

Healthy Eating for Your Diabetes

The kinds of foods we eat and how much of those foods affect our blood sugars. There are some things you can do to manage what you are eating.

1. Eat smaller portions.

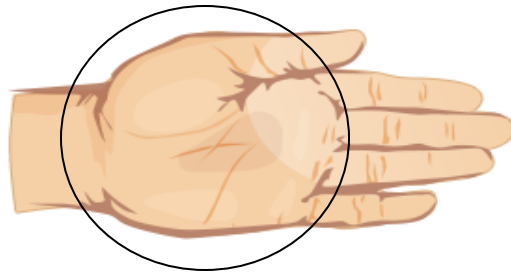
Have 1-2 small injera per meal.



Have 1 slice of bread per meal.



Eat smaller portions of rice and noodles. Instead aim for 1 cup (fist-size portion) of pasta or rice per meal. Do not eat rice/noodles and bread/injera at the same meal.



2. Limit the amount of fat and oil you use and add to your cooking.

Use less butter, oil and added fat in your cooking. Limit fried foods like sambosa, burkaki mandazi, maqhumri, roti and chapathi cooked in oil. These foods are high in fat and calories and may lead to weight gain.

Eat this on special occasions, it is too high in calories & fat.



3. Do not add sugar or honey to tea or coffee. Limit sweets. Have a piece of fresh fruit instead of eating high calorie sweets. Do not drink sugary drinks like regular soda or fruit juice as these are too high in sugar. Drink more water, 6-8 cups a day.

Use an artificial sweetener (Equal®, Splenda®, Sweet'n Low®) instead of sugar in coffee or tea.

Sugar, honey and sweets will cause a large rise in your blood sugar and add excess calories that lead to weight gain.

Drinking tea with added sugar and sweets will make your blood sugar go too high.



Use the below artificial sweeteners instead of sugar and honey.



4. Fill half your plate with vegetables, $\frac{1}{4}$ of the plate with starch (rice/pasta or bread) and $\frac{1}{4}$ of the plate with lean protein.

