

# I Have Diabetes: How Much Should I Eat?



Name \_\_\_\_\_

Two other booklets can help you learn more about food and diabetes:

- *I Have Diabetes: What Should I Eat?*
- *I Have Diabetes: When Should I Eat?*

For free copies of these booklets:

- Call the National Diabetes Information Clearinghouse (NDIC) at (301) 654-3327.
- Write to NDIC, 1 Information Way, Bethesda, MD 20892-3560.
- E-mail NDIC at <[ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)>.
- Look at these booklets online at <<http://www.niddk.nih.gov>> under “Health Information.”



# How Much Should I Eat?

How much you should eat depends on

- Whether you are a man or woman.
- How much you weigh.
- How tall you are.
- Your age.
- How much you exercise.
- The type of work or other activity you do every day.
- If you are pregnant or breastfeeding.



# How Can I Eat Healthy?

- Eat healthy foods like fruits, vegetables, breads and cereals, low-fat dairy foods, and lean meats.
- Eat healthy foods in the proper amounts for you.

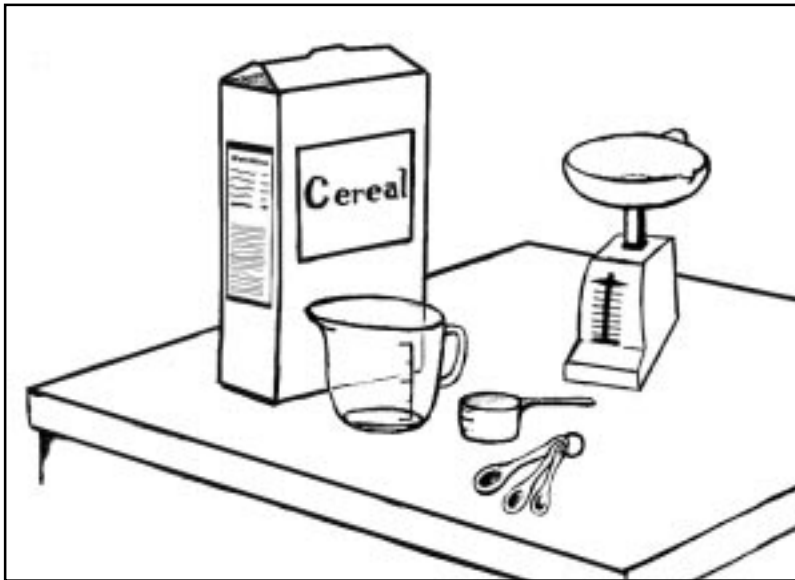
Remember, even healthy foods can cause problems if you eat too much of them. A diabetes teacher can help you decide how much food you should eat.



Eat healthy foods in the proper amounts for you.

# What Measuring Tools Can Help Me Eat the Right Amount of Food?

- Measuring cups.
- Measuring spoons.
- A food scale.
- The Nutrition Facts labels on food packages help you learn how much food is in one serving.



Weigh and measure foods to make sure you eat the right amounts.

# How Can I Find Out How Much To Eat Each Day?



Ask yourself these questions:

- Am I a small woman who exercises?  
**Yes** or **No** (circle one)
- Am I a small woman who wants to lose weight?  
**Yes** or **No** (circle one)
- Am I a medium woman who wants to lose weight? **Yes** or **No** (circle one)
- Am I a medium woman who does not exercise much? **Yes** or **No** (circle one)

If your answer to every question is **No**, go to the next page. If you answered **Yes** to any of these questions, eat between 1,200 and 1,600 calories a day. Then turn to page 8.

Eat these numbers of servings to eat 1,200 to 1,600 calories a day:

6	starches
3	vegetables
2	fruits
2	milk and yogurt

2	protein foods
4 to 6	fats
0 to 1	sugary foods

# How Can I Find Out How Much To Eat Each Day?



Ask yourself these questions:

- Am I a large woman who needs to lose weight? **Yes** or **No** (circle one)
- Am I a small man at a healthy weight? **Yes** or **No** (circle one)
- Am I a medium man who needs to lose weight? **Yes** or **No** (circle one)
- Am I a medium man who does not exercise much? **Yes** or **No** (circle one)

If your answer to every question is **No**, go to the next page. If you answer **Yes** to any of these questions, eat between 1,600 and 2,000 calories a day. Then turn to page 8.

