

DIABETIC FOOD GUIDE

DIABETIC FOOD GUIDE

FOODS TO EAT

FRUITS

- STRAWBERRIES
- APPLES
- PLUMS
- PEARS
- AVOCADO
- PLUMS
- GRAPES/FRUIT
- PEACHES
- CHERRIES



VEGETABLES

- TOMATOES
- GARLIC
- CARROTS
- CORN
- POTATOES
- PEPPERS
- GREEN PEAS
- BROCCOLI
- GREENS



LEAN PROTEINS

- SALMON, TUNA, & OILY FISH
- SKINLESS TURKEY
- EGGS
- BLACK, REFINED,
- KIDNEY, PINTO BEANS
- BONELESS, SKINLESS CHICKEN
- SYRUPS / BERRANTS



WHOLE GRAINS

- LIQUOR-BASED FLAKES
- WHOLE WHEAT FLOUR
- QUINOA
- OATMEAL
- CORNMEAL
- WILD RICE
- 100% WHOLE GRAIN
- WHOLE GRAIN BREAD
- 100% WHOLE WHEAT



DAIRY

- PLAIN YOGURT
- LOW-FAT GREEK YOGURT
- RICOTTA OR FARMHOUSE
- SWISS OR LOW-FAT MILK
- COTTAGE CHEESE



CONDIMENTS

- HOT SAUCE
- ALL EXTRACTS
- ALL HERBS & SPICES
- VINEGAR
- SALSA
- MUSTARD
- OLIVE OIL



DRINKS

- LOWFAT OR SKIM MILK
- UNSWEETENED COFFEE
- SPARKLING WATER
- UNSWEETENED TEA
- PLANT-BASED
- UNSWEETENED MILK



SNACKS AND DESSERT

- SUGARFREE GELATIN
- FRUIT POPCICLES WITH 100%
- CANNY OR CELERY STICKS
- HOMEMADE POPCORN
- NO ADDED SUGAR POPCICLES
- UNSALTED BEAN AND NUTS



FOODS TO AVOID

FRIED FOODS

- MISCELLANEOUS STICKS
- FRIED CALAMARI
- ONION RINGS
- FRIED FISH
- FRIED CHICKEN
- FRENCH FRIES
- FRIED EGG ROLLS
- TEMPURA FRIED VEGETABLES



SATURATED FATS

- BACON
- HIGH-FAT CHEESE
- BUTTER
- LARD
- REGULAR SAUSAGE
- REGULAR CROCKING BEEF
- FULL-FAT DAIRY PRODUCTS



REFINED GRAINS

- PIZZA DOUGH
- RAAG, BREAD-MADE FROM REFINED
- FLOUR
- TORTILLA CHIPS
- PASTAS
- FRIED TUNA FISH
- FRIED WHITE-FLOUR
- WHITE RICE, PASTA, FLOUR



PROCESSED FOODS

- SUGARY CEREALS
- INSTANT NOODLES
- CHIPS
- FAST FOOD BURGERS
- BARBECUE RIBS
- BAKED GOODIES SUGAR
- GRANOLA BARS SUGARY
- PRE-PACKAGED FROZEN PIZZAS



HIGH SUGAR CONDIMENTS

- KETCHUP
- SWEET RELISH
- HONEY MUSTARD
- SWEET DRESSING
- SYRUPS
- BARBECUE, TERIYAKI



SWEETENED DRINKS

- COFFEE WITH CREAM OR SUGAR
- BEER OR WINES
- CHOCOLATE DRINK
- ENERGY DRINKS
- NORMAL SODAS
- FRUIT PUNCH
- SWEET TEA



HIGH SODIUM FOODS

- SALTED BEANS AND NUTS
- PICKLES
- CANNED SOUPS
- CANNED VEGETABLES



HIGH SUGAR SNACKS

- SYRUP PANCAKES
- CANDY
- SUGARY CEREALS
- PEEBODIES & TRAYS
- CHOCOLAS
- PINNED Cakes OR CHURCHES



Diabetic Food Guide

Lea Ann Holzmeister



Diabetic Food Guide:

The Official Pocket Guide to Diabetic Food Choices American Diabetes Association ADA, 2015-09-15 Completely updated to match the newest edition of Choose Your Foods Food Lists for Diabetes Meal Planning this pocket sized guide is now better and more complete than ever Every day and at every meal millions of people use the food list system to plan meals make healthier choices and better estimate portions This proven system is the most popular approach to diabetes meal planning and has been used by dietitians diabetes educators and millions of people with diabetes for more than 70 years This portable version of the Food Lists takes all of the information from the original and repackages it in a format that s perfect for trips to the grocery store or meals on the go Updates include new foods revised portions and updated meal planning tips and techniques With more foods revised portion sizes and the combined knowledge of the American Diabetes Association and the Academy of Nutrition and Dietetics this handy guide is the ultimate meal planning tool for everyone with diabetes

The Official Pocket Guide to Diabetic Food Choices, 5th Edition American Diabetes Association, 2020-05-19 Completely updated to match the newest edition of Choose Your Foods Food Lists for Diabetes this pocket sized guide is now better and more complete than ever Every day and at every meal millions of people use the food list system to plan meals make healthier food choices and better estimate portions This proven system is the most popular approach to diabetes meal planning and has been used by dietitians diabetes educators and people with diabetes for more than 70 years This portable version of the Food Lists for Diabetes takes all of the information from the original and repackages it in a format that s perfect for trips to the grocery store or meals on the go Updates include choice values for a wider variety of foods revised portions and updated meal planning tips and techniques With the combined knowledge of the American Diabetes Association and the Academy of Nutrition and Dietetics this handy guide is the ultimate meal planning tool for everyone with diabetes

African American Guide to Living Well with Diabetes Constance Brown-Riggs, Tamara Jeffries, 2010-07-20 Covers the basics of food exercise and medicine but highlights two things not often found in diabetes books soul food and spirit A Sweet Life More than 4 million African Americans have diabetes thousands more have pre diabetes or are at risk for the condition But in 21 years as a registered dietitian and certified diabetes educator Constance Brown Riggs found few books that even vaguely addressed the unique health concerns of this population This comprehensive guide includes The latest medical treatments for diabetes medications insulin therapies blood glucose monitors plus the pros and cons of supplements herbs and alternative diets What you can t eat and what you can Dozens of mouthwatering Caribbean and soul food recipes with a two week menu plan The book received the Favorably Reviewed designation from the American Association of Diabetes Educators AADE The designation of Favorably Reviewed by AADE assures health professionals that the educational content of the book has been carefully evaluated by representatives of a variety of health professions based on set guidelines Shares a wealth of information about diabetes that has been specifically tailored for African Americans in a down to earth fashion

and emphasizes the important interrelationships of spiritual health mental health and physical health Norma J Goodwin M D founder president and CEO Health Power for Minorities Connie Brown Riggs s culturally appropriate messages are an extraordinary benefit to African Americans particularly women who are often not fully aware of the lifestyle changes they can and should make to prevent diabetes and improve their health and that of their families Wendy C Brawley publisher and CEO IMARA Woman Magazine

American Dietetic Association Guide to Gestational Diabetes Mellitus Alyce M. Thomas,Yolanda Monroy Gutierrez,2005 Gestational diabetes mellitus is a growing concern in women s health This reference examines the pathophysiology classification screening and diagnosis of gestational diabetes and provides information on testing methods used to monitor maternal and fetal health nutrition requirements in pregnancy medical nutrition therapy insulin therapy in pregnancy and postpartum considerations Practical forms including questionnaires assessment forms and food plan calculations are included

