

INGAT J YANG KETIGA

- *JADWAL MAKANAN ?*



Waktu makan bagi diabetes

- Waktu makan bagi diabetes lebih baik dengan porsi kecil namun dibagi dalam beberapa waktu makan agar gula darah stabil



DIABETES SOUL FOOD PYRAMID

POLA MAKAN DIABETESI

FATS

0 CARBOHYDRATE
A serving can be:
1 tsp Margarine or Oil
10 Peanuts
1 tsp Lard
1 Slice Bacon
½ Inch Fat Back
2 Tbsp Chitterlings

FISH, POULTRY AND MEAT

0 CARBOHYDRATE
A serving can be:
2-3 oz Catfish, Trout, Hog Maw,
Pig Ear, Neck Bones, Chicken,
Goat or Beef

FRUIT

15 GRAMS CARBOHYDRATE
A serving can be:
1 Medium Peach, Apple
or Orange
1 ¼ c Watermelon
17 Muscadines or
15 Grapes
½ c Orange or
Grapefruit Juice

VEGETABLES

15 GRAMS CARBOHYDRATE
A serving can be:
1 ¼ c Cooked Kale, Poke
Salad, Collard Greens or
Turnips

STARCH

15 GRAMS CARBOHYDRATE
A serving can be:
½ c Oats or Cooked Cereal
1 Biscuit (2 ½" across)
Cornbread (2" square)
½ c Lima Beans, Black
Eye Peas or Soybeans
½ c Yam, Sweet
Potato or Rice

Carbohydrate affects your blood sugar more than any other nutrient. Carbohydrate is found in foods like bread, cereal, fruit, vegetables and milk. Eating a lot of these foods at a meal or snack can make your blood sugar go up too high. Many soul foods like cornbread and collard greens have carbohydrate. But, you do not have to give up these foods! Just size up your portions with the Diabetes Soul Food Pyramid and eat smaller meals and snacks every day.

THE CHOICE IS YOURS! A carbohydrate choice is a serving of food from the starch, fruit, vegetable or milk group. Each carbohydrate choice gives you 15 grams of carbohydrate. Choose 3-4 carbohydrate choices at each meal and 1-2 carbohydrate choices at planned snacks. Talk to your registered dietitian (RD) or diabetes educator (CDE) to find out your best choices.

Healthful Eating Tips

- Eat foods from each food group daily.
- Use a sugar substitute in place of real sugar.
- Avoid too much fat; eat fish, poultry and lean meat more often than high fat meat.
- Eat fresh fruits and vegetables daily.
- Avoid too much salt; do not add salt to your food after it is cooked.

Thank You!

Mari perbaiki pola makan kita



Ada pertanyaan?

