

DIABETES



SUMMARY:

A diabetes illness occurs when your body is not able to produce insulin or can't respond to the insulin your body is making, resulting in high levels of glucose (sugar) in your blood/urine. Blood sugars rise in response to the carbohydrates (carbs) that you eat.

Diabetes is diagnosed with an A1C of 6.5% or higher.

Keeping track of how many carbs you eat and setting a limit for each meal can help keep your blood sugar levels in your target range. Keeping your blood sugar in the target range can decrease your likelihood of developing heart disease and is especially important in people with HIV since they have an increased risk of developing heart disease. Nutrient-dense foods such as **vegetables, fruits, legumes, dairy, lean sources of protein (including plant-based sources, lean meats, fish, and poultry), nuts, seeds, and whole grains** are encouraged. Also, try to make half of your plate non-starchy vegetables.

The American Diabetes Association also recommends engaging in 150 minutes of moderate- to vigorous-intensity aerobic activity per week.

OTHER INFORMATION:

- One carb choice is equal to 15 grams of carbohydrates. Ask your medical provider or Registered Dietitian how many carb choices are right for you. There are other ways to count carbs like the Diabetes Plate method as recommended by the American Diabetes Association.

DIABETES PLATE METHOD

Swap sugar-sweetened beverages for calorie-free beverages:

- Avoid **regular soda, fruit punch, fruit drinks, energy drinks, sports drinks, sweet tea, other sugary drinks** (visit QR code below for a list of more examples)
- Try calorie-free beverages: **water, sparkling water, unsweetened tea, herbal teas, plain black coffee, water + fresh fruit**

Make $\frac{1}{2}$ of your plate non-starchy vegetables:

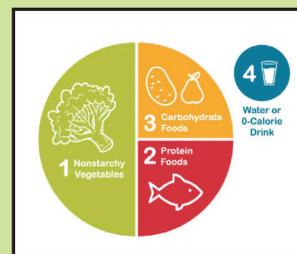
- **Leafy greens, carrots, broccoli, asparagus, tomatoes, green beans** (visit QR code below for a list of examples)

Make $\frac{1}{4}$ of your plate carbohydrates:

- **Fruit, potatoes, beans, corn, brown rice and 100% whole wheat products (whole wheat bread and pasta)**
This can help increase your fiber intake.

Make $\frac{1}{4}$ of your plate lean proteins:

- **Skinless chicken, turkey, fish, lean beef, tofu**
- Limit fat when cooking. Try baking, grilling, steaming, roasting or broiling your food.



Use the QR code to the right to learn more about the Diabetes Plate method and more examples of non-starchy vegetables. Or visit <https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well/non-starchy-vegetables>



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DIABETES

GUIDELINES TO CONSIDER WHEN LIVING WITH HIV:

- Try to make ½ of your plate non-starchy vegetables at meals.
- Increase intakes of fruits, vegetables, and whole grains to improve dietary fiber intake. Avoid refined grains.
- Limit processed foods like *cake, white bread/rolls, cookies, some breakfast cereals, jams and syrups, potato chips, fast food (french fries, burgers)*
- Try a healthy snack like carrots and hummus.
- Aim for 25 grams of fiber for women and 38 grams of fiber for men per day (or 14 g for every 1,000 calories you consume).

Foods notably high in fiber are: *Whole grains, nuts and seeds, leafy green vegetables, beans and peas, brussel sprouts, blackberries, raspberries and apples.* Try eating fruits and vegetables with peels or skins on.

- Avoid or cut back on sugar-sweetened beverages. Try calorie-free drinks instead.
- Weight loss is recommended if needed. Achieving and maintaining 7% loss can help. *Check with your doctor to see what is right for you.*
- Engage in 150 minutes of aerobic activity per week.

HEALTHFUL EATING WITH DIABETES

Use the QR code to the right to learn more about food choices you can make. www.eatright.org



References: "Diabetes Myths." Retrieved from Diabetes.org. American Diabetes Association. n.d. Web. (4/21/22)

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Non-starchy Vegetables | ADA. (2021). American Diabetes Association. Retrieved April 29, 2022, from <https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well/non-starchy-vegetables>

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at DietaryGuidelines.gov.

Food Labels. (2021, April 23). Centers for Disease Control and Prevention. Retrieved May 2, 2022, from <https://www.cdc.gov/diabetes/managing/eat-well/food-labels.html>

Nutrition Facts

4 servings per container
Serving size 1 cup (180g)

Amount per serving
Calories 245

	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

*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.

BE SURE TO READ FOOD LABELS!

- Check the **Serving size**. This label above is for a 1-cup serving.
- This container has 4 servings. If you eat the whole package, you are eating 4 times the amount of calories, carbs, fat, etc., shown on the label.
- **Total Carbohydrate shows you types of carbs in the food, including sugar and fiber.**

You can learn more about food labels by visiting these QR codes below.



www.diabetes.org



www.cdc.gov