American Dietetic Association Guide to Eating Right When You Have Diabetes Maggie Powers, MS, RD, CDE,2008-04-21 The definitive guide to eating well and staying healthy with diabetes Nutrition is pivotal to diabetes care This book is a terrific tool for managing diabetes through good nutrition It s a guide you can use every day a treasure chest of advice on how to eat healthfully Richard M Bergenstal MD Executive Director International Diabetes Center Minneapolis Minnesota From the American Dietetic Association comes this authoritative guide to choosing foods to control your blood sugar and maintain an active healthy lifestyle It provides the must know basics of daily diabetes care from designing a food plan and preventing low blood glucose levels to losing weight and carbohydrate counting so you can personalize diabetes and food decisions to fit your needs You ll see how to manage blood fat levels and blood pressure an important part of diabetes care and gain invaluable insight into making healthy food choices and planning tasty meals You ll also find tips on reducing sugar and fat in foods quick and easy meal ideas and a special section on prevention of type 2 diabetes Detailed menu plans for daily caloric levels of 1 200 1 500 1 800 2 000 and 2 500 calories Includes fast food restaurant and ethnic food guides Ratings for high low and moderate glycemic index foods

Handbook of Diabetes Medical Nutrition Therapy Margaret A. Powers (RD.),1996 Provides dietitians and other health care professionals with the information they need to provide comprehensive diabetes care and self management training Topics covered include understanding diabetes pathophysiology complications of diabetes setting and achieving management goals medical nutrition therapy nutrition assessment diabetes medications and delivery methods exercise benefits and guidelines comprehensive monitoring blood glucose monitoring preparing and evaluating diabetes education programs counseling skills selecting a nutrition approach expanding meal planning approaches the exchange system carbohydrate counting weight reduction cultural considerations macronutrient influence on blood glucose and health complex and simple carbohydrates in diabetes therapy identifying protein needs lipid metabolism and choices issues in prescribing calories low calorie sweeteners and fat replacers fiber metabolism making food choices life stages children and adolescents pregnancy and diabetes caring for older

persons and nutrition and specific clinical conditions renal disease hypertension eating disorders surgery gastrointestinal issues dental care HIV AIDS etc The Diabetes Food and Nutrition Bible Hope Warshaw, Nancy Hughes, 2001-06-06

Introducing the American Diabetes Association's first all in one food book a combination of nutrition guideline menu planner and cookbook Readers will learn how to shop plan nutritious meals and cook low fat and healthy foods The Diabetes Food and Nutrition Bible is divided into three sections Meal Planning Healthy Shopping for fruits vegetables protein etc and Recipes using the ingredients from the previous section Helpful sidebars throughout the text will offer helpful cooking and nutrition tips American Dietetic Association Guide to Eating Right When You Have Diabetes American Dietetic Association (ADA), Margaret A. Powers, 2003-01-31 The definitive guide to eating well and staying healthy with diabetes Nutrition is pivotal to diabetes care This book is a terrific tool for managing diabetes through good nutrition It's a guide you can use every day a treasure chest of advice on how to eat healthfully Richard M Bergenstal MD Executive Director International Diabetes Center Minneapolis Minnesota From the American Dietetic Association comes this authoritative guide to choosing foods to control your blood sugar and maintain an active healthy lifestyle It provides the must know basics of daily diabetes care from designing a food plan and preventing low blood glucose levels to losing weight and carbohydrate counting so you can personalize diabetes and food decisions to fit your needs You'll see how to manage blood fat levels and blood pressure an important part of diabetes care and gain invaluable insight into making healthy food choices and planning tasty meals You'll also find tips on reducing sugar and fat in foods quick and easy meal ideas and a special section on prevention of type 2 diabetes Detailed menu plans for daily caloric levels of 1 200 1 500 1 800 2 000 and 2 500 calories Includes fast food restaurant and ethnic food guides Ratings for high low and moderate glycemic index foods *Guide to Healthy Fast-Food Eating* Hope Warshaw, 2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America *Evidence Based Color Atlas of Obstetrics & Gynecology: Diagnosis and Management* Richa Saxena, 2013-05-30 Featuring more than 1700 clinical pathological and surgical photographs this atlas is a comprehensive reference guide to the diagnosis and management of numerous obstetrical and gynaecological disorders Divided into two sections obstetrics and gynaecology each section is further divided into sub sections covering key clinical aspects and disorders in each of the disciplines Presented in an easy to read three column format throughout each topic provides high quality photographs with a concise clinical description and management techniques Each chapter includes Evidence based breakthrough facts with source details for further research Key points Comprehensive reference to diagnosis and management of obstetrical and gynaecological disorders Features more than 1700 full colour clinical pathological and surgical photographs and illustrations Easy to read three column format Evidence based breakthrough facts with source included in each chapter Diabetes

