



Open Hand

Nutrition for Diabetes

***Your Wellness Guide for
Diabetes Management***



Diabetes Nutrition Education Packet

This packet includes general diabetes and nutrition education resources from the Registered Dietitian Nutritionists (RDNs) at Open Hand.

Additional resources, including recipes and nutrition education videos can be accessed on our website www.openhandatlanta.org or by using the QR codes below.

If you would like to connect with our RDNs, email us at nutritionservices@openhandatlanta.org.

If you are interested in joining a virtual group diabetes self-management program and have Medicare Part B, have your primary care provider complete the referral form found here: <https://bit.ly/openhanddiabetes>

NUTRITION EDUCATION VIDEOS Open Hand

Open Hand Dietitians created free, on demand video education on over 12 topics



RECIPES



Scan here for free, recipes! From hearty breakfasts to delectable dinners, we have something for everyone! Our easy-to-follow recipes will inspire you to create culinary masterpieces right at home.

MANAGING DIABETES

General dietary recommendations for blood sugar control

A1c Normal: less than 5.7%

Pre-Diabetes: 5.7-6.4%

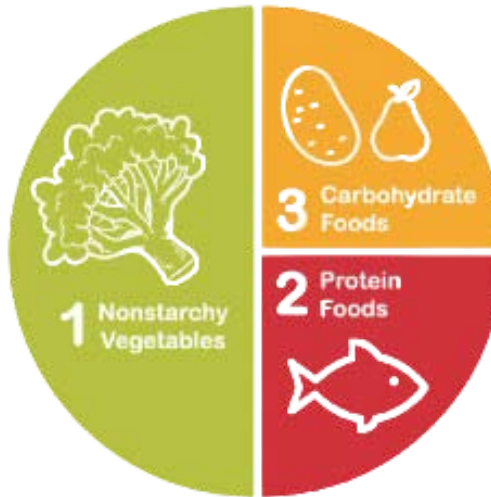
Diabetes: 6.5% or higher

BLOOD SUGAR CONTROL STARTS HERE



Carbohydrate Sources

Starchy Foods, Fruit, Milk, Yogurt, Sweets, Beans, Starchy Vegetables, Sweetened Beverages



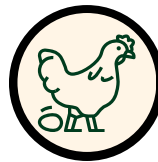
Eat Consistent Amounts of Carbs

Do not skip meals/snacks.
Keep portions small



Choose Complex Carbs

Prevent blood sugar spikes by eating complex carbohydrates



Combine Carbs with Protein

Ex: apple and peanut butter or Greek yogurt



Follow the Plate Method

Use the picture above as a guide for a balanced, healthy plate

TYPES OF CARBOHYDRATES

Complex (Choose)

- Whole Grains
- Whole Wheat Foods
- Popcorn, whole wheat crackers
- Fruits
- Vegetables

Simple (Limit)

- White Bread
- White Rice
- Chips, Pretzels,
- Soda, Sports Drinks, Juice
- Candies, Cookies, Cakes



Scan here for FREE diabetes education videos!

Building a Balanced Plate



The Plate Method

Make a balanced meal by including one item from each food group you see.

1/2 of your plate:

- non-starchy vegetables

1/4 of your plate:

- fiber-rich carbohydrates

1/4 of your plate:

- lean protein

Plus...Heart Healthy Fats



**LOOK AT
THESE
EXAMPLES!**



Sandwich

Use whole grain bread for more fiber. Add a lean protein like leftover shredded chicken or sliced turkey. Include lettuce, tomatoes, or onions. Finally, top it off with a nice vinaigrette for fat and flavor!



Stirfry

Start with brown rice or whole grain noodles, before adding tofu, salmon, or canned tuna. Don't forget chard, mushrooms, broccoli, and garlic. Next, include nuts for an extra crunch, fat, and protein.



Fajitas

Begin with colorful peppers, onions, and cilantro. Add chicken, shrimp, or lean beef. On the side, include corn tortillas and avocado for carbohydrates and fat. For a fruity finish, top with mango salsa!



Pizza

Use a crust made with whole grains. Layer on your tomato sauce. Sprinkle with cheese to add in protein. Top with any extra vegetables you love. Drizzle with olive oil for fun and healthy fats!



FOOD IS MEDICINE

CREATED BY OUR
REGISTERED DIETITIAN NUTRITIONISTS

WWW.OPENHANDATLANTA.ORG
WWW.GOODMEASUREMEALS.COM

CARBOHYDRATES SIMPLIFIED



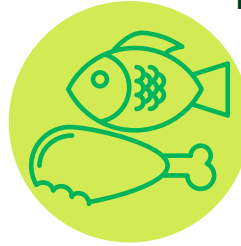
Knowledge is Power - Not All Carbohydrates Provide The Same Nutrition

What Are Carbohydrates?



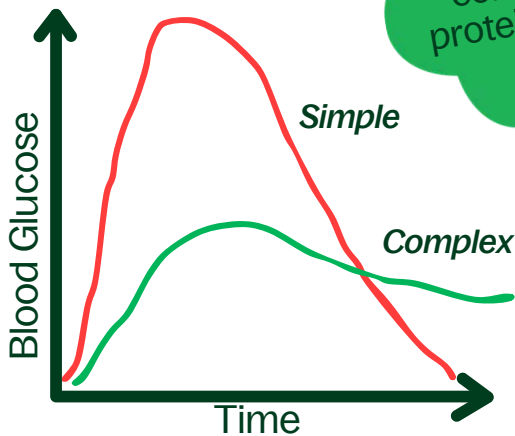
- The body's main energy source
- Made up of fiber, starch, and sugars

Pair with Protein & Fiber



- **Why?** Protein and fiber slow down the digestion of carbohydrates, leading to more stable blood sugar and feeling full for longer

Fun Fact!
Complex carbohydrates contain more protein and fiber.



