

CREATING YOUR NUTRITION PLAN

Eating a variety of foods from different food groups provides key nutrients for wound healing and helps control blood sugar. A dietitian can partner with you to develop your personalized nutrition plan that's based on your age, weight, activity level, and your preferences and goals.⁵ One place to start is by choosing a variety of foods from the following food groups every day. Make sure you include foods you enjoy – and be open to trying new foods.



FRUITS & VEGETABLES

2-3 SERVINGS A DAY

Choosing a variety of colorful fresh or cooked vegetables provides you with a variety of vitamins and minerals for good health.



PROTEIN

5-7 OUNCES* A DAY

Vary your protein: try unsalted nuts or seeds, seafood, beans, peas, lean meats, seafood, and eggs.

*1 ounce = 1 oz meat, 1 egg, ¼ c cooked peas or beans, or 1 tablespoon peanut butter



GRAINS

5 SERVINGS A DAY

Make half your daily grains whole grains, such as whole wheat pita bread, whole grain tortillas, whole wheat pasta, or brown rice.



DAIRY

3 SERVINGS A DAY

Choose low fat dairy foods and beverages.

Fruits: Whole fruits can be a good source of fiber and contain less sugar than fruit juice or dried fruit. Fruits may cause your blood sugar to spike.

WHAT IS A SERVING SIZE?

1 CUP COOKED PASTA =



1 BASEBALL

1/2 CUP FRUITS OR VEGGIES =



1/2 BASEBALL

1 OUNCE LEAN MEAT =



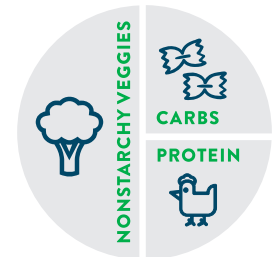
1 PACK OF DENTAL FLOSS

1 OUNCE CHEESE =



3 DICE

PLATE RATIO



WHEN SHOULD I EAT?

There's no one-size-fits-all rule for when you should eat. When you eat depends on your needs, medications, and goals.

Some general advice about meal times for people with diabetes:

- Never skip a meal.
- Start your day by eating breakfast within an hour of waking up.
- Eat a portion-controlled meal every 4 to 5 hours after breakfast.
- Have a light snack between meals if you're hungry.

Talk with your dietitian about the best time for you to eat meals and snacks.

SAMPLE MEAL TIMES:

MEAL 1
7 am - 8 am

MEAL 2
11 am - 12 pm

MEAL 3
3 pm - 4 pm

MEAL 4
7 pm - 8 pm

Changing the way you eat can be challenging, so talk with your dietitian or healthcare team about your progress and ask about resources to support you.

Visit anhi.org for a digital copy of this resource and for more great resources about managing diabetes

1. Armstrong DG, et al. *N Engl J Med.* 2017;376(24):2367-2375. doi: 10.1056/NEJMra1615439 2. American Diabetes Association. *Diabetes Care.* 2021;44(Suppl 1):S73-S84. doi:10.2337/dc21-S006 3. Mustad VA, et al. *BMJ Open Diabetes Res Care.* 2020;8(1):e001258. doi: 10.1136/bmjdr-2020-001258 4. Quain AM, Khadori NM. *Wounds.* 2015;27(12):327-35. 5. American Diabetes Association. *Diabetes Care.* 2021;43(Suppl 1):S53-S72. doi:10.2337/dc21-S005