

### Eat less saturated and trans fats on foods:

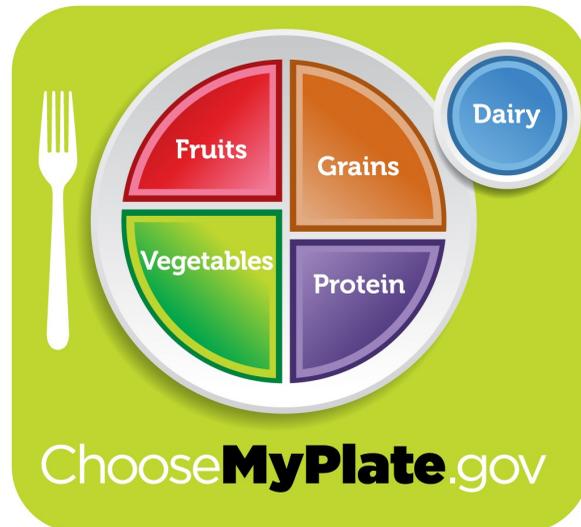
- Use less butter, margarine, shortening, oil and mayonnaise
- Use less salad dressing - try low fat or fat-free
- Use less gravy, sour cream and cream cheese

### Eat foods with less saturated and trans fats:

- Eat fewer fried foods
- Eat less sausage, bacon or other high fat meat
- Eat leaner meats - lean beef, pork, and skinless chicken; prepare by grilling, broiling, baking or other low-fat methods
- Drink low-fat milk (1%) or skim milk

### Eat less salt on foods.

Until you see a dietitian, check on line for information at [MyPyramid.gov](http://MyPyramid.gov)



### For example for a 1600 calorie meal plan:

*You need 5 ounces of grains, half of which should be whole grains*

- A half cup of oatmeal for breakfast
- A sandwich (2 slices of whole grain bread) for lunch
- And one cup cooked pasta for dinner

*Two cups of vegetables*

- Celery and carrot sticks for lunch
- One half cup of Marinara (tomato) sauce with no added salt on the pasta and two cups of green salad for dinner

*One and one half cups of fruit*

- One half medium grapefruit for breakfast
- A small banana for lunch
- And 16 grapes for dinner

*Three cups of milk*

- A cup of skim or 1% milk for breakfast
- One slice of American Cheese for sandwich (1 oz) at lunch
- One cup sugar free, low-fat yogurt for a bedtime snack

*Five ounces meat and beans*

- Twelve almonds with breakfast
- Two ounces sliced turkey on the sandwich for lunch
- Two ounce meatball with the pasta and sauce for dinner

*Use fats, oils and sweets sparingly.*

- Two tbsp of home made salad dressing  
Lemon, honey, oil, and water

### HOW CAN I FIND A DIETITIAN?

- Ask your physician for a referral to a Registered Dietitian (R.D.), preferably one who is also a Certified Diabetes Educator, (CDE).
- Contact the local chapter of the American Diabetes Association (702) 369-9995.
- Make an appointment with a Registered Dietitian at the University of Nevada, The Division of Medical Nutrition, in Reno at 775-784-4474 or in Las Vegas at 702-992-6888.
- Direct questions to the University of Nevada Cooperative Extension in Reno at 775-784-4848 or in Las Vegas at 702-222-3130.
- Call The Academy of Nutrition and Dietetics at 1(800) 877-1600 x5000 or [www.eatright.org/programs/rdfinder](http://www.eatright.org/programs/rdfinder).

*Prepared by:*

Carolyn Leontos, M.S., R.D., C.D.E.  
Julie Plasencia, M.S., R.D.  
University of Nevada  
Cooperative Extension

For information on other topics, visit our website at [www.unce.unr.edu](http://www.unce.unr.edu).

The University of Nevada, Reno is an Equal Employment Opportunity/Affirmative Action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability, sexual orientation, or genetic information in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

Copyright © 2012, University of Nevada Cooperative



**AN APPLE  
A DAY**

# Diabetes...

# Until You See A Dietitian



University of Nevada  
Cooperative Extension

Fact Sheet 06-05 (Revised 2012)

Prepared by University of Nevada Cooperative Extension and the University of Nevada School of Medicine.