TYPES OF CARBOHYDRATES

Complex

Brown Rice, Whole Wheat Bread, Whole Wheat Tortillas, Beans, Low-fat Yogurt, Whole Wheat Crackers, Popcorn, Fruits, Vegetables

Simple

White Bread, White Rice, Chips, Pretzels, Soda, Sports Drinks, Juice, Candies, Cookies, Cakes

Simple Carbs = Quick Absorption = Spike in Blood Sugar
Complex Carbs = Slower Absorption = Full for Longer + Stable Blood Sugar

Pairing Proteins With Carbohydrates to Better Balance Blood Sugars



- Apple + Peanut Butter
- Fruit + Yogurt
- Crackers + Hummus
- Whole Grain Tortilla + Turkey Slices
- Whole Wheat Toast + Eggs
- White Rice + Veggies
- Chocolate + Nuts
- Crumbled Cookies + Yogurt
- Pasta + Chicken
- Deli Sandwich + Veggies
- Pizza + Salad

NON-STARCHY VEGETABLES LIST

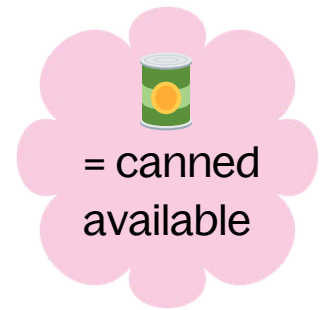
Get in a variety of starchy and non-starchy vegetables



GOAL: INCREASE NON-STARCHY VEGETABLE INTAKE

Step 1: Identify which ones you already like, buy them, meal plan with them in mind.

Step 2: Choose a new non-starchy vegetable to experiment with. Read about how to prepare it and try it different ways because the cooking method will change the texture and flavor.



= canned available



Alfalfa Sprouts



Baby Corn



Bok choy



Callaloo



Celery



Artichoke



Bamboo Shoots



Broccoli



Capers



Chayote



Arugula



Bean Sprouts



Brussel sprouts



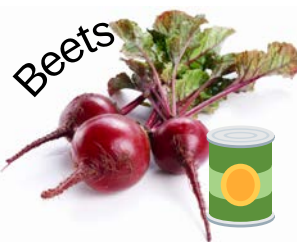
Carrots



Chicory



Asparagus



Beets



Cabbage



Cauliflower



Cilantro

NON-STARCHY VEGETABLES LIST

Fresh, canned, frozen, or dried varieties will have similar nutrition!



NON-STARCHY VEGETABLES LIST

Fresh, canned, frozen, or dried varieties will have similar nutrition!



Snow Peas



Swiss Chard



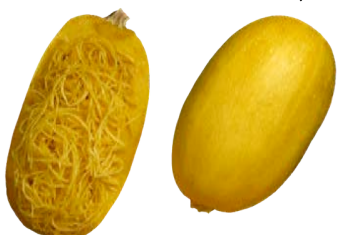
Turnips



Phytonutrients are compounds naturally made by plants to protect them from harm. They determine the color, taste, and smell of fruits and vegetables. When we eat these foods, the phytonutrients perform antioxidant and anti-inflammatory activity to support our overall health.



Spaghetti Squash



Tomatillos



Water Chestnuts



Spinach



Tomatoes



Watercress



Red produce improves heart health and cholesterol



Summer Squash



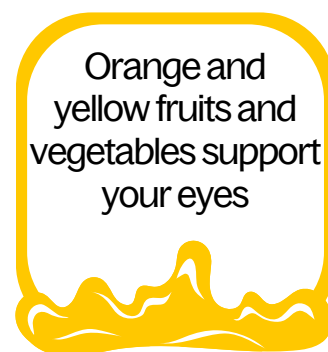
Tumeric



Zucchini



Orange and yellow fruits and vegetables support your eyes



Crookneck Squash



Turnip Greens



Green leafy vegetables promote brain and gut health



Sushaw Squash



Blue, purple, & red produce fight bacterial infections



How to Enjoy Fruit with Diabetes

Why should I eat fruit?

- Nutrients in fruit are associated with reducing risk of developing high blood pressure, heart disease, stroke, and certain cancers
- These essential nutrients include:
 - Vitamin C, potassium, and folate.
 - Carbohydrates to provide energy for the body
 - Fiber to lower cholesterol, stabilize blood sugars, regulate bowel movements, and keep you feeling satisfied after eating

What is a serving of fruit?

- Aim to get 2 servings of fruit a day!
- A serving of fruit equals 15 grams of carbs.
- 15 grams of carbs is:
 - 1/2 a cup of whole, frozen, or canned fruit, about the size of half a baseball.
 - 3/4 to 1 cup berries and melons
 - 1/3-1/2 cup of 100% fruit juice or 2.5-4 ounces.
 - 2 tablespoon of dried fruit, or 1/8 cup, about the size of 3 dice

What fruit should I eat?

