



Nutrients to Know for Diabetes Management

Nutrient	Amount per Day	Where it's found	Why it's important
Carbohydrates	Ask your health care professional Most people need 45-60 grams at each meal and 15 grams at snacks	grains breads rice dairy fruit starchy vegetables like corn or potatoes	Carbohydrates are vital for your body to function properly. However, controlling when and how many you eat is part of good blood glucose management. Look at the total carbohydrates in a food, not just the sugar, because all carbohydrates will become sugar in your body.
Sugar	Limited	sweets sweetened beverages like soda or bottled tea fruits, fruit juices honey maple syrup brown sugar molasses rapidura sugar	Sugar is a type of carbohydrate that can quickly spike your blood glucose levels. Even natural sugars like honey and maple syrup can lead to hyperglycemia. Use sweeteners in moderation, or choose a non-sugar sweetener like Splenda or stevia. If you choose to drink fruit juices or sweetened beverages, drink them with a high fiber food and limit your portion to 4 ounces.
Protein	About 40-90 grams per day, depending on age and weight	meats dairy products like milk and yogurt soy products whole grains nuts beans eggs	In addition to helping maintain your immune system and muscle mass, protein slows digestion of carbohydrates. This helps you avoid spikes and dips in blood glucose and keep you feeling full longer. Choose snacks with both protein and carbohydrate, like apples with peanut butter, yogurt with fruit, or tuna on crackers.

Fiber	23-25 grams a day	<ul style="list-style-type: none"> vegetables whole grains fruit beans 	Fiber is a form of carbohydrate that takes a long time to digest. It can help counteract the effects of sugar on your blood glucose levels and help maintain a stable blood glucose level throughout the day. Fiber is also linked to reduced cholesterol levels and lower colon cancer risks. Increase fiber in your diet slowly and drink plenty of water to avoid gas and constipation.
Sodium	Less than 2300 mg about 1 tsp of salt	<ul style="list-style-type: none"> canned and processed foods like soups, tomato sauces canned vegetables breads pickles cheeses deli meat 	Sodium may lead to high blood pressure in some people. Having diabetes increases your risk of heart disease, so it is important to keep your blood pressure within healthy levels. The best way to limit sodium is to avoid canned or processed foods. Even foods that don't taste salty can have a lot of hidden sodium, so read the label! When cooking at home, try using herbs, spices, or lemon juice to add flavor without needing a lot of salt.
Fat	12-15 grams saturated fat or less About 65 grams total fat or less	<ul style="list-style-type: none"> oils olives butter and margarine nuts and seeds coconuts avocados many meats and fish full fat dairy products 	People with diabetes are at greater risk of heart disease and should limit saturated fats, especially those from animal sources like fatty meats and cheeses. Fat is an essential nutrient, so don't cut it out entirely. Instead choose healthy fats like those found in olive oil, avocados, fish, nuts, and grapeseed oil. Just remember that fat is high in calories, so don't eat too much!
Cholesterol	Less than 200 mg	<ul style="list-style-type: none"> cholesterol is only found in animal products meat cheese dairy seafood eggs 	Maintaining healthy cholesterol levels is important to prevent heart disease in people with diabetes. Avoid foods high in cholesterol and saturated fat together, like cheeses and red meat. Even lean meats like chicken and fish have cholesterol, so limit portions of all meats to 3 ounces twice a day.