

UNICITY

— Ultimate —  
**Diabetic  
Meal Plan**

GUIDE



# What You Eat Affects Your Diabetes



Healthy eating for diabetes is about more than weight loss. To prevent the complications of diabetes, it is important to keep your blood sugar as close to normal as possible. The first thing to remember is that despite what food marketers would have you believe, you do not need to eat special foods that have enticing claims like “low fat” or “lite”. What should gradually change, however, is when you eat, how much you eat, and what choices you make when it comes to foods containing carbohydrates. This is because carbohydrates and other foods play a very important role when it comes to managing your diabetes for these reasons:

- **Food choices affect your body weight**
- **Food choices affect your blood sugar**

## Your Food Choices and Your Weight

When body cells receive more nutrients than it has the ability to process because of persistent overeating, the insulin receptors on the cell surface put up their “No Vacancy” sign. This translates to insulin resistance and high concentrations of glucose in the blood—the primary cause of complications for people with diabetes.



Losing just 7 percent of your body weight if you are overweight can make a significant difference in your blood sugar control and your risk of complications. It will improve your blood sugar, your blood pressure and your blood lipids (fats). You'll also have more energy. Next to weight and glucose control, exercise is the next most important thing you can do to take control of your diabetes.

Aim for 30 minutes of activity, five days per week. Studies show that all levels of exercise are beneficial, from moderate-intensity walking to high-intensity resistance training with weights. The key is to find something you enjoy doing and will stick with whether it's walking, swimming, cycling, weights or Zumba. It is important to include both cardio and resistance training for overall health.

## Your Food Choices and Your Blood Sugar

Your body's primary source of energy is glucose, a simple sugar that comes from the carbohydrates we eat which are broken down during the digestive process. When the body is functioning properly, the pancreas releases insulin when glucose enters the bloodstream. It is insulin's job to allow glucose to leave the blood and enter and nourish the cells in your body.



When you have diabetes, there is a problem with the way your body produces or uses insulin. If glucose can't move into the cell, it stays in the bloodstream. This does silent damage to your blood vessels and your body organs.

Without a change in food choices to help lower the blood sugar in circulation, you risk continuing to overload your system with glucose. The long-term effects is that all your body systems have to work harder and will ultimately suffer damage —your kidneys, your eyes, your liver, your heart, your nervous system, and more.



# Best Food Choices for People with Diabetes



Individuals with diabetes must ensure that their food choices are balanced to help manage their blood sugar levels. Along with selecting the best foods, there are a number of helpful methods people with diabetes can use to plan their meals. Let's first take a look at some of the best food choices for people with diabetes.

## Beans/Legumes

Filled with soluble fiber, lean proteins, and complex carbohydrates, beans are a great food choice when creating your balanced meal plan. Beans can be an easy addition to meals, if you select the canned variety. When shopping, choose canned beans that are low sodium, and be sure to rinse them before preparing.

- Black beans
- Navy beans
- Garbanzo or Chickpeas
- Soybeans
- Kidney beans
- White beans
- Pinto beans
- Lima beans



## Whole Grains

High-fiber foods, like whole grains, can not only help you manage your blood sugar, they can actually help reduce the risk of developing diabetes. Heart-healthy foods like steel cut oats, are high in fiber which actually helps slow glucose absorption. Because they are carbohydrates, keep portions sizes in mind, as they will still raise your glucose.

- Oatmeal, steel cut
- 100% Whole Wheat Breads
- Whole-grain pasta
- Brown or wild rice (not parboiled or instant)

## Lean Proteins

When eaten as part of a balanced meal, lean proteins which are indispensable for growth and maintenance of every kind of cell in our body, keep blood sugar levels steady while providing much needed proteins. Some options like salmon provide important Omega-3s which actually reduce your risk of heart disease. Best preparation tips: baked, broiled, grilled, roasted, or stewed.



- Salmon
- Catfish
- Cod
- Tilapia
- Egg whites
- Turkey
- Chicken
- Seafood
- Tofu
- Beef
- Pork

## Dairy Products

Dairy products are a great source of protein and naturally contain high-quality carbohydrates. As an added bonus, many of these foods are calcium rich. Be mindful of additions like fruit in yogurt that may be full of sugar. Reading labels is very important.



- Yogurt, choose a Greek variety that is high in protein and low in carbohydrates
- Cheese
- Milk, consider using unsweetened almond or coconut milk
- Cottage Cheese
- Sour Cream

## Nuts and Seeds

Incorporate nuts and seeds into your diet. They are a low-carbohydrate addition to your favorite meal. Nuts contain healthy fats, like monounsaturated fats, as well as nutrients like magnesium and omega-3 fatty acids. Eat them alone or use them instead of croutons in your salads for a healthier crunch.



