

# Nutrition 101



## What Should I Eat?

Knowing what to eat and when to eat it can be confusing when you have diabetes. The good news is meal planning with diabetes follows the same principles as eating a healthy and balanced diet, a concept that everyone, with diabetes or not, should follow.<sup>1</sup>

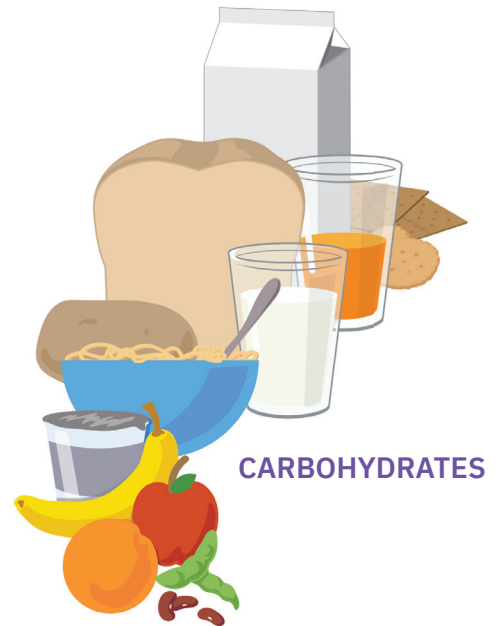
### Eating Habits to Adopt<sup>1</sup>:

- Begin a meal routine, and stick to it
- Think portion and balance at each meal
- Include a wide variety of foods
- Avoid highly processed foods
- Choose foods that are high in fiber

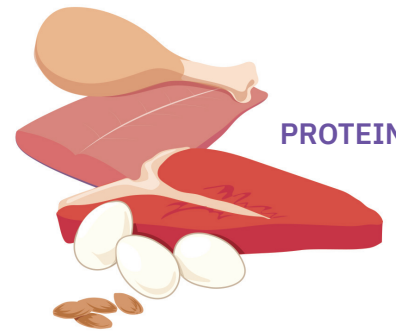
### Carbohydrates, Proteins & Fats

Carbohydrates are the primary foods that affect glucose levels. Carbohydrates are important because they provide energy and essential vitamins and minerals. Protein and fats also contain calories, vitamins and minerals but do not contain carbohydrates. Proteins and fats take longer to digest and are slower to affect blood glucose.<sup>1,2</sup>

If you are taking insulin, the correct balance of carbohydrates and insulin can help you stay in your target BG range more often.<sup>1</sup>



**CARBOHYDRATES**



**PROTEINS**



**FATS**

### Foods That Contain Carbohydrates<sup>3</sup>

- Starchy vegetables like potatoes, peas and corn
- Fruits and fruit juice
- Dairy like milk, ice cream and yogurt
- Grains and starches like rice, oatmeal, bread, cereal and pasta
- Legumes like beans, lentils and soy
- Sweets and snack foods like sodas, cake, cookies, candy and chips

### How many carbohydrates per meal is ideal?<sup>3</sup>

Your dietitian or diabetes educator can work with you to make a personalized plan based on factors such as your weight, activity level, and your BG goals.

**Sugar free does not always mean carbohydrate free!**

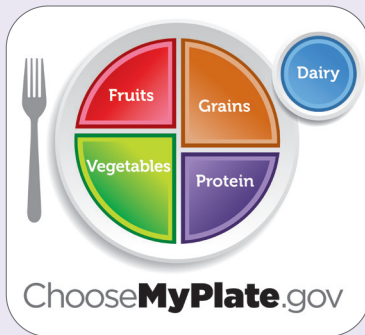
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## How Do I Figure out the Amount of Carbohydrates in my Meal?

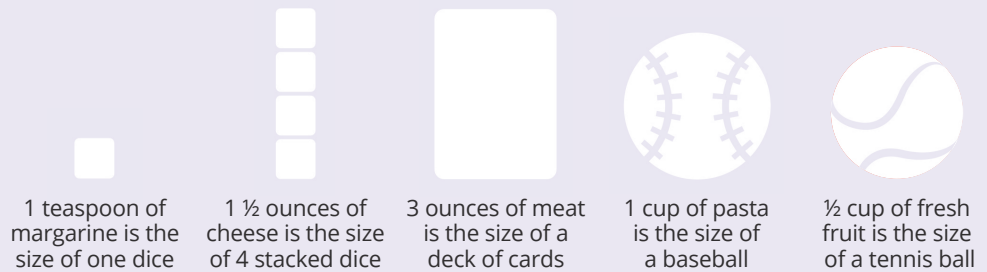
Portioning the right amount of carbohydrates doesn't have to be complex. Here are 3 ways to do it:

### The Plate Method<sup>4</sup>

Use the plate method from the USDA to guide you on how much of each food group you should be eating. The plate method encourages you to eat a variety of foods and to be aware of the portion sizes of each.



### Tips for Estimating Portions



### Food Labels<sup>5</sup>

If the food label is available it is easy to count up the amount of carbohydrate you are eating. Remember to look at the serving size as the information on the label is about this size serving. In this example, you will need to double the information if you are eating 4 crackers, which is equal to 2 servings or 20 grams of total carbohydrates.<sup>4</sup>

### Carbohydrate Counting<sup>4</sup>

Reading food labels is essential to carbohydrate counting. When you carbohydrate count, you will need to estimate the portion on your plate and figure out how many grams of carbohydrates is in that portion. This is a valuable technique to help you plan your meals and manage your insulin dosing. If you are taking mealtime insulin, dosing your insulin to your carbohydrates will give you more flexibility and may help with blood glucose control.

Nutrition Facts	
21 servings per container	
Serving size	2 crackers (14g)
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 70 mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 2g	
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
Iron 10mg	2%
Calcium 0mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### REFERENCES

1. American Diabetes Association Standards of Medical Care in Diabetes 2020. *Diabetes Care*. 2020; 43 (Supplement 1); S50-S54
2. Bell KJ, Smart CE, Steil GM, Brand-Miller JC, King B, et al. Impact of fat, protein, and glycemic index on postprandial glucose control in type 1 diabetes: implications for intensive diabetes management in the continuous glucose monitoring era. *Diabetes Care*. 2015;38:1008-1015.
3. Evert AB, Franz MJ. *American Diabetes Association Guide to Nutrition Therapy for Diabetes*. 3rd ed. American Diabetes Association. 2017.
4. United States Department of Agriculture. My Plate Plan. <https://www.choosemyplate.gov/resources/MyPlatePlan>. Accessed January 22, 2021. U.S. Food and Drug Administration. U.S. Department of Health and Human Services. The New Nutrition Facts Label. <https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>. Accessed January 22, 2021

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