SUPPORTS BLOOD SUGAR:

- Choosing fruits that are in their whole form, without any added sugars, is best.
- Fresh, frozen, and canned fruit are all good options.
- If choosing canned fruit, choose fruit packed in water or in 100% fruit juice. If packed in juice, drain fruit first before consuming.

TRY TO LIMIT:

- If fresh fruit is not available, dried fruit and 100% fruit juice can also be nutritious, but portion sizes are important.
- Dried fruit does not contain any water and the natural sugars are concentrated.
- Fruit juice does not contain any fiber to slow down the absorption of fruits natural sugars.

What to eat with fruit?

- Pair fruit with protein and fat.
- Protein and fat are digested more slowly, which helps to slow the absorption of the carbohydrates from fruit.
- Think nut butters, cheese, nuts, yogurt, or eating your fruit alongside your meal.



Fruit Portion & Pairing Examples

Examples of 15 grams of carbs

- 1 apple, small, 1/2 a cup
- 1/2 cup unsweetened applesauce
- 4 fresh apricots
- 8 dried apricot halves
- 1/2 a banana, large, 1/2 a cup
- 3/4-1 cup berries, strawberries, raspberries, blueberries
- 12 cherries, 1/2 cup, approximately 12
- 3 dates
- 15 grapes
- 2 dried or fresh figs
- 1 large kiwi
- 1/2 a mango, approximately 1/2 a cup
- 1/2 a pear
- 3/4 cup fresh pineapple
- 2 tablespoons raisins
- 2 tangerines
- 1 & 1/4 cup cubed watermelon

Key

- 1/2 cup = 1/2 a baseball
- 1 cup = 1 baseball
- 1 tablespoon = 1.5 dice
- 1 ounce = 2 tablespoons = 3 dice
- g = grams



Protein + Fat

- 1 ounce of nuts, such as almonds, peanuts, pistachios, or walnuts
- 2 tablespoons of seeds, such as pumpkin, sunflower, or chia seeds
- 2 tablespoons of nut butter
- 1/2 cup non-fat Greek yogurt, plain, unsweetened
- 1/2 cup non-fat cottage cheese
- 1 ounce of low-fat cheese, 2 tablespoons
- 1 or 2 hard boiled eggs

MEAL IDEAS

- Scrambled eggs with sauteed non-starchy veggies + your choice of fruit (15 g of carbs) on the side
- Salad + berries, melon, or citrus
- Roasted chicken + grilled pineapple sauce
- Roast chicken + roasted pears & figs
- Roasted pork chops + roasted apples
- White fish + citrus sauce
- Chicken salad + grapes



COLOR YOUR PLATE



Phytonutrients are compounds naturally made by plants to protect them from harm. They determine the color, taste, and smell of fruits and vegetables. When we eat these foods, the phytonutrients perform antioxidant and anti-inflammatory activity to support our overall health.

Red produce improves heart health and cholesterol

Orange and yellow fruits and vegetables support your eyes

Green leafy vegetables promote brain and gut health

Blue, purple, & red produce fight bacterial infections



Eating More Color Can Be As Simple As Adding...

tomatoes and red onion on a sandwich



strawberries and raspberries in cereal



peach and mandarin orange slices to a cup of ice cream



carrots and yellow bell peppers to stir fry



spinach and basil on pizza



zucchini noodles to a pasta dish



mashed blueberry to cream cheese on a bagel



purple cabbage slaw on a taco



COLOR YOUR PLATE



Let's Practice!

How can we add more color to the following meals?



Breakfast: What could you add to this bowl of grits?



Lunch: How can you make this salad more colorful?



Dinner: Is there anything you can add to fish & chips?



Snack: Can you have something else with popcorn?

BOOST YOUR FIBER INTAKE



Try these quick meal ideas to help you consume the amount of fiber that your body needs.

WHAT IS DIETARY FIBER?

Fiber is the part of plant foods that our bodies can not digest.

Sources of fiber:

Fruits, vegetables, beans, peas, nuts, seeds, whole grains

WHY DO WE NEED FIBER?

- Maintains bowel health.
- Promotes fullness after meals.
- Helps manage blood sugars.
- Lowers blood cholesterol.

Increase your fiber intake slowly to prevent bloating!

AIM FOR 25 TO 30 GRAMS OF FIBER EACH DAY



INCREASE YOUR FIBER INTAKE WITH THESE MEAL IDEAS

BREAKFAST



Breakfast Cereal

- 1 cup oatmeal
 - 1 banana
 - 2 tbsp. nuts
 - Cinnamon
- 8 grams fiber*

LUNCH



Salad & Sandwich
7 grams fiber

- 1 cup lettuce
- 1/4 cup tomatoes
- 1/4 cup carrots
- Whole grain bread
- Protein choice

SUPPER



Burrito Bowl
9 grams fiber

- 1 cup brown rice
- 1/4 cup beans
- 1/4 cup corn
- 1/4 cup avocados
- 1/4 cup tomatoes
- protein choice

SNACK



Fruit & Nut Butter
4 grams fiber

- 1 apple
- 1 Tbsp peanut butter



Scan for high fiber recipes

FIBER TO SUPPORT YOUR BLOOD SUGAR

Daily Recommendation: 25-35 grams per day



What Is Fiber?

