

Planning meals with Diabetes is a challenge, but there is help...

Do you have diabetes? ... Are you confused about what to eat? Be confused no more! These days, we have many resources to help you. Many resources can be found in the internet. One good one is: www.diabetes.org.

Most people control their blood sugars by not drinking sugary drinks. They also, cut out most sweets. Others have very good control by just limiting the starchy and sugary items.

It comes down to knowing how many carbohydrates your body can take at each meal. Pay attention to labels and nutrition information. Labels show the total amount of carbohydrates in a stated serving. This information can help you be successful in controlling blood sugars.

People with diabetes have different needs. Nevertheless, there are guidelines when planning the meals. The amount, type, and frequency of foods and drinks are important to control sugars in blood.

Here is an example of a balanced meal plan. This plan may not be adequate for everyone. It follows basic rules like watching the amount of carbohydrates (starches and sugar) in foods and drinks. It contains around 165 grams of carbohydrates in approximately 1400 calories for the whole day. Again, for some people, this might not be enough.

First meal: One 100% whole grain toast, one tablespoon no-sugar added strawberry jam, one scrambled egg or egg substitute, one slice fat free cheese, soy cheese and / or fat free cold cut, one cup tea or coffee, 4ounces fat free milk, non-caloric sugar substitute, and water.

At lunch: one 100% whole grain pita bread, tuna fish packed in water, onions, celery, and olives , one tablespoon canola mayonnaise type spread, spinach or Romaine lettuce, tomato cubes, 8 ounces fat free or soy milk, and water. Your dinner can be: stew with beef or chicken (3 ounces of lean meat, one cup starchy vegetables of your choice and one cup of the stew liquid, add non-starchy vegetables like green beans, carrots, broccoli, and cauliflower, and a teaspoon of olive oil. Drink a non-caloric beverage.

These may be mid morning meals: one small apple, one tablespoon natural peanut butter, water, or non-caloric beverage. Mid afternoon: one cup strawberries, a quarter cup non-fat whipped topping, and a non-caloric drink. As you see, moderation is the key. Adjustments will be required for very active people and some whose bodies require more energy. Not bad!

You are encouraged to learn more on planning your meals. It can help you manage your diabetes or pre-diabetes. Give us a call at Closing the Gap (CTG). CTG is an education and prevention of diabetes type 2 program. Seminars and activities for prevention and education of diabetes are offered in English and Spanish.

The diabetes prevention and education seminars are free of charge to the community regardless of place of residency. The number to call is 407-343-2082. You can visit us at www.osceolahealth.org for information on a variety of Health Department services. To inquire about Osceola County Health Department's diabetes and WIC services in Kissimmee, St. Cloud, or Poinciana, call 407-343-2000, or call directly to the Poinciana's number: 407-943-8600. The primary Care Services of Poinciana is located at 105 N Doverplum Avenue, next to the public library.

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