



Harmony in Health

A series on nutrition and our bodies



Memorial Community
Hospital & Health System

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Diabetic Diet

If you have been diagnosed with Diabetes or Pre-Diabetes, managing your blood sugars becomes a very important task. The diabetic diet is really just a healthy, balanced diet. The goal is not to cut out carbohydrates completely, but to eat the same amount of carbohydrate consistently throughout the day and switch to high-quality carbs vs low quality carbs. If your BMI is >25, losing some weight may also help with blood sugar management.

Quality, Quantity and Timing of Carbs: The amount of total carbohydrates someone should eat depends on the individual, but generally, decreasing the total amount of carbohydrates in the diet, especially from low quality sources, is recommended. A Dietitian can help determine the total amount of carbohydrate you should eat and when. When it comes to carbs, quality matters. Choose high quality carbs that come with fiber, protein, vitamins and minerals that your body needs to function optimally.

High Quality Carbs:

- Whole grains - brown rice, sprouted grain breads and pasta, quinoa, black beans
- Beans and Legumes
- Fresh and Frozen fruits and vegetables, potatoes with skins
- Unsweetened milk and yogurt

Low Quality Carbs:

- Sugar and sweetened beverages
- High fructose corn syrup
- Refined grains - most white flours, breakfast cereals, white rice
- Processed foods: Boxed side dishes, potatoes without skins, snack foods, sweets/candy, baked goods, many granola and cereal bars and sweet breakfast items

Quantity matters! Portion sizes and number of portions are very important when it comes to managing carbohydrate intake and controlling blood sugars. One skill that you will want to learn and master is carbohydrate counting. Contact a Registered Dietitian or Certified Diabetes Educator for resources and help with learning this important skill.

RD Tip! One thing I always recommend is to fill half your lunch and dinner plate with non-starchy vegetables because they fill you up, are super healthy and are very low in carbohydrates.



Meet the Author

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Inpatient nutritional care and customized outpatient counseling



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