



## **Food Distribution Guidelines For People With Diabetes**

### **GENERAL GUIDELINES FOR FOOD DISTRIBUTION:**

Our guests who receive the food will ultimately choose how much of the carbohydrate foods they will eat. Our goal is to provide safe, healthy choices of carbohydrate and non-carbohydrate foods.

### **PROTEIN FOODS- Do not raise blood sugar**

- Meats, (pork, chicken, beef)
- TOFU
- Seafood

### **FATS- Do not raise blood sugar**

- Butter
- Margarine
- Nuts (includes almond or peanut butter with no sugar added)
- Avocados
- Cheese

### **NON-STARCHY VEGGIES-very low in carbs/serving**

- **Provide as many as possible**
- Green beans, broccoli, cauliflower, tomatoes, green leafy vegetables
- (kale, spinach, turnip or collard greens,) lettuce, carrots
- Summer squash, zucchini, beets

### **STARCHY VEGGIES:** Add starchy vegetables when available

- Peas, Corn, Sweet potato, White or Red potatoes,
- Sweet potatoes have more fiber than white potatoes
- Winter squash- butternut and acorn squash
- Sweet potatoes have more fiber than white potatoes

**LEGUMES:** Recommend adding when available

- lentils, kidney beans, chickpeas, black beans
- A high fiber, high protein carbohydrate food

**GRAINS: Add to box when available**

**Whole grains are preferred over processed grains when available**

- Brown rice vs white rice
- Whole grain pasta or chickpea pasta over white pasta
- **CHECK LABELS** on bread and choose bread that has
  - Closer to 15 GM of carbohydrate per slice.
  - Look for fiber content in bread that is 2 grams or higher.

**FRUITS: Provide whole fresh fruits when available.**

- **Refrain from giving fruit juices.**
- Bananas are higher in carbs compared with other fruits. People with Diabetes can eat bananas but if other fruits are available, they may be a better choice.

**MILK PRODUCTS:**

- Provide milk products with lowest amount of carbohydrate content. Compare labels. Cow's milk does not change in carbohydrate content even if % of fat is different. Yogurts and other non-dairy milks such as almond or oatmeal milk may have sugar or fruit added that increases the carbohydrate content.
- Compare labels of non-dairy milk with cow's milk that contains 12 grams of carbohydrate per cup.

**DESSERTS:**

**Usually have high Carbohydrate content due to added sugar.**

- Baked goods and Ice Cream are not the best choice for people with diabetes. Compare ice cream labels if they claim to be sugar free. Milk is a carbohydrate food without added sugar.
- Ice cream usually has added sugar, compare labels.

## **SUPPLEMENTS:**

- Supplements such as **Glucerna and other high protein drinks can be used for a meal replacement or as a supplement**  
**Supplements should be 20gms of carbs or lower.**

## **General Information for FFW Volunteers:**

**The key nutrient that affects blood sugar is CARBOHYDRATE.** ALL carbohydrates are broken down by the body into a sugar called GLUCOSE. Other sugars such as sucrose (table sugar), fructose (fruit sugar) or lactose (milk sugar) are also broken down to Glucose. Glucose is used as “cell food” in our bodies. We also need insulin to take glucose out of the blood and into the cells where it is burned for energy. If we do not make enough insulin and have insulin resistance the glucose builds up in the blood and damages the blood vessels. Not making enough insulin and not using our insulin to the best capacity is called DIABETES.

This does not mean people with diabetes cannot eat carbohydrate foods. However, they may need to eat them in moderation. Not all foods have carbohydrates. People with Diabetes (PWD) can have many different eating patterns to manage diabetes, from Mediterranean, to low-carbohydrate to vegetarian. PWD still need a balanced meal with fruits, vegetables, carbohydrates, protein, fats and fiber

- Fiber helps to lower blood sugar.

## **FOODS WITH CARBOHYDRATES**

### **1. \*\*\*NON STARCHY VEGETABLES - VERY LOW IN CARBOHYDRATE**

- Green beans, broccoli, cauliflower, tomatoes, green leafy vegetables
- (kale, spinach, turnip or collard greens,) lettuce, carrots
- Summer squash, zucchini

### **2. STARCHY VEGETABLES: Eat in moderation:**

- Peas, Corn, Sweet potato, White or Red potatoes,
- Winter squash- butternut and acorn squash

### **3. LEGUMES: healthy, high protein, high fiber, high in carbohydrates**

- Kidney beans, Chickpeas, black beans, lentils etc

- Eat moderate amounts of these, **Be careful not to add large servings of other carbohydrate foods with these like rice, corn etc.** at the meal

4. **GRAINS** are also carbohydrate foods and can cause a rise in blood sugar

- Rice, Wheat, Barley, Oats
- Quinoa (higher in protein and fiber -lower in carbohydrates compared with other grains)
- **Choose whole grains over processed grains**
- whole wheat pasta, whole grain breads, brown rice, quinoa

5. **DAIRY**- a carbohydrate food affects blood sugar

- Choose dairy foods without added sugar
- Milk/ buttermilk (amount of fat does not affect blood sugar)
- Yogurt
- Yogurt drinks
- Ice Cream

6. **FRUITS** have naturally occurring sugar called fructose, They are high in fiber and essential vitamins and minerals and should be eaten in moderation.

- **Whole fruits are better than fruit juice** because of the fiber that helps lower blood sugar.
- Drinking ½ cup of juice or eating ½ banana has the same carbohydrate content of 1 slice of bread or 2 cups of non-starchy vegetables.
- Melons and berries are lower in sugar than some of the other fruits.
- Avoid canned fruits with added sugar. Avoid fruit juices. Eating the whole fruit such as an apple or an orange is a better choice as the fiber also helps to slow digestion and lower blood sugar.

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**EAT LESS PROCESSED FOODS:** Most processed foods have added sugars and are high in fats.

## READ and COMPARE LABELS FOR CARBOHYDRATE CONTENT

- Sugar is included in the TOTAL carbohydrate content- remember any carbohydrate either starch or sugar can raise blood sugar.
- When comparing similar products compare Total Carbohydrates (not sugar) for each one and choose the one with the lower grams of carbohydrate/ serving.
- **Sugar free does not mean carbohydrate free!**
- **Label Reading when comparing similar products.**
  - Look at Serving Size and then look at the TOTAL CARBOHYDRATE Per serving. Compare the amount of TOTAL CARBOHYDRATE per servings. Total Sugars are included in the Total Carbohydrate. All carbohydrates raise blood sugar.
- **Guideline for number of grams of carbohydrate per meal :**
  - Men 60-75 GM of carbohydrate *per meal*
  - Women 45-60 GM of carbohydrate *per meal*

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> 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.	