Eat these numbers of servings from these food groups to eat 1,600 to 2,000 calories a day:

8	starches
4	vegetables
3	fruits
2	milk and yogurt

2	protein foods
6 to 8	fats
0 to 1	sugary foods

# How Can I Find Out How Much To Eat Each Day?



Ask yourself these questions:

- Am I a large man who does not need to lose weight? **Yes** or **No** (circle one)
- Am I a large man who needs to lose weight? **Yes** or **No** (circle one)
- Am I a medium to large man who does a lot of exercise or has an active job? **Yes** or **No** (circle one)
- Am I a large woman who does a lot of exercise or has an active job? **Yes** or **No** (circle one)

If you answer **Yes** to any of these questions, eat between 2,000 and 2,400 calories a day.

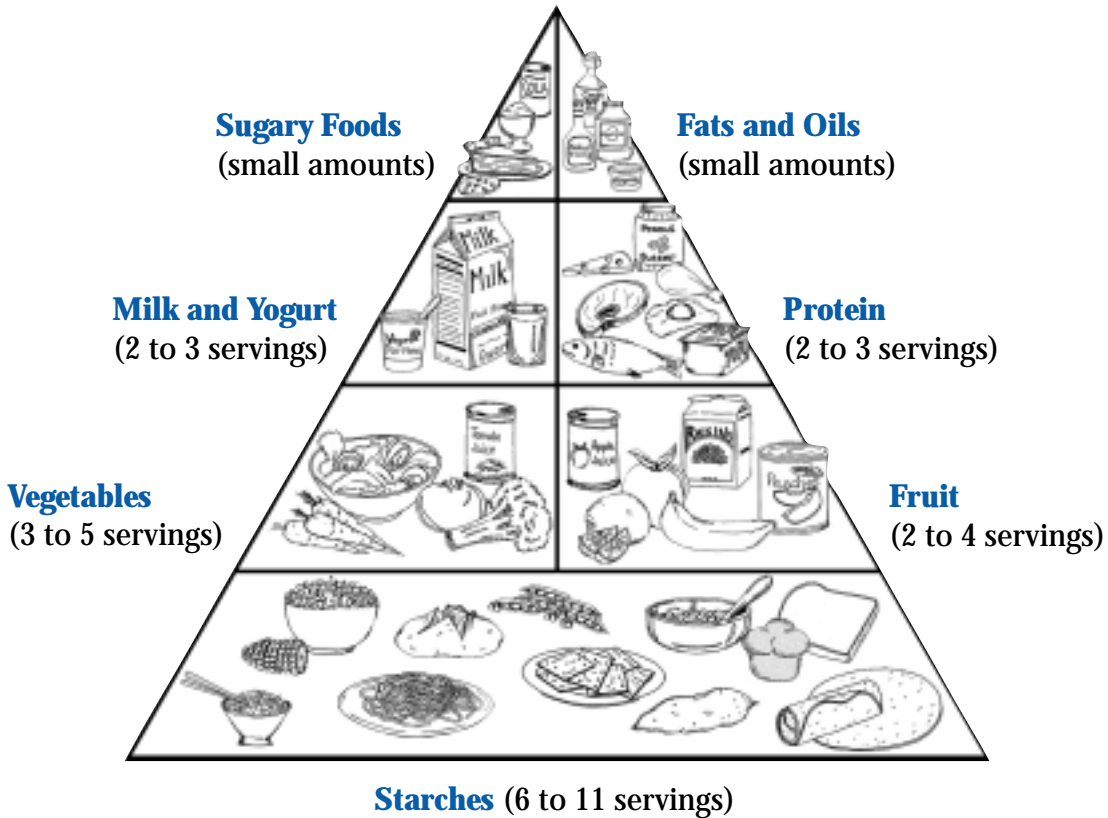
Eat these numbers of servings from these food groups to eat 2,000 to 2,400 calories a day:

10	starches
4	vegetables
3	fruits
2	milk and yogurt

2	protein foods
8 to 10	fats
0 to 1	sugary foods



# The Food Pyramid

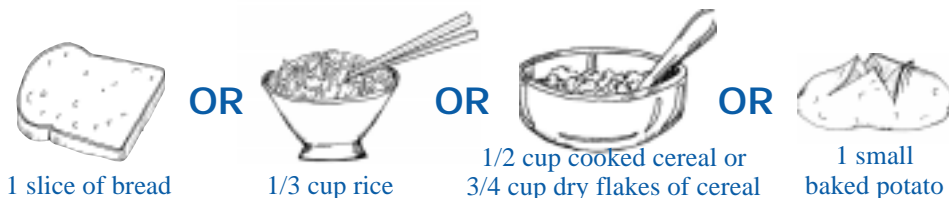


Seven food groups make up the food pyramid. The food pyramid helps you decide how many servings of each food group to eat. It shows that you should eat the most servings from the starches, vegetables, and fruits—the largest sections of the food pyramid. You should eat small amounts from the sugary foods and fats and oils sections of the pyramid.

# How Many Servings of Starches Should I Eat?

The grains, cereal, rice, pasta, and starchy vegetables group is the largest part of the food pyramid.

Examples of one serving of food from this group are



Do you eat starches that are not listed? Ask your diabetes teacher how much and how often to eat them. Also ask the healthiest ways to eat them.

Remember, you might need more than one serving at a meal. If you need two servings, eat double the amount or eat one serving each of two starches.

Every time you eat foods like dry cereal, hot cereal, pasta, or rice, use the same type of bowl or plate. Measure the correct serving with a measuring tool.

When you eat the food again, fill the bowl to the same level. Use a measuring tool to measure foods once in a while to make sure your servings are still correct.





1. How many servings of grains, cereals, pasta, and starchy vegetables (starches) do you **now** eat each day?

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

2. What is the **usual** serving size of the starches you eat?

Name of starch	Amount you eat
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<u>mashed potatoes</u>	<u>1 cup</u>
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_____	_____
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_____	_____
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_____	_____
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3. Go back to page 4, 5, or 6 to check how many servings of starches you **should** eat each day.

I **should** eat \_\_\_\_\_ starch servings each day.

4. How many servings of starches **should** you eat at

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

To control your blood sugar, spread the servings you eat throughout the day. A diabetes teacher can help you work out your meal plan.

# How Many Servings of Vegetables Should I Eat?

Vegetables are in the next level of the food pyramid.

Examples of one serving of food from the vegetable group are



1/2 cup  
tomato juice

OR



1/2 cup cooked  
green beans

OR



1 cup tossed salad or  
1 cup raw spinach

OR



1/2 cup  
cooked carrots

Do you eat vegetables that are not listed? Ask your diabetes teacher how much and how often to eat them. Also ask the healthiest ways to eat them.

Remember, you might need more than one serving at a meal. If you need two servings, eat double the amount or eat one serving each of two vegetables.



If you buy fresh vegetables, buy the vegetables you like in the serving size you should eat. For example, buy small tomatoes or small squashes. If you buy vegetables in servings that are larger than you need, you might eat too much.



1. How many servings of vegetables do you **now** eat each day?

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

2. What is the **usual** serving size of the vegetables you eat?

Name of vegetable	Amount you eat
<u>cooked greens</u>	<u>1 1/2 cups</u>
_____	_____
_____	_____
_____	_____
_____	_____

3. Go back to page 4, 5, or 6 to check how many servings of vegetables you **should** eat each day.

I **should** eat \_\_\_\_\_ vegetable servings each day.

4. How many servings of vegetables **should** you eat at

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

To control your blood sugar, spread the servings you eat throughout the day. A diabetes teacher can help you work out your meal plan.

# How Many Servings of Fruit Should I Eat?

Fruits are on the same level of the food pyramid as the vegetable group.

Examples of one serving of food from the fruit group are



1 small  
apple

OR



1/2 cup  
apple juice

OR



2 tablespoons  
raisins

OR



1/2 cup  
canned fruit

Do you eat fruits that are not listed?

Ask your diabetes teacher how much and how often to eat them. Also ask the healthiest ways to eat them.

Remember, you might need more than one serving at a meal. If you need two servings, eat double the amount or eat one serving each of two fruits.

If you buy fresh fruits, buy small to medium pieces. If the pieces of fruit you buy are too big, you might eat too much.





1. How many servings of fruit do you **now** eat each day?

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

2. What is the **usual** serving size of the fruit you eat?

Name of fruit	Amount you eat
<u>apple juice</u>	<u>12 ounces</u>
_____	_____
_____	_____
_____	_____

3. Go back to page 4, 5, or 6 to check how many servings of fruit you **should** eat each day.

I **should** eat \_\_\_\_\_ fruit servings each day.

4. How many servings of fruit **should** you eat at

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

To control your blood sugar, spread the servings you eat throughout the day. A diabetes teacher can help you work out your meal plan.

# How Many Servings of Milk and Yogurt Should I Eat?

Milk and yogurt are on the next level of the food pyramid.

One serving of food from the milk and yogurt group is



1 cup fat-free milk or  
1 cup buttermilk

OR



1 cup nonfat  
yogurt

Do you eat milk and yogurt-type foods that are not listed?

Ask your diabetes teacher how much and how often to eat them. Also ask the healthiest ways to eat them.



Always drink milk out of the same size of glass. Fill a 1-cup measuring cup with milk. Pour the milk into your glass. See how high it fills the glass.

Measure the amount of milk in a measuring cup once in a while to make sure your servings are still correct.





1. How many servings of milk and yogurt do you **now** eat each day?

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

2. What is the **usual** serving size of the milk and yogurt you eat?

Name of milk or yogurt	Amount you eat
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<u>fat-free milk</u>	<u>1 cup</u>
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_____	_____
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_____	_____
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3. Go back to page 4, 5, or 6 to check how many servings of milk and yogurt you **should** eat each day.

I **should** eat \_\_\_\_\_ milk and yogurt servings each day.

4. How many servings of milk and yogurt **should** you eat at

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

To control your blood sugar, spread the servings you eat throughout the day. A diabetes teacher can help you work out your meal plan.

# How Many Servings of Protein Foods Should I Eat?

Protein foods are on the same level of the food pyramid as milk and yogurt.

Examples of one serving (about 2 to 3 ounces) of food from the protein food group are



2 to 3 ounces  
cooked fish

OR



2 to 3 ounces  
cooked chicken

OR



2 ounces  
cheese

OR



2 to 3 ounces  
cooked hamburger

Do you eat protein foods that are not listed?

Ask your diabetes teacher how much and how often to eat them. Also, ask the healthiest ways to eat them.



If you cannot weigh the food, make sure the serving is about the size and thickness of the palm of your hand or a deck of cards.

Remember, meats weigh more before they are cooked. For example: 4 ounces of raw meat weighs 3 ounces after cooking. If the meat has bone, like a pork chop or a chicken leg, then cook 5 ounces raw to get 3 ounces cooked.



1. How many servings of protein foods do you **now** eat each day?

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

2. What is the **usual** serving size of the protein foods you eat?

Name of protein food	Amount you eat
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<u>pork chops</u>	<u>2 (3 ounces each)</u>
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_____	_____
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_____	_____
-------	-------

_____	_____
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3. Go back to page 4, 5, or 6 to check how many servings of protein you **should** eat each day.

I **should** eat \_\_\_\_\_ protein servings each day.

4. How many servings of protein foods **should** you eat at

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

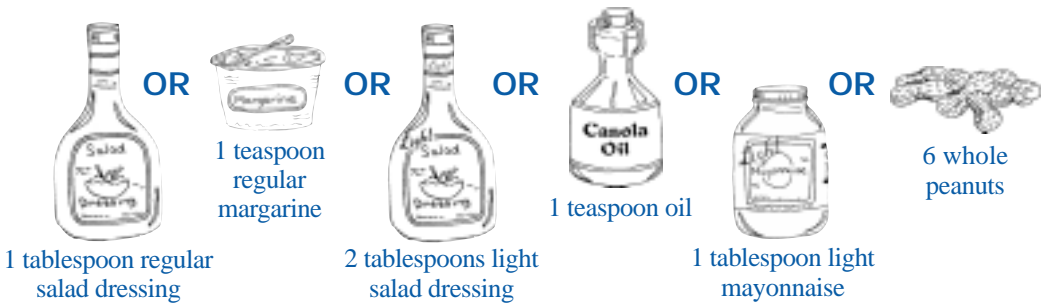
Dinner \_\_\_\_\_ Snack \_\_\_\_\_

To control your blood sugar, spread the servings you eat throughout the day. A diabetes teacher can help you work out your meal plan.

# How Many Servings of Fats and Oils Should I Eat?

Fats and oils are part of the smallest section of the food pyramid. This means you should eat fats and oils only in small amounts.

Examples of one serving of fats and oils are



Do you eat fats or oils that are not listed?

Ask your diabetes teacher how much and how often to eat them. Also ask the healthiest way to eat them.

Use measuring spoons to learn how much fat or oil to use. Then, when you do not have measuring spoons, like in a restaurant, you will know how much to use. It is easy to eat too much fat and oil.





1. How many servings of fats do you **now** eat each day?

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

2. What is the **usual** serving size of the fats you eat?

Name of fat	Amount you eat
<u>salad dressing</u>	<u>3 tablespoons</u>
_____	_____
_____	_____
_____	_____

3. Go back to page 4, 5, or 6 to check how many servings of fats and oils you **should** eat each day.

I **should** eat \_\_\_\_\_ fat and oil servings each day.

4. How many servings of fats and oils **should** you eat at

Breakfast \_\_\_\_\_ Snack \_\_\_\_\_

Lunch \_\_\_\_\_ Snack \_\_\_\_\_

Dinner \_\_\_\_\_ Snack \_\_\_\_\_

To control your blood sugar, spread the servings you eat throughout the day. A diabetes teacher can help you work out your meal plan.

# How Many Servings of Sugary Foods Should I Eat?

Sugary foods are part of the smallest section of the food pyramid. This means you should eat sugary foods only once in a while.

Examples of one serving of sugary foods and sweets are



1 plain cake doughnut

OR



1/12 piece of angel food cake

OR



1 3" diameter cookie

OR



1 tablespoon maple syrup

Do you eat sugary foods that are not listed?

Ask your diabetes teacher how much and how often to eat them. Also ask the healthiest ways to eat them.

Here are ways to eat small portions of sugary foods:

- Split and share desserts in restaurants.
- Order small or child-size servings of ice cream or frozen yogurt.
- Divide homemade desserts into small servings and wrap each piece separately. Freeze the extra servings.
- Do not have candy dishes around the house or near you at work.





1. How many servings of sugary foods do you **now** eat?

Day \_\_\_\_\_ or Week \_\_\_\_\_

2. What is the **usual** serving size of the sugary foods you eat?

Name of sugary food	Amount you eat
<u>chocolate chip cookies</u>	<u>4</u>
_____	_____
_____	_____
_____	_____