Meal Planning Made Easy Hope S. Warshaw,2000 Putting the food pyramid to work sounds simple enough but frequent changes in nutrition recommendations make it important to stay well informed and up to date This revised second edition reveals the latest information on the six food groups and how to incorporate them into a healthy diet *Guide to Healthy Fast-Food Eating* Hope S. Warshaw,2009-07-17 Here is the most complete and easy to use fast food guide for people with diabetes heart disease and weight challenges Along with nutrition information this comprehensive book provides the skills and strategies you need to find healthy meals in the most popular fast food restaurants in America This book contains Nutrition facts for calories carbohydrates fiber fat trans and saturated fats protein and more Exchange and serving sizes for every menu item Common pitfalls of fast food eating and how to avoid them Tips for making healthier fast food choices Realistic ways to deal with diabetes related dining dilemma **Guide to the Customs Tariff 1908-1911**

(alphabetically Arranged) Australia. Department of Trade and Customs,1912 **Diabetes Resource Guide** ,2007

Bedside Obstetrics & Gynecology Richa Saxena,2014-03-20 The second edition of Bedside Obstetrics Gynecology brings postgraduate trainees fully up to date with the most recent advances in the field The first section covers obstetrics discussing normal and abnormal presentations such as normal labour versus breech presentation complications in pregnancy including early pregnancy bleeding and ante and postpartum haemorrhage and medical disorders related to pregnancy such as preeclampsia and gestational diabetes Section two covers numerous gynaecological abnormalities This new edition has been fully revised but continues to emphasise the importance of history taking and clinical examination New chapters have been added to cover topics such as preterm pregnancy post dated pregnancy and intrauterine death bleeding due to miscarriage menopause and contraception Nearly 1100 images illustrations and tables enhance learning and each chapter includes questions and answers related to case studies Key points Fully revised new edition providing recent advances in obstetrics and gynaecology Many new chapters added Includes 1100 images illustrations and tables Previous edition published in 2010

Diabetes and Your Diet Susan A. Nitzke,2001 *American Diabetes Association Guide to Medical Nutrition Therapy for Diabetes* Marion J. Franz,John P. Bantle,American Diabetes Association,1999 This comprehensive book presents a research based approach to clinical nutrition therapy for people with diabetes Contents Include The Challenge Integrating Nutrition Therapy into Diabetes Management Nutrition Issues Related to Glucose and Lipid Goals Outcomes Nutrition Issues of Special Populations Nutrition Therapy for Hypertension Nephropathy Gastropathy and Others Nutrition Self Management Education Much More The Official Pocket Guide to Diabetic Exchanges American Diabetes Association,2011 This book will help the reader with diabetes make a difference in blood glucose control through food choices and exchanges **The Incredible Internet Guide to Diets & Nutrition** Marc Dauphinais,2000 The Incredible Internet Guide to Diets Nutrition takes the fat out of the big search engines and provides a quick and easy way to find the best web sites for any kind of diet *The Diabetes Carbohydrate and Fat Gram Guide, 5th Edition* Lea Ann Holzmeister,2017-07-11 The fifth edition of this all time

bestseller is back in a new edition fully updated and with nearly 8 000 menu and food items It includes complete nutrition information on everything from fruits and vegetables to fast food and prepackaged frozen meals Avoid inaccurate and crowd sourced databases or incomplete nutrition information with the most complete nutrient counter available straight from the source people trust Each entry contains serving size and calories carbohydrate fat saturated fat cholesterol sodium fiber and protein Plus each entry contains complete exchange information for diabetes meal planning Complete nutrition information on 8 000 menu and food items The most comprehensive nutrition resource for people with diabetes Contains complete nutrition info on calories carbs fat saturated fat cholesterol sodium fiber and protein as well as diabetic exchanges for all entries

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