- Almonds
- Pumpkin seeds
- Walnuts
- Flax seeds
- Chia seeds
- Cashews
- Brazil nuts
- Peanuts
- Pistachios

## Non-starchy Vegetables



These vegetables are a great source of vitamins, minerals, fiber and even protein. They do contain some carbohydrates but not enough to significantly raise your blood sugar. Use non-starchy vegetables to round out your meal. Non-starchy vegetables are integral to a healthy meal plan. Keep frozen varieties on hand, or low-sodium/ no-sodium canned options for quick additions to your meals. Best preparation tips: eat raw, steamed, grilled, or roasted.

- Broccoli
- Spinach
- Collard Greens
- Mushrooms
- Peppers
- Onions
- Kale
- Arugula

## Fruits

Fruits that are high in fiber make a great option to help curb a sweet tooth. Stick with whole fruits, rather than juices, as the naturally occurring fiber in fruits helps slow your body's absorption of carbohydrates. Fruits can also provide your body with antioxidants and nutrients. Opt for lower glycemic options like berries and be cautious of ripe bananas which have a high sugar content.

- Blueberries
- Raspberries
- Blackberries
- Apple
- Peaches
- Pears
- Unsweetened frozen fruit



**Avocados** – Full of monounsaturated fats, which are considered a 'healthy' fat. Monounsaturated fats, in conjunction with a diet low in simple carbohydrates, can actually increase your insulin sensitivity. These are classified as fruits, but are often consumed in savory recipes.



**Tomatoes** – With nutrients like lycopene and beta-carotene, tomatoes definitely deserve a spot in your meal plan. Technically a fruit, enjoying these raw, grilled, or in low-sodium sauces are all great options.

## Fruit on the Side



A serving of fruit is considered to be one small to medium size piece of fresh fruit or a half a cup of cut up fresh fruit. These amounts provide roughly 15 grams of carbohydrate and 60 calories. The amount and type of fruit you eat are what affects your blood glucose level the most, but several factors, including whether the fruit is cooked or raw and whether you peel it or eat it whole, can also influence your blood glucose level.

**Table Tip:** Check your blood sugar before and 2 hours after eating a new type of fruit to evaluate its effect.

## Choosing Drinks and Beverages

Because everything you eat and drink affects your blood sugar, you also need to consider what and how often you are consuming drinks and beverages. Sugary drinks like regular soda, fruit punch, fruit flavored drinks, fruit juice, sweetened energy drinks, and sweetened tea raise blood sugar and provide several hundred calories in just one serving. For example:

- One 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrate in 10 teaspoons of sugar!
- One cup of fruit punch and other sugary fruit flavored drinks have about 100 calories (or more) and 30 grams of carbohydrate.

If you have not already, now is the time to make the switch to zero-calorie drinks.

Examples include:

- Water
- Unsweetened teas
- Coffee
- Diet soda (no more than one a day is recommended)

You can also flavor your water with a squeeze of lemon or lime juice for a light, refreshing drink with some flavor.



# Foods to Avoid if You Have Diabetes



Just as the previous section provided examples of foods that are healthy for people with diabetes, this section covers the types of foods you need to steer clear of if you've been diagnosed with diabetes. It may be not be possible to avoid them completely, but you do need to make an effort to avoid these foods because of the negative affect they have on blood glucose levels.

## High Glycemic Carbs

High-sugar foods like pastries, cookies, syrups, jams and jellies, sodas, and candy can spike your blood sugar to dangerous levels. These foods rarely provide your body with any nutrients and are mostly devoid of fiber, meaning your body is easily able to convert the food into sugar.

- White breads
- White potatoes
- Pastries
- Cookies
- Candies
- Regular jelly or jams
- Sodas
- Juices
- Dried fruits
- Syrups



## Blood Sugar Will Spike with Juices, Dried Fruits and Syrups

Fruits in their whole state are good in moderation when you are sticking to a diabetic meal plan because they contain high amounts of fiber. Fiber is nature's way of limiting the release of sugars in the foods that you consume, creating a type of time-release for the sugars available in fruits. When fruits are converted to juice the fiber is mostly removed. This means your body is getting all the same sugars.





The sugars in dried fruits are condensed as the water is removed. The resulting product is very high in sugar and spikes your blood sugar.