Plant material we cannot digest, and is essential to a healthy diet. There are two types of fiber:

Soluble Fiber

reduces cholesterol, reduces cancer risk

Insoluble Fiber

promotes digestion by stimulating bowel movements

Both can support your blood sugar and insulin levels!

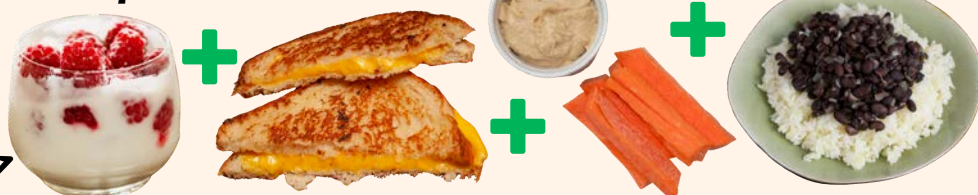
- Whole grains (whole wheat bread, whole wheat flour, whole wheat pasta, bulgur, brown rice, popcorn, whole wheat tortillas, quinoa)
- Beans, peas, lentils
- Vegetables and fruits (with the skin)
- Nuts and seeds

What foods have lots of fiber?

FIBER TO SUPPORT YOUR BLOOD SUGAR

What does a full day of fiber look like?

Example 1:



1 cup of raspberries (8 grams) with Greek yogurt, grilled cheese on whole-wheat bread (4 grams), 6 baby carrots (2.5 grams) and 3 tbsp hummus (2 grams), 1/2 cup black beans (10 grams) with 1 cup of white rice (1.2 grams)

28 grams total

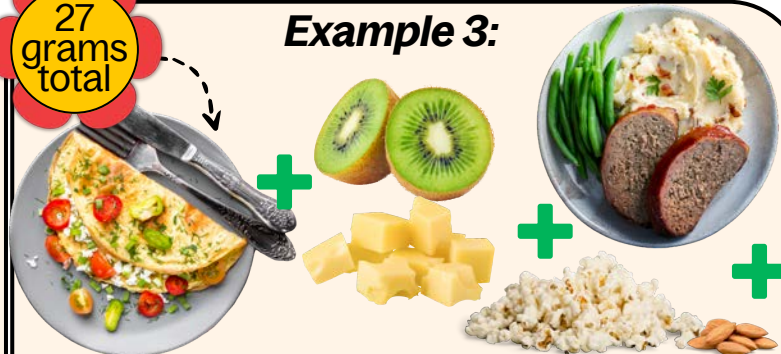
Example 2:



1 cup of oatmeal (4 grams), 1/2 cup blueberries (2 grams), 1 tablespoon peanut butter (1 gram), pasta, 1/2 cup onion (1 gram), olives, 1/2 cup tomatoes (1 gram), 1 cup sweet potato (4 grams), 1.5 cups collard greens (12 grams)

25 grams total

Example 3:



omelet with 1 cup of tomatoes (2 grams), 1 cup green bell peppers (2.5 grams), kiwi (2 grams), swiss cheese, meatloaf, 1/2 cup mashed potatoes (1.5 grams), 2 cups green beans (7 grams), 1/2 cup popcorn (4 grams), 1/3 cup almonds (8 grams)

27 grams total

EXTRA TIPS

- Read the Nutrition Facts Label and choose more products with at least 4 grams of fiber per serving
- Spread fiber intake a little at a time throughout the day
- Hydrate with water throughout the day to help fiber pass through your body



Scan here for a quick and easy breakfast recipe that provides 18 grams of fiber per serving!



MASTERING FOOD MARKETING

Understanding Food Labels and Buzz Words



Always check the serving size first!

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 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.

Use %DV as a guide to understand if a nutrient is "high" or "low"

Make heart healthy choices by limiting saturated fat, trans fat, & sodium

Increase vitamins and minerals for added nutrients!

Don't let food labels fool you!

Make sure to look at all aspects of the label. Just because a product is low in salt doesn't mean it's not high in sugar or lacking in other healthy nutrients!

BUZZ WORDS

Does that Mean it's Healthy?

"Natural"

This term is not a regulated claim. Not all things that are natural are necessarily healthy.

"Organic"

This term relates to how the food is grown rather than the nutritional value. Ex: Organic sugar is still added sugar.

"Gluten Free"

This term means the product does not contain wheat, barley, or rye. This is helpful for those with celiac disease or allergies but otherwise holds no extra nutritional benefits.

"Vegan"

This term means the product is not made with animal products like meat, dairy, or eggs. All vegan foods are plant-based, but some are more nutritious than others. Ex. Oreos vs. trail mix.

If it says: It means the product contains:

"Good source of"	10-20% of the recommended daily value
"Reduced" or "less"	25% less of the nutrient than the original product
"High" or "excellent"	20% of the recommended daily value
"Free"	less than calories or 5 grams of that nutrient
"Low-fat"	less than 3g of fat
"Light"	50% less fat or 1/3 less calories than the original product

