



# Diabetes DIET GUIDELINES | AMERICAN DIABETES ASSOCIATION



The food you eat is a critical aspect of diabetes management. Our meal plans can help you take control of your diabetes. Our program follows the recommendations of the American Diabetes Association with a focus on healthier sources of carbohydrates, proper portion control, and sensible calorie management for you to reach and maintain a healthy weight.

All meals are fresh, healthy, and nutritionally complete...ideal for a diabetes diet. Our program is like having your own personal dietitian and chef, providing you with a sensible way to manage your weight – and blood sugar levels.

DIABETES DIET RECOMMENDATIONS FROM THE AMERICAN DIABETES ASSOCIATION	SEATTLE SUTTON'S HEALTHY EATING MEAL PLANS MEET RECOMMENDATIONS
<p><b>Lose Weight</b> In overweight and obese insulin-resistant individuals, modest weight loss has been shown to improve insulin resistance.  Thus, weight loss is recommended for all such individuals who have or are at risk for diabetes.</p>	<p>Our 1200 Calorie, 1500 Calorie, and 2000 Calorie plans meet individual calorie needs for weight loss or weight maintenance.</p>
<p><b>Keep Carbohydrates Consistent</b> For persons controlling diabetes with diet, oral medication, or fixed insulin doses, meal and snack carbohydrates should be kept consistent.</p>	<p>All our meals contain a healthy amount of carbohydrate. Meals may range from 30-90g of carb (depending on calorie level) but can be easily split into 3 meals and 3 snacks for greater carb consistency. The carb per meal average is:  1200 Calorie Plan: 41 grams (plus 24g for 2 servings of milk) 1500 Calorie Plan: 55 grams (plus 36g for 3 servings of milk) 2000 Calorie Plan: 64 grams (plus 36g for 3 servings of milk)</p>
<p><b>Count Carbohydrates</b> For those on insulin pumps or those who adjust mealtime insulin doses, match carbohydrate and insulin intake.</p>	<p>All our meals are individually packaged with their own nutrition label clearly outlining carbohydrate and fiber content.</p>
<p><b>Eat an Adequate (but not excessive) Amount of Carbohydrates</b> Carbohydrate intake should range from 45-65% of total calories.</p>	<p>1200 Calorie Plan: 46% of calories from carbohydrates 1500 Calorie Plan: 52% of calories from carbohydrates 2000 Calorie Plan: 46% of calories from carbohydrates  * Includes recommended dairy servings</p>
<p><b>Eat a High Fiber Diet</b> Consume at least 14g of fiber per 1000 calories from whole grains, fruits, vegetables, beans, peas, nuts, &amp; seeds.</p>	<p>1200 Calorie Plan: 17 grams of fiber 1500 Calorie Plan: 22 grams of fiber 2000 Calorie Plan: 28 grams of fiber</p>
<p><b>Eat Healthy, Lean Proteins</b> In persons with normal kidney function, protein intake should range from 15%-35% of daily total calories.</p>	<p>Our plans include a variety of proteins including dairy, eggs, beans, nuts, and seeds. Our traditional plans also include lean poultry and fish.  21-24% of calories in our meals are from lean sources of protein, depending on calorie level.</p>
<p><b>Eat a Diet Low in Fat &amp; Cholesterol</b> Due to a higher incidence of cardiac problems in those with diabetes, it is recommended to follow a heart healthy diet.</p>	<p>Our meal plans follow the guidelines put forth from the American Heart Association including:</p> <ul style="list-style-type: none"> <li>• Low cholesterol</li> <li>• Restricted sodium</li> <li>• NO trans fat</li> <li>• &lt;10% of calories from saturated fat</li> <li>• &lt;35% of calories from fat</li> </ul>