorites usually fit in. A healthy diet for all people should be lower in fat and salt. The person with diabetes will decide how much of each food fits in with their meal plan. Sweets are high in carbohydrates, but can be budgeted into a meal or snack on occasion. Regular soda and some other beverages are so high, that it is better to change to diet beverages or water.

The key to controlling blood sugar levels is the portion size of carbohydrate foods. Foods are made up of carbohydrates, protein, and fats. They provide us with calories, which is our fuel. Carbohydrates are important for providing us with energy. Foods with carbohydrates include:

regular soda, power drinks, sweetened iced teas, and fruit juice

breads, rolls, muffins, crackers, pretzels, and bagels

pasta

cereal

rice

cooked beans, lentils, and split peas

tortillas

milk and yogurt

fruits

vegetables: *higher carb sources*: potatoes, peas, corn, winter squash, sweet potatoes

                      lower carb sources: spinach, broccoli, carrots, tomatoes, green peppers, green beans, summer squash, cauliflower.