

# Eating Healthy for Blood Sugars

## Steps for Healthy Blood Sugars:

1. **Eat 3 meals and add snacks as needed** (for hunger or before exercise)
2. **Choose a lean protein at each meal** (such as lean meat, eggs, cottage cheese, or nuts ). Protein helps you to feel full and will not raise your blood sugar levels.
3. **Eat about the same amount of carbohydrates “carbs” at each meal.**  
Carbohydrates are the part of food that raises blood sugar levels.

## Carbohydrate Serving Sizes:

The following servings sizes all contain about **15 grams of carbohydrate**. Each of these foods will have similar effects on blood sugar levels.

### Breads/Grains/Starchy Vegetables/Fruits

3/4 cup dry cereal	1 slice whole grain bread
1 small apple or orange (baseball size)	4 ounces fruit juice
1/3 cup pasta or rice	1/2 cup corn, peas, beans, or potatoes
2 Tablespoon dried fruit (such as raisins)	1/2 small banana

### Milk

8 ounces milk (whole, 2%, 1%, skim)

6 ounces yogurt

4. **Read food labels for Total Carbohydrates.** Most meal plans recommend the following carbohydrate goals at each meal:

Breakfast: **45-60 grams** carbohydrates

Lunch: **45-60 grams** carbohydrates

Supper: **45-60 grams** carbohydrates

Snacks: **15-30 grams** carbohydrate

**\*Ask your dietitian for your carbohydrate goals!**

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

5. **Fill half your plate with colorful non-starchy vegetables** that are low in carbohydrates. Try to eat at least 3 servings of vegetables each day.

**These vegetables have less than 5 grams of carbohydrate and will not raise blood sugars.**

Asparagus	Cauliflower	Lettuce	Kale
Brussel Sprouts	Celery	Mushrooms	Tomatoes
Cabbage	Cucumbers	Onion	Yellow Squash
Carrots	Broccoli	Pepper	Zucchini
Beets	Green Beans	Spinach	

6. **Reduce sugar, sweets, and fruit juice.** Fruit juice has as many carbohydrates and calories as a regular soda.
7. **Choose whole grains with at least 3 grams of fiber per serving.** Eating more fiber may help improve blood sugar levels.
8. **Choose healthy fats by doing the following:**
- Use heart healthy oils such as olive oil
  - Choose foods with omega-3 fatty acids (such as tuna, salmon, walnuts, almonds, and flaxseed)
  - Avoid trans fats (often found in margarine)
  - Limit fried foods to special occasions
  - Limit your fat to 3 fat servings per meal to help improve glucose levels. While fats do not raise glucose levels right away, they can raise glucose levels over several hours if eaten in large amounts.
9. **Drink plenty of water!** Aim for at least 64 ounces of water daily. When choosing other beverages, make sure they are sugar-free, such as black coffee and unsweet tea.

**Your VA Dietitian:**