

# Healthy Nutrition for Type 1 Diabetes



Type 1 Diabetes is a chronic autoimmune disease in which the pancreas is unable to make insulin. Insulin is a hormone that helps your body use sugar for energy.

## General Nutrition:

- Be aware of your carbohydrate intake
- Eat a balanced diet containing foods that are high in fiber, vitamins and minerals, protein, and healthy fats
- Work with a Registered Dietitian to find the best range of carbohydrate intake for each meal
- Balance insulin, carbohydrate intake, and physical activity for the best blood sugar levels

## Some Diabetes-friendly Foods:

- Non-starchy and colorful vegetables
- Healthy fats such as olive oil, nuts, and avocados
- Low glycemic fruits
- Whole-grain bread, crackers, and tortillas
- Beans, peas, and lentils
- Unsweetened beverages

## General Recommendations:

- Limit carbohydrate servings to 2 to 4 each meal and 1-2 per snack
- 6 or more servings of grains and beans daily
- 3 to 5 servings of non-starchy vegetables each day
- 2 to 4 servings of fruit daily
- 2 to 3 servings of healthy proteins daily
- Include a fiber-rich food with meals
- Substitute red meat for beans, nuts, skinless poultry, or fish whenever possible

## Sample Meal: Low-carb Dinner

- Stir fry made with:
  - 3 ounces skinless chicken
  - 1 cup brown rice
  - 1/2 cup broccoli
  - 1/2 cup sugar snap peas
  - 1/4 cup onions
  - 1 tablespoon olive oil
  - 2 tablespoons teriyaki sauce
  - 1 oz. chopped peanuts

## Potential Benefits:

- Regulation of blood sugar levels
- Carbohydrate counting can help you to plan your meals and manage your weight
- Consumption of healthy fats can help reduce the risk of heart disease
- Following nutrition recommendation will help keep your heart and body systems healthy

*Note: The information contained in this document is informational in nature and is not intended to be a substitute for personal, medical attention from a physician, registered dietitian, or nutritionist. Please consult your healthcare provider for specific recommendations about your medical condition.*

## Foods to Limit:

- Saturated fats such as butter, cream, and high-fat meats
- Sugar-sweetened beverages
- Trans fats
- Try to limit carbohydrate portion to 1/4 of the plate at each meal
- Sweets that are high in fat and sugar
- Fruit juices with added sugars and syrups