## WHAT IS DIABETES?

Diabetes is the medical term used to describe a group of diseases in which the common denominator is high blood glucose. When you have diabetes your body cannot change the foods you eat into energy in the normal way. In normal digestion your body breaks down starches, sugars and other foods into glucose, a form of sugar it can use for energy. The blood stream carries glucose to all the body's cells. A hormone produced by the pancreas, called insulin, allows the blood glucose to enter the cells. In diabetes, the glucose cannot get into cells because there is not enough insulin, or insulin cannot be used correctly. If the glucose cannot get to the cells, it builds up in the blood causing high blood glucose or diabetes.

## IS THERE MORE THAN ONE KIND OF DIABETES?

Diabetes has two common forms, type 1 and type 2. In type 1 diabetes, the pancreas does not make enough insulin. People with type 1 diabetes must take injections of insulin on a daily schedule. In type 2 diabetes, the pancreas may make enough insulin but the body is unable to use it or in some people not enough insulin is produced. In certain cases, type 2 diabetes can be controlled by changes in eating and exercise habits. Sometimes pills and/or insulin injections are necessary to keep blood glucose at acceptable levels.

## DID I GET DIABETES BECAUSE I ATE TOO MUCH SUGAR?

No. Often, foods high in sugar are also high in fat, causing weight gain. Being overweight can increase risk of diabetes.

## WHAT WILL HIGH BLOOD GLUCOSE DO TO ME?

High blood glucose can lead to the major complications of diabetes. It is a major cause of heart disease, vision problems and blindness, kidney failure and damage to nerves.

**The good news is that you can learn to control your blood glucose.** Researchers have proven that the complications of diabetes can be prevented, delayed or reduced in severity if a person with diabetes maintains good blood glucose control. Your health care team can help you learn what you need to know about food, exercise, medication and testing, so that you can keep your blood glucose in control.

## DO I HAVE TO FOLLOW A "DIABETIC DIET"?

The American Diabetes Association's Nutrition Recommendations say there is no special diet. Many times people with diabetes may have another disease to consider when planning meals. If you have high cholesterol or high triglycerides (types of blood fat) your meal plan should take these into account. Some people need to lose weight, some do not. **It is important that a registered dietitian tailor your meal plan for you!**

## IS IT OK TO EXERCISE?

Regular exercise is good advice for everyone. The advice for all Americans applies: Check with your doctor before starting to exercise. Begin slowly and build up gradually. For example start by walking around the block and build up to walking around the block twice.

Exercise may be most helpful to people with type 2 diabetes. It can help get blood glucose under control and may help reduce the need for diabetes medicine. Sometimes, if an overweight person who is not active begins a regular exercise program, blood glucose levels will go down and medication may be discontinued.



## WHAT ABOUT THE EXCHANGE LISTS?

The "Exchange Lists" are one method of meal planning. They group food into six categories, measured so that appropriate servings of foods in each group have roughly the same nutritional value. A variety of other meal planning approaches can be equally as effective. **The important issue is finding a method of meal planning you can live with that allows you to meet your blood glucose goals.**

## WHAT ABOUT WEIGHT?

People who are overweight are more likely to develop type 2 diabetes than people who are not. If a person who is overweight loses weight, his/her blood glucose levels usually decrease. Sometimes losing just ten to twenty pounds can bring your blood glucose under control. Remember, it is much more important to control blood glucose than it is to reach an "ideal" weight. Aim for a reasonable weight that you can maintain.

## WHAT CAN I EAT?

People with diabetes need to eat a variety of foods. It is important to divide your food into at least three meals daily. You should eat at about the same time every day. You should also eat about the same amount of food at meals from day to day.

### Eat more whole grains and high fiber foods:

- Try whole-grain bread, cereals, crackers, rice and spaghetti

### Eat at least 2 cups of vegetables and 1 & 1/2 cups of fruit each day:

- Try fruit on cereal or as a snack
- Try raw vegetables with a sandwich, and salad at lunch or dinner
- Select a variety of dark green or orange vegetables each week

### Eat less sugar and sweets:

- Try diet drinks
- Drink less fruit juice, fruit drinks, punches and sports drinks