FRAMEWORK RECIPES

Pantry Staples & Recipe Basics for a Simple Meal

PASTA

**PASTA
(1/2 LB)**
Look for
pasta made
with whole
grains.

+

**PROTEIN
(1 LB)**
Choose
any of your
favorite
lean
proteins.

+

**VEGGIES
(2 CUPS)**
Include
colorful
veggies for
more
nutrients.

+

**SAUCE
(1-2 CUPS)**
Look for low
sodium/
sugar
options.

+

**SEASONINGS
(TO TASTE)**
Add herbs
and spices for
a delicious
flavor.

SALAD

**GREENS
(4 CUPS)**
Look for a
dark leafy
green
base to
start.

+

**VEGGIES
(1-2
CUPS)**
Add a
variety of
colorful
veggies.

+

**PROTEIN
(2 CUPS)**
Use foods
like beans,
eggs, or
edamame.

+

**ADD INS
(1/2 CUP)**
Include
foods for
more flavor
and
textures.

+

**DRESSING
(1/4 CUP)**
Choose
dressing low
in sodium and
saturated fat.

STIRFRY

**VEGGIES
(2-3 CUPS)**
Choose
veggies like
peppers and
mushrooms.

+

**PROTEIN
(1 LB)**
Pick a lean
protein for
your stir
fry.

+

**FLAVORING
(1 TBSP)**
Add spices,
garlic, or
ginger.

+

**SAUCE
(1/4 CUP)**
Use low
sodium
sauces for
extra flavor.

+

**GRAIN
(1 CUP)**
Include
whole grains
for some
extra fiber.

SMOOTHIE

**FRUIT &
VEGGIES
(1/2 - 1 CUPS)**
Pick your
favorite fruits
and vegetables.

+

**LIQUID
(1/2 - 1 CUP)**
Choose any
100% juice,
milk, or water.

+

**FLAVORING
(1/2 TSP)**
Use herbs,
spices, zests,
or
sweeteners.

+

**THICKENER
(1/2 CUP)**
Try ice, yogurt,
silken tofu,
oatmeal, or
seeds.

HEALTHY CONVENIENCE STORE FOOD FINDS

Find balanced options that help you save money while maintaining your nutrition needs.

Lean Protein

- Chunk light tuna
- Canned chicken breasts
- Canned sardines
- Turkey pepperoni
- Canned beans



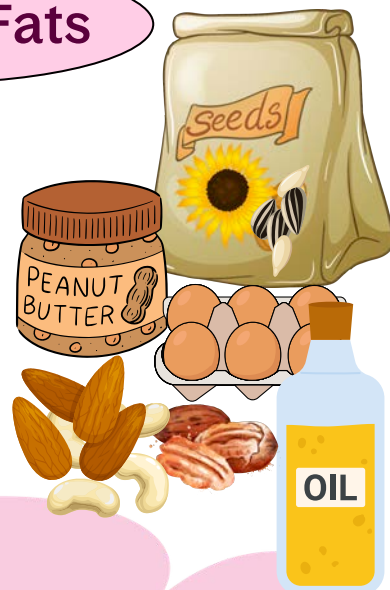
Carbohydrates

- Instant oatmeal
- White or brown rice
- Pasta
- Canned fruit
- Canned vegetables



Healthy Fats

- Sunflower seeds
- Peanut butter
- Eggs
- Nuts
- Canola oil



TRAIL MIX

Can provide carbohydrates for energy and healthy fats for fullness

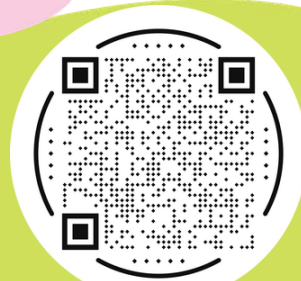


QUICK TIP:

Many canned foods contain high amounts of salt, so purchase lower sodium options when available. Rinsing can remove half the sodium.

Want More Information?

Scan QR code with your phone to view recipes and to learn more about making better food choices.



SNACK Smart

Benefits of Eating Balanced Snacks



boosts energy by balancing blood sugar levels



limits eating past fullness during main meals



improves mood and emotions



increases nutrient intake

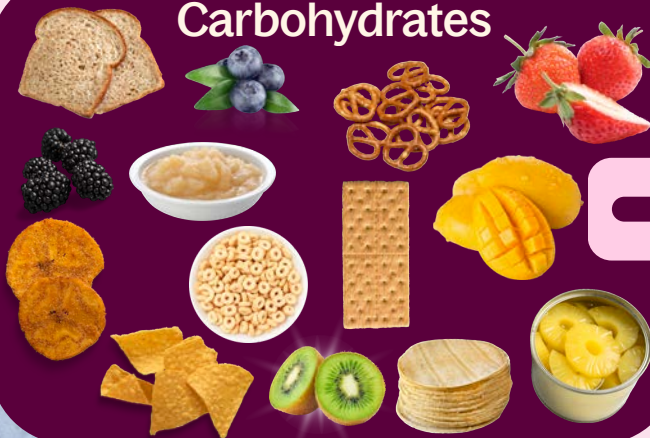


helps recover from physical activity or exercise



Combinations to Build a Balanced Snack

Carbohydrates



Lean Protein



Some carbohydrates, like fruit and whole wheat bread, have more fiber. Choose more high fiber foods most of the time to support a healthy gut and blood sugar levels.

Try these pairings next time you snack.



canned pineapples + cottage cheese



plantains + lightly salted nuts



blackberries + boiled eggs



FOOD IS MEDICINE

CREATED BY OUR
REGISTERED DIETITIAN NUTRITIONISTS

WWW.OPENHANDATLANTA.ORG
WWW.GOODMEASUREMEALS.COM

SNACK Smart

Fiber-Rich Vegetables



Lean Protein



If you are looking for a little more energy, try adding a carbohydrate-rich snack with your fiber-rich vegetables and lean protein to create your balanced snack.

