

How to Eat *to Help Control Diabetes*

DAWN HARRIS SHERLING M.D.

#1 Try to limit carbohydrate intake to 100-150 grams a day. Look on the back of packages to find out what the “Total Carbohydrate” amount is. Apps like MyFitnessPal can tell you too. Or do a Google search for: “How many grams of carbohydrates are in...?”



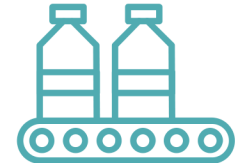
#2 Avoid sugar, but also limit “fake” sugars as these can cause you to get more hungry later. Avoid sodas and juice. Stick to water, club soda, coffee without sugar, tea without sugar whenever possible.



#3 Limit the amount of rice, bread, tortillas, pasta, corn, and white/yellow potatoes you eat. These can make your blood sugar go high, so just eat a little bit of these foods. They should never take up more than ¼ of your plate.



#4 Avoid ultra-processed foods. If there are ingredients on the food label that you can't picture in nature, don't eat that food. Specifically, try not to eat emulsifiers and other additives listed on the next page.*



#5 Be careful with desserts and snacks. A small piece of chocolate is okay. If you are going to have dessert, try to cut carbs from elsewhere that day.



More Resources:
DawnHarrisSherling.com

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Low-Carb / High Protein Food Examples:

- Meats like steak, chicken, fish, pork
- Eggs
- Nuts
- Nut butter like peanut butter or almond butter (look at the ingredients—only nuts should be listed!)
- Plain yogurt (Greek yogurt with just milk as ingredient is good. You can add a little bit of honey or fruit yourself.)

Low-Carb Snack Ideas:

- hard-boiled eggs
- bag of nuts
- bag of baby carrots
- cheese sticks

Low-Carb / High Fiber Food Examples:

VEGETABLES—half your plate should be vegetables for all your meals!

Fruits—mostly these are good, but be careful as some are high in carbohydrates. Bananas and grapes are high in carbs, so if you eat them, just have a little bit and count them in your carbs for the day (a medium banana has 30 grams of carbs and a cup of grapes has 16 grams of carbs)

DO NOT eat foods from a package that say “high fiber.” These usually have other ingredients that are not good for you.

*Emulsifiers and additives to look for and avoid: Acacia gum, agar-agar, carrageenan, cellulose, cellulose gum (carboxymethylcellulose), carob bean gum, di- and mono-glycerides, high fructose corn syrup, gellan gum, glycerol, guar gum, inulin (chicory root fiber), locust bean gum, maltodextrin, mannitol, modified (fill-in-the-blank) starch, polysorbate 60 or 80, sorbitol, soy or sunflower lecithin, stevia, sucralose, titanium dioxide, xanthan gum, xylitol

Importantly: You do not have to avoid foods in which some of these substances occur naturally. Cellulose, when in whole fruits and vegetables, is great. But if you see these listed in ingredient lists, best to put the item back on the shelf.