



Nutrition FAQs

Who on my diabetes care team do I talk to about nutrition?

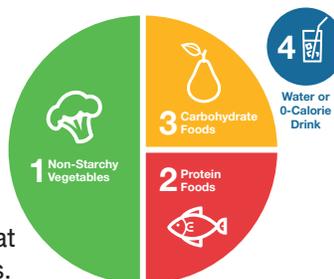
Anyone on your diabetes care team can answer general questions, but it's best to talk to a registered dietitian nutritionist (RDN) about nutrition and your eating plan.



Is there one diet people with diabetes should follow?

There isn't one single diet for managing diabetes—there are many types of eating plans people can follow. One place to start is the Diabetes Plate Method:

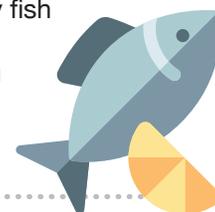
- Fill half your plate with non-starchy vegetables
- Fill 1/4 with a nutrient-dense, minimally processed carbohydrate
- Fill the remaining 1/4 with a lean source of animal or plant-based protein
- Add a zero-calorie drink, like water, unsweetened tea, or coffee.



Talk to your RDN to find out what eating plan will meet your needs.

Should I avoid or lower the amount of fat in the food I eat?

Focus on choosing the right types of fats and keep portions small. Choose fats that are unsaturated, like olive oil and avocados, and are good for heart health, like omega 3 fats found in fatty fish like salmon and albacore tuna. Talk to your RDN about other types of fat you can work into your eating plan and what the right portions are for you.



Do I need to lower the amount of sodium in my eating plan?

Generally, you should limit the amount of sodium you eat to less than 2,300 milligrams per day, but talk to your RDN to find out the amount that's right for you. Most sodium consumed comes from highly processed food, so try to eat mostly whole foods. When eating packaged or canned foods, look for “low sodium” or “no-added-salt” on their labels. Low-sodium packaged or canned foods contain 140mg of sodium or less per serving.



Which carbohydrates (carbs) can I eat?

Choose nutrient-rich—aim for 2.5g fiber or more per serving—and minimally processed carbs for your meal plan. Here are some more things to consider when choosing carbs:

- Nutrient-dense carbs include whole grains, starchy vegetables, beans and lentils, fruit, yogurt, and milk.
- Limit your portions of carb foods to ¼ of your plate to help manage your blood glucose (blood sugar).
- Eat carbs with minimal amounts of added sugar.
- Choose water or another zero-calorie drink. For a refreshing twist on plain water, try flavoring it with fruit.
 - Limit sugar-sweetened beverages like regular soda, juice, sweet tea, and sports drinks.
- If you're on an insulin therapy plan, you should receive education tailored to your personal needs and preferences. If you're on a fixed insulin dose plan, learn about being consistent in the timing and amount of carbs you eat.