Try these pairings next time you snack.



sweet peppers +
diced cheese



celery +
hummus + pretzels



cucumbers +
canned tuna

More Examples of Balanced Snack Options

Trail Mix



Create your own for the ultimate customization! Nuts and seeds bring the protein and good fats, while dried fruits like cranberries and raisins jazz it up with fiber for that lasting energy boost.

Deli-Style Salad



Start with low-sodium canned tuna or chicken. Add mayo made with heart-healthy fat. Mix in your favorite herbs and chopped fresh vegetables. Serve with whole-grain crackers!

Smoothie



Choose frozen fruit for a blast of antioxidants. Blend it up with milk, 100% fruit juice, or water for that perfect texture. For extra creaminess and protein, add in some yogurt or cottage cheese.

Yogurt



The ultimate snack attack! Yogurt is a powerhouse of protein and carbs, all in a luxurious and creamy delight. Sprinkle in some fruit or nuts for an extra burst of goodness.



FOOD IS MEDICINE

CREATED BY OUR
REGISTERED DIETITIAN NUTRITIONISTS

WWW.OPENHANDATLANTA.ORG
WWW.GOODMEASUREMEALS.COM

THE MEDITERRANEAN DIET

Voted best diet overall for seven years in a row by US News & World Report!



Did you know there are over 20 Mediterranean countries and territories on the Mediterranean Sea?

Each place has its own spices, herbs, vegetables, grains, and dietary customs!



The Mediterranean Diet is not a specific diet, but it is a healthy eating pattern.

Every Day

- Vegetables
- Fruits
- Whole grains
- Plant-based fats
- Herbs
- Spices

At Least Once Per Week

- Fish
- Poultry
- Beans
- Legumes
- Eggs

Moderation is Important

- Red meat
- Processed meat
- Added sugars
- Dairy products
- Red wine

Why is the Mediterranean Diet considered to be the best overall diet?

This pattern has been studied by many researchers for its ability to:

- Lower your risk for
 - Heart disease
 - Heart attacks
 - Stroke
 - Cancer
- Support your body's
 - Blood sugar levels
 - Digestive system



THE MEDITERRANEAN DIET

The Mediterranean Diet can be adapted to any culture!

DON'T LIMIT YOURSELF.
Below are foods grown in the South. Try one or more each week for more health benefits!

Fruits

- Blueberries
- Watermelons
- Apples
- Cantaloupes
- Grapefruit
- Muscadines
- Persimmons
- Strawberries

Vegetables

- Cucumbers
- Lima beans
- Beets
- Broccoli
- Cabbage
- Collard greens
- Lettuce
- Peppers
- Squash



The US South meets the Mediterranean Diet

See below for meal ideas that use foods we eat commonly here in the South.

Breakfast

- Oatmeal with peanuts and blueberries
- Omelet with mushrooms, spinach, peppers, and onions

Lunch

- Grilled chicken, cucumber salad, watermelon
- Black bean burger, coleslaw, cantaloupe

Dinner

- Black eyed peas, brown rice, cabbage
- Salmon patties, mashed potatoes, collard greens

Snacks

- Canned tuna, celery, and crackers
- Fresh or frozen blackberries and yogurt

DIABETES MEAL PLANNER

One serving of carbohydrates (carbs) is equal to 15 grams of carbs. Choose 2 - 4 carb servings (30 - 60 grams) per meal and 1-2 carb servings (15 to 30 grams) per snack.

*Recommendations are generalized. Individuals are encouraged to modify their serving sizes based on their blood sugar readings and advice from their healthcare team.

FAT

- Adults need about 44 - 78 grams of fat per day.
 - Only 13 grams should come from saturated fats.

Focus on unsaturated fats like plant-based oils, nuts, seeds, and nut butters.

LUNCH + DINNER



bbq baked chicken, biscuit, collard greens sautéed in oil, strawberries



shrimp & steak fajitas with bell peppers, guacamole, salsa, corn tortillas

CARBS

*Each item is 15 grams of carbs

GRAINS

- 1/3 cup of cooked rice (any type), pasta (whole grain or white), or quinoa
- 1 (6-inch) tortilla (whole wheat, corn, or flour)
- 1/2 a biscuit
- 1 small, plain roll (1 ounce)
- 1 slice bread (whole wheat or white)

STARCHY VEGETABLES

- 1/2 cup mashed potatoes, corn, green peas
- 6 in. corn on the cob
- 1 small potato (white or sweet)
- 1 cup winter squash

FRUIT

- 1/2 a cup of whole, frozen, or canned fruit
- 3/4 to 1 cup berries and melons
- 1/3 - 1/2 cup (2 1/2 - 4 ounces) of 100% fruit juice
- 2 tablespoons of dried fruit, or 1/8 cup

CARBS + PROTEIN

- 1/2 cup of beans or lentils
- 1/3 cup chickpeas

PROTEIN

*Most healthy adults should aim to get 20-30 grams of protein at each meal. If you have chronic kidney disease, you may need less. Consult your healthcare provider.

