Top Ten Tips for Easy Diabetic Meal Planning

1. Eat 3-4 meals per day. Give yourself a regular dose of energy by eating balanced meals throughout the day. Meals that have a variety of foods will be digested over varying timeframes, thus helping to maintain a consistent blood sugar.
2. Eat meals at the same time each day. Your body will be able to use the nutrients you provide and be ready for the next dose when expected.
3. Eat about the same amount of food each day. Your body needs to know what to expect. Eating about the same amount of food on a regular basis allows your medication to work correctly.
4. Limit sugary items. Sugar and simple carbohydrates are digested quickly. This causes a spike or jump in your blood sugar. High blood sugar is what causes complications associated with diabetes, such as poor circulation, decreased vision, and heart disease.
5. Choose Whole Grains. Whole grain foods provide complex carbohydrates along with many vitamins, minerals and other nutrients which help to maintain a healthy weight.
6. Drink water. Water is an excellent way to hydrate without calories. Be cautious of flavored water, tonics and sport drinks which can have calories from carbohydrate.
7. Take medicine on schedule. Keeping a consistent pattern will make you feel better overall and insure that you don’t forget to take care of yourself.
8. Test blood sugar regularly. Follow your doctor’s recommendation for time, frequency and method of testing. Keep a record of your test results to review with your medical team. This may indicate a need for change in your medication or diet.
9. Exercise helps to maintain a healthy weight and improves circulation. Many people can reduce or eliminate the need for medicine if they lose extra weight.
10. Avoid Alcohol and other empty calories. Alcohol is digested quickly and does not provide any nutrients. Alcohol causes blood sugar spikes and the effects of alcohol can mask signs or symptoms of low or high blood sugar problems.

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