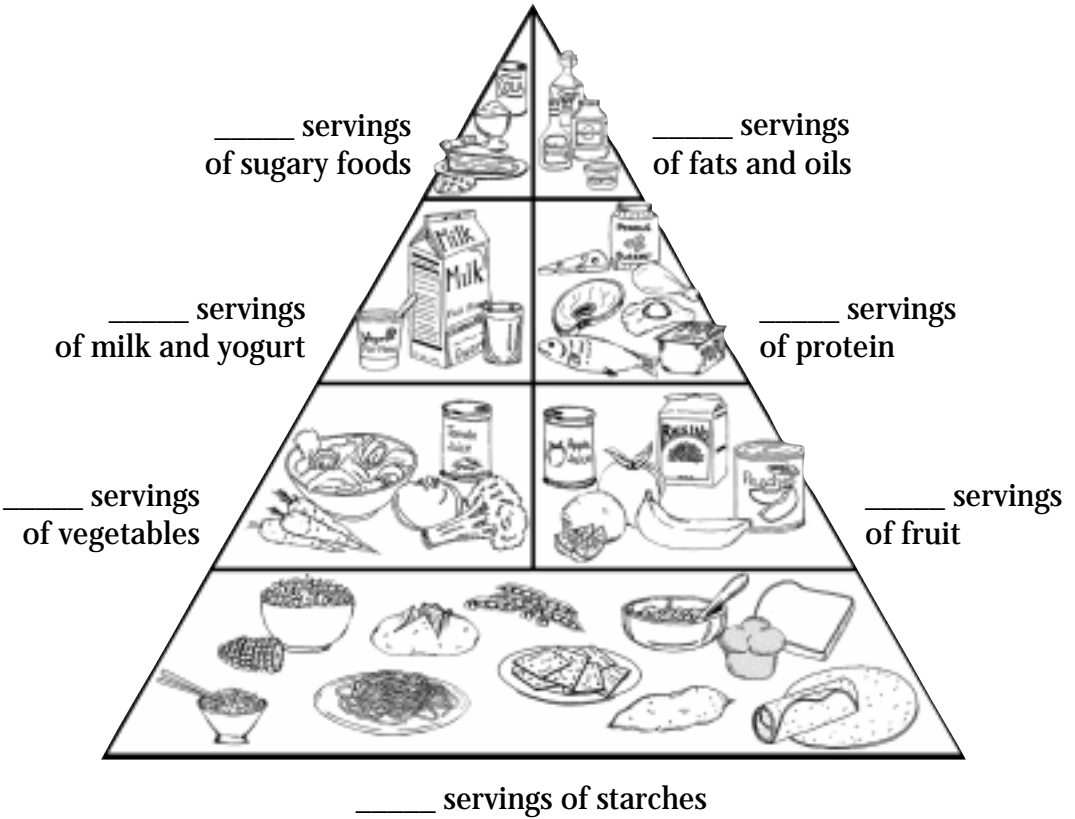
3. Go back to page 4, 5, or 6 to check how many servings of sugary foods you **should** eat each day.

I **should** eat \_\_\_\_ sugary food servings each day.

4. What sugary foods will you eat and what size will your servings be?

Name of sugary food	Amount you will eat
<u>chocolate chip cookies</u>	<u>1</u>
_____	_____
_____	_____
_____	_____

# Make Your Own Food Pyramid





# Use Your Food Pyramid



Plan meals and snacks for one day.  
(Work with your diabetes teacher if you need help.)

<b>Breakfast</b>	<b>Food Group</b>	<b>Food</b>	<b>How Much</b>
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

<b>Snack</b>	<b>Food Group</b>	<b>Food</b>	<b>How Much</b>
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

<b>Lunch</b>	<b>Food Group</b>	<b>Food</b>	<b>How Much</b>
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



Plan meals and snacks for one day.  
(Work with your diabetes teacher if you need help.)

**Snack**

**Food Group**                      **Food**                      **How Much**

_____	_____	_____
_____	_____	_____
_____	_____	_____

**Dinner**

**Food Group**                      **Food**                      **How Much**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Snack**

**Food Group**                      **Food**                      **How Much**

_____	_____	_____
_____	_____	_____
_____	_____	_____

## Points To Remember

To follow a healthy eating plan

- Eat the right number of servings of food from each of the food groups.
- Eat these foods in the right amounts.
- Use your measuring tools.
- Choose foods in the proper serving size when you shop.

# How To Find More Help

**Diabetes Teachers** (nurses, dietitians, pharmacists, and other health professionals)

- To find a diabetes teacher near you, call the American Association of Diabetes Educators toll-free at 1-800-TEAMUP4 (1-800-832-6874).

## **Recognized Diabetes Education Programs**

(teaching programs approved by the American Diabetes Association)

- To find a program near you, call 1-800-DIABETES (1-800-342-2383) or look at its Internet home page < <http://www.diabetes.org> > and click on “Diabetes Info.”

## **Dietitians**

- To find a dietitian near you, call The American Dietetic Association’s National Center for Nutrition and Dietetics at 1-800-366-1655 or look at its Internet home page < <http://www.eatright.org> > and click on “Find a Dietitian.”



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