ANIMAL PROTEINS

- 3 ounces of cooked poultry, beef, lamb, pork, fish, and shellfish
 - 20 grams
- 1 egg or 2 egg whites
 - 6 grams
- 1 cup milk
 - 8 grams

- 1 cup low-fat or fat-free yogurt
 - 14 grams

PLANT PROTEINS

- 1/2 cup cooked beans, lentils, split peas
 - 8 grams
- 1/2 cup cooked tofu
 - 14 grams
- 2 tablespoons nuts, seeds, or nut and seed butters
 - 3 - 8 grams

Scan this QR code for more carb options!



Practice meal planning on the third page!

NON-STARCHY VEGETABLES

*Aim to fill 1/2 your plate with non-starchy veggies

- artichoke, asparagus, green beans, beets, brussels sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumber, eggplant, greens, mushrooms, okra, onions, peppers, radishes, sugar snap peas, tomato, turnips, and more!

Scan this QR code for more veggie options!



DIABETES MEAL PLANNER

One serving of carbohydrates (carbs) is equal to 15 grams of carbs. Choose 2 - 4 carb servings (30 - 60 grams) per meal and 1-2 carb servings (15 to 30 grams) per snack.



BREAKFAST

fiber-rich carb:

fruit

lean protein:

low-fat yogurt & nuts

healthy fats:

nuts & chia seeds



*Recommendations are generalized. Individuals are encouraged to modify their serving sizes based on their blood sugar readings and advice from their healthcare team.

CARBS

*Each item is 15 grams of carbs

GRAINS

- ½ cup of cooked grits, oatmeal, cereal
- ½ English muffin
- 1 (4-inch) pancake or waffle
- ¼ of a large bagel
- ¼ cup granola
- 1 slice bread (whole wheat or white)
- 1 ounce potato chips
- 3 cups plain popcorn
- 9-13 tortilla chips

FRUIT

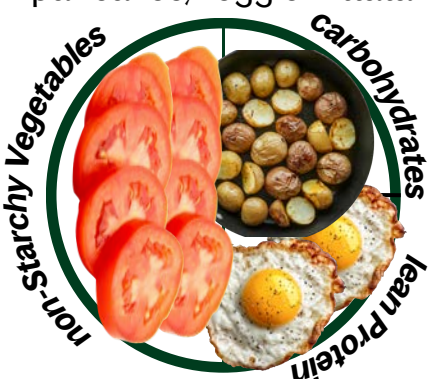
- ½ cup of whole, frozen, or canned fruit
- ¾ to 1 cup berries and melons
- ⅓ - ½ cup of 100% fruit juice or 2.5-4 ounces
- 2 tablespoons of dried fruit, or ⅛ cup

CARBS + PROTEIN

- 1 cup (8 ounces) low or non-fat milk or plain yogurt

MISCELLANEOUS

- 1 tablespoon syrup, jam, jelly, molasses, sugar, or honey



fiber-rich carb:

plain oatmeal

lean protein:

nuts & low-fat milk

healthy fats:

nuts



fiber-rich carb:

whole-wheat toast

lean protein:

egg

healthy fats:

avocado



eggs, tomatoes, potatoes

If non-starchy vegetables at breakfast is not your thing, focus on fiber-rich carbohydrates, lean protein, and healthy fats.



Plus...Heart Healthy Fats

SNACKS

*Snacks boost energy by balancing blood sugar levels. Make a balanced snack by pairing carbs with lean protein. Or, for a lighter snack, a fiber rich vegetable with lean protein.



canned pineapples + cottage cheese



plantains + lightly salted nuts



sweet peppers + diced cheese



cucumbers + canned tuna

Scan this QR code for more snack options!



DIABETES MEAL PLANNER

One serving of carbohydrates (carbs) is equal to 15 grams of carbs. Choose 2 - 4 carb servings (30 - 60 grams) per meal and 1 -2 carb servings (15 to 30 grams) per snack.

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Meal Ideas: ----- ----- ----- -----	Meal Ideas: ----- ----- ----- -----	Meal Ideas: ----- ----- ----- -----	Meal Ideas: ----- ----- ----- -----	Meal Ideas: ----- ----- ----- -----
Lean Protein: ----- ----- ----- ----- ----- -----	Lean Protein: ----- ----- ----- ----- ----- -----	Lean Protein: ----- ----- ----- ----- ----- -----	Lean Protein: ----- ----- ----- ----- ----- -----	Lean Protein: ----- ----- ----- ----- ----- -----
Fiber-Rich Carbohydrates: ----- ----- ----- ----- ----- ----- ----- -----	Fiber-Rich Carbohydrates: ----- ----- ----- ----- ----- ----- ----- -----	Fiber-Rich Carbohydrates: ----- ----- ----- ----- ----- ----- ----- -----	Fiber-Rich Carbohydrates: ----- ----- ----- ----- ----- ----- ----- -----	Fiber-Rich Carbohydrates: ----- ----- ----- ----- ----- ----- ----- -----
Non-Starchy Vegetables: ----- ----- ----- ----- ----- ----- ----- -----	Non-Starchy Vegetables: ----- ----- ----- ----- ----- ----- ----- -----	Non-Starchy Vegetables: ----- ----- ----- ----- ----- ----- ----- -----	Non-Starchy Vegetables: ----- ----- ----- ----- ----- ----- ----- -----	Non-Starchy Vegetables: ----- ----- ----- ----- ----- ----- ----- -----

Health Goals



A great way to improve your health is by setting SMART goals. Physical activity, getting enough sleep, eating in a diverse, balanced pattern, meditating, limiting alcohol, and avoid smoking and drugs are all healthy behaviors that can impact your health status. Use this worksheet to create goals that are important to YOU!

