

Diabetes Nutrition Basics

Understanding your food choices and their nutritional impact can help you make better decisions and have more control over your glucose levels.

Key Nutritional Principles for Diabetes

- **Carbohydrate Counting:** Monitor your carbohydrate intake to maintain stable blood sugar levels.
- **Portion Control:** Practice portion control to avoid overeating and blood sugar spikes.
- **Regular Meals and Snacks:** Eat regular meals and snacks to prevent blood sugar fluctuations.
- **Hydration:** Drink plenty of water throughout the day.

Food Groups to Prioritize



- **Protein:** Lean protein sources, such as fish, poultry, beans, and legumes, can help regulate blood sugar levels.
- **Healthy Fats:** Incorporate healthy fats from sources like avocados, nuts, and olive oil.
- **Carbohydrates:** Choose complex carbohydrates like whole grains, fruits, and vegetables.

Tips for Building a Diabetes-Friendly Diet

- **Read Food Labels:** Pay attention to carbohydrate content, sugar content, and serving sizes.
- **Cook at Home:** Prepare meals at home to have better control over ingredients and portion sizes.
- **Limit Processed Foods:** Reduce your intake of processed foods, which are often high in added sugars, unhealthy fats, and sodium.
- **Consult with a Registered Dietitian:** A registered dietitian can provide personalized advice and help you create a meal plan tailored to your specific needs.



Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage diabetes effectively.

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