Syrups are basically liquid sugar; they generally offer no nutritional value and are quickly converted into sugars, raising your blood glucose level. Additionally, syrups generally accompany other high-carb foods like pancakes or waffles, creating a meal that high in calories, high in sugar, and low in nutrition.



### **Fried Foods**

Fried foods contain extra calories and some oils used in frying can contain hydrogenated fats, which turn into trans fats. Trans fats raise your bad cholesterol and increase your risk of heart disease, two things you don't want to happen when you have diabetes.



### **Dairy Products**

Dairy products may have a higher calorie content but are valuable sources of protein and calcium. Regular milk, cheese and butter are becoming accepted as healthier options in place of those chemically changed to low and no fat options.



### **Processed Foods**

Processed or convenience foods can contain a number of harmful ingredients, including trans fats, chemicals, and preservatives. Snack foods and baked goods usually have a high fat content, high sodium content, and refined white flour. These food products promote inflammation and can increase your insulin resistance and increase your risk for heart disease and other inflammatory problems.

# Meal Planning Options for Healthy Diabetic Meals



If you're like many people with diabetes, you may be wondering why you need a special meal plan now that you have diabetes.

On one hand, it's true that a healthy meal plan for people with diabetes is the same as a healthy diet for anyone and shares these characteristics:

- ✓ Eat reasonably sized portions to manage weight
- ✓ Include fruits and vegetables
- ✓ Choose whole grains rather than processed ones
- ✓ Include fish and lean cuts of meat
- ✓ Select beans and legumes
- ✓ Use olive or coconut oil for cooking and on salads and vegetables
- ✓ Limit saturated fats
- ✓ Avoid high-glycemic snacks and desserts like chips, cake, and ice cream
- ✓ Stay away from trans fats



People with diabetes need to monitor their meals more closely because:

- 1 It helps you improve your blood glucose
- 2 It helps you lose or maintain weight—whichever applies in your situation
- 3 It helps you know how much and what kinds of food you can choose from at meals to best control your blood glucose

Depending on your current meal plan, this may or may not involve major changes for you. This section will introduce you to three popular methods of diabetes meal planning—the plate method, carb counting, and glycemic index.

## The Plate Method



If you're the kind of person who likes to keep it simple, the American Diabetes Association recommends a healthy, easy-to-remember strategy to "Create Your Plate" that will help you manage your diabetes and lose weight at the same time. The size of your plate matters. Use a 9 inch plate or measure that size out on the plate you use. Here's how it works:

Draw an imaginary line down the center of your dinner plate. Then, on one side, cut it in half again so you will have three sections on your plate.



Fill the largest section with non-starchy vegetables

- spinach, carrots, lettuce, greens, cabbage, bok choy
- green beans, broccoli, cauliflower, tomatoes
- salsa, onion, cucumber, beets, okra
- mushrooms, peppers, turnips

Fill one of the small sections with carbohydrates such as:

- whole grain breads, such as whole wheat or rye
- brown (not instant) or wild rice, whole wheat pasta, dal, whole wheat tortilla
- cooked beans and peas, such as pinto beans or black-eyed peas
- green peas, corn, lima beans, sweet potatoes, winter squash, yams

Fill your other small section with lean protein such:

- chicken or turkey without the skin
- fish such as tuna, salmon, cod or catfish
- other seafood such as shrimp, clams, oysters, crab or mussels
- beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese

Add a serving of fruit or a serving of dairy as your meal plan allows. Choose healthy amounts. For cooking, use olive or coconut oils. For salads, some healthy additions are nuts, seeds, avocado, and vinaigrettes. To complete your meal, add a no calorie drink like water, unsweetened tea or coffee.

This approach offers several advantages. Most importantly, you don't need any special tools and you don't have to do any counting!

Carbohydrate counting, or carb counting, is another meal planning technique for people with diabetes.

Carbohydrate counting requires you to keep track of how much carbohydrate grams or servings you are eating. With the help of your health care team, you set a limit for your maximum amount of carbohydrate to eat for a each meal. With the right balance of physical activity and medicine, if prescribed, this method of meal planning will help to keep your blood sugar levels in your target range.



How much carbohydrate you eat varies from person to person. Finding the right amount of carbohydrate depends on many things including how active you are and what, if any, medication you take. Some people are very physically active and can eat more carbohydrate. Others may need to have less carbohydrate to keep their blood glucose at an optimum level.

- A good target to aim for is about 15-30 grams of carbohydrate at breakfast and 30-45 at lunch and dinner. You may need more carbohydrates at some meals depending on how physically active you are and what medication you take for your diabetes.

