




“Weighing In” with Diabetes


If I have diabetes should I follow a “low carb” diet?

Since carbohydrate is broken down to glucose many people with diabetes think they should not eat carbohydrates. This is not true. The body, especially the brain, needs some carbohydrate everyday. To feel your best, focus on eating high fiber, healthy carbohydrates like those listed in the box below.





If you are trying to lose weight, don't be fooled by quick weight loss diets. Research shows that being active, watching portion sizes and choosing healthy foods are the best way to get to, and stay at, a healthy weight.



Choose Healthy Carbohydrates



- Whole grain cereals with 5+ grams of fiber
- Whole grain breads and crackers with 3+ grams of fiber
- Whole grain pasta with 3+ grams of fiber
- Whole fruits and vegetables
- Bean and barley soups
- Wild rice and brown rice mixes
- Vegetarian “burgers” with 3+ grams of fiber
- Low-fat yogurt with less than 20 grams of carbohydrate
- Low-fat or fat-free milk

How often is exercise recommended?

Exercise guidelines vary among organizations. The Surgeon General recently reported that all Americans should strive for a goal of 60 minutes of daily exercise/physical activity. There are many different ways to achieve your daily exercise/physical activity goals. It is important that these activities are intense enough to cause you to “break a sweat”. Remember 60 minutes daily is the goal, however, if you are just beginning an exercise program it is recommended to start slowly and gradually increase time and intensity of the workout. Within 6 weeks you should achieve your goal of 60 minutes per day of exercise or physical activity. Limit TV viewing/video games to 1-2 hours per day.

Examples of exercise/physical activity

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|---------------|-----------------|---------|---------------------------|
| Walking | Shoveling snow | Running | Playing sports |
| Swimming | Dancing | | Playing at the playground |
| Jump roping | Raking leaves | | Ice skating |
| Rollerblading | Mowing the yard | | Bike riding |