EXAMPLE SMART GOALS:

- 🌸 *"Next time I shop, I will buy only lean proteins like chicken breasts and ground turkey."*
- 🌸 *"Monday through Thursday of this week I will go to bed 1 hour early"*
- 🌸 *"This week, I will cook one meal with a plant protein such as beans instead of ground beef."*

My
motivations
are...

SPECIFIC

Measureable

Attainable

Relevant

Time Bound

GOALS

List your
SMART
goals:



Open Hand

TREATING BLOOD SUGARS

HIGHS & LOWS

High Blood Sugars

Blood sugar levels above 180 mg/dL

Causes of High Blood Sugar

- Decreased exercise
- Eating more food than usual
- Lack of sleep
- Stress
- Types of food are not balanced
- Alcohol use
- Timing and dose of medication

Actions to Take

- Sit down, reduce the risk of falls
- Drink water or sugar-free fluids
- Walk, if feeling stable
- Call your healthcare provider

Low Blood Sugars

Blood sugar levels below 70 mg/dL

Causes of Low Blood Sugar

- Increased exercise
- Skipped meals or less food than usual
- Types of food are not balanced
- Alcohol use
- Timing and dose of medication

Actions to Take

- Sit down, reduce the risk of falls
- **"Rule of 15"**
 - Consume 15 grams of fast acting carbs
 - Wait 15 minutes and recheck
 - Repeat, if necessary

Target Ranges

Blood sugar targets for nonpregnant adults with diabetes:

- Before meals: 80-130 mg/dL
- 1 - 2 hours after a meal: less than 180mg/dL

Check with your provider to confirm your target blood sugar goals.

15 Grams of Carbs

- 3-4 glucose tablets
- Small hard candy
- 1 handful raisins
- Small tube of cake icing
- 1 Tbsp of sugar or honey
- 1/2 cup of juice or regular soda

Where to Find Produce and Food

Besides the grocery store, there are now more and more food banks with fresh produce to give to local residents. You may even qualify for a produce program to get free or reduced priced produce.

FOOD PANTRY

Text 'FINDFOOD' (COMIDA for Spanish) to 888-976-2232. The Atlanta Community Food Bank will send you a list of resources in your zip code.



PLACE OF WORSHIP

Contact your local religious center about food assistance.



SCHOOLS

If you have a school-aged child, contact the school and ask if they have an event for you to pick up food.



HOMELESS CENTERS

If you are currently homeless, go to a homeless center to get assistance. Find a center by calling 884-249-8367, provided by the Georgia Department of Community Affairs.



UNITED WAY

Text "211od" to 898211 to receive a list of referrals based on your zip code. You can search for food and other resources.



YMCA

Go to <https://www.ymca.org/find-your-y> Enter your zip code. Call your local YMCA and ask if they provide food.



MARTA MARKET

Seasonal (April to December) at specific stations. Scan the QR code for updated information.



Georgia's SNAP Program

SNAP - Supplemental Nutrition Assistance Program, or food stamp program, provides credit for groceries to lower income families or individuals. There are limits to how much is awarded and what items may be purchased.

Application Requirements

Older Adults (60 or older) with fixed income below the requirement qualify for SNAP

- Must be a US citizen
- Age
- Housed
- Household size
- Disability status
- Household income
- Bank Balance

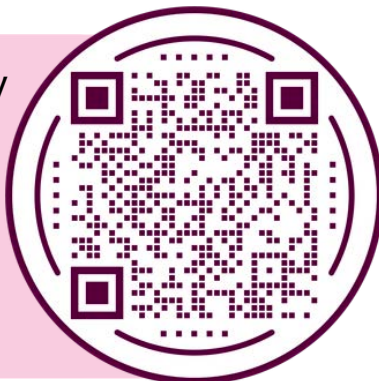
Helpful Documents:

- State ID
- Housing Expenses
- Income Verification or Award Letter



Eligibility

Check your eligibility by scanning the QR code, or call Wholesome Wave Georgia at 678-631-7101 for free screening.



Apply to SNAP



Local & National Resources

Organization and Website	Description
 Open Hand Atlanta www.openhandatlanta.org	Diabetes Self-Management Education Individual Nutrition Counseling with Registered Dietitian Nutritionist Diabetes Friendly Meals
Good Measure Meals www.goodmeasuremeals.com	Diabetes Friendly Meals Individual Nutrition Counseling with Registered Dietitian Nutritionist
Diabetes Association of Atlanta www.diabetesatlanta.org	Diabetes Self-Management Program Words of Wellness (WOW) Wednesdays (virtual education) Medical Assistance Program
Diabetes You Can Win www.diabetesyoucanwin.org	Diabetes Prevention Program Diabetes Self-Management Program Diabetes Support Groups
Emory Diabetes Management 404-251-0083 www.emoryhealthcare.org/centers-programs/diabetes-management-program	Diabetes Management Program Diabetes Self-Management Training Program
GA Department of Public Health www.dph.georgia.gov/chronic-disease-prevention/diabetes/get-diabetes-support	Diabetes Prevention Program Diabetes Management and Support
American Diabetes Association www.diabetes.org www.diabetesfoodhub.org	General Diabetes Education Recipes & Virtual Cooking Classes
DiaTribe www.diatribes.org	Diabetes Education and Recipes