Foods that contain carbohydrate or carbs include all starches and sweets like:

- grains like rice, oatmeal, and barley
- grain-based foods like bread, cereal, pasta, and crackers
- starchy vegetables like potatoes, peas and corn
- fruit and juice
- milk and yogurt
- dried beans like pinto beans and soy products like veggie burgers
- sweets and snack foods like sodas, juice drinks, cake, cookies, candy, and chips



Non-starchy vegetables like lettuce, cucumbers, broccoli, and cauliflower have a little bit of carbohydrate but in general are very low.

Carbohydrate counting is easier when food labels are available. You can look at how much carbohydrate is in the foods you want to eat and decide how much of the food you can eat. The three most important lines on the label for carbohydrate counting are the serving size, the total carbohydrate amount and the amount of fiber.



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## UNDERSTANDING LABELS

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### Serving size

- All the information on the label is about the serving size listed. If you will be eating a larger serving, be sure to factor this in by doubling or tripling the information on the label.

### Total carbohydrate

- The number of grams listed for “total carbohydrate” on the label already includes the sugar and fiber.
- Fiber negates the net effect carbohydrates have on your blood sugar and can be subtracted from the total carbohydrates. The total carbohydrates minus the total fiber is referred to as “net carbs”.



### Calories

- If you want to lose weight, be sure to check the calories per serving with food items.

## Saturated and trans fats

- To reduce your risk of heart disease and stroke, look for products with the lower amount of saturated fats per serving.
- Avoid all trans fats.



## Sodium

- Select foods with less sodium (salt). Most canned foods are high in sodium. Choose unsalted or low sodium and add salt to your taste at the table.

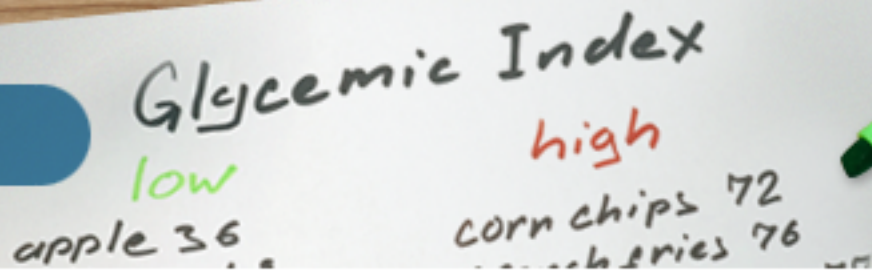
Choose high-quality carbohydrates instead of low-quality carbs, and whenever possible, pair with proteins and healthy fats. Keep in mind that all carbs raise your blood sugar. High-quality carbs include:

- Vegetables
- Fruits (fresh and frozen, unsweetened)
- Beans
- Peas
- Lentils
- Brown rice
- Wild rice
- Barley
- Oatmeal, steel cut
- Whole-grain cereals
- Whole-grain breads
- Whole-grain crackers
- Quinoa
- Amaranth
- Wheat berries
- Millet



You and your health care team can figure out the right amount for you. Once you know how many carbs to eat at a meal, choose your food and the portion size to match. This method requires quite a bit of planning and personal discipline, but may be worth it if you prefer the flexibility that the carb counting method offers. This method is necessary if you are taking fast acting insulin before meals to cover your carbohydrates. Developing an insulin: carbohydrate ratio with your health care team allows you to closely control the rise in your glucose.

# Glycemic Index



The Glycemic Index (GI) method is used to rank different foods according to how much they increase blood glucose levels after eating.

The glycemic index refers to how much or how little the carbohydrates we eat affect the glucose levels in our blood. Since not all carbohydrates affect blood glucose levels the same way, knowing which carbs have a lower glycemic index can help you plan your meals more effectively. By avoiding high glycemic foods you can enjoy more servings of healthy carbs, fats and proteins.

## Nutrition Guide

Foods to Enjoy (Low)	Foods to Eat in Moderation* (Medium)	Foods to Avoid (High)
<p><b>Vegetables:</b> Artichoke, Arugula, Asparagus, Avocados, Bamboo Shoot, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbages, Carrots, Cauliflower, Celery, Chili Pepper, Collard Greens, Eggplant, Garlic, Ginger, Green Peas, Jicama, Kale, Leeks, Mushrooms, Mustard greens, Olives, Onion, Peppers, Pickle, Radishes, Rhubarb, Romaine Lettuce, Spinach, Turnip</p> <p><b>Legumes:</b> Black, Garbanzo, Great Northern, Kidney, Lima, Navy, and Pinto Beans; Lentils</p> <p><b>Fruits:</b> Apