



Your Diabetic Nutrition Plan at Presbyterian Manor

At Presbyterian Manors of Mid-America, we follow the most current standards in providing a diet that ensures you maintain good nutritional health while controlling your diabetes.

Most elderly diabetic individuals are better served utilizing a **regular diet with avoiding a few problematic foods often called “diabetic precautions.”** This nutritional approach in the treatment of diabetes allows individuals to select foods and portions more typical to their usual diet and meal choices, and thereby promotes an improvement in overall nutritional intake. This is very important in maintaining your overall health.

In our older years, the goals for our A1C and blood sugar may be different from younger years. This is due to changes in our appetite, food intake, and the overall state of our health. There are risks in having frequent low blood sugar events and the goal is for eating a well-balanced meal for stable blood sugar and good nutritional health.

Well-balanced, nourishing meals

The first step in following a healthful diabetic diet is to select well balanced, nourishing meals that include the following components daily:

- **6 Ounces of Protein** – one ounce is equivalent to one ounce of cooked meat, poultry, fish, lunchmeat or cheese, one egg, 1/2 cup cooked beans or 2 Tbsp peanut butter.
- **2 Servings of Fruit** – one serving is equivalent to 1/2 cup canned fruit, 3/4 cup fruit juice, one medium piece fruit (apple, orange, and banana).
- **3 Servings of Vegetables or More** – one serving is equivalent to one cup raw leafy vegetables, 1/2 cup cooked vegetables or 3/4 cup vegetable juice. Potatoes, corn, green peas and beans are considered starchy vegetables and should be used less often.
- **6 Servings of Grains/Starches** – one serving is equivalent to one ounce sliced bread, 1/2 bagel, 1/2 English muffin, 1/2 hamburger bun, 1/2 hot dog bun, one biscuit, three graham crackers, six saltines, 3/4 cup dry cereal, 1/2 cup cooked cereal, 1/2 cup cooked rice or pasta. Choose whole grains when possible.
- **2 Cups of Milk or More** – one serving is equivalent to one cup whole, 2% or skim milk.

Diabetic precautions

The next step is to consider the following Diabetic Precautions when making meal selections that will help to keep your carbohydrate intake consistent from day to day and at an appropriate level.

The American Diabetes Association no longer endorses foods that are “sugar free” or “no sugar.” There is not sufficient evidence that blood sugar levels are improved by the use of these foods.

- Consume about the same size of meals and consume meals at about the same time each day. On the menu choose one choice from each category: entrée, starch, veg, salad, fruit/dessert, milk and unsweetened beverage
- Consider selecting smaller servings of desserts (1/2 portion) or select fruit for dessert.
- Select beverages that are unsweetened.
- Utilize sugar substitute instead of regular sugar.
- Utilize diet jelly and diet syrup instead of regular jelly or syrup.

Resources for additional information

You may obtain further information about diet changes for diabetes from the Registered Dietitian and/or the following web sites:

1. Academy of Nutrition and Dietetics: www.eatright.org
2. American Diabetes Association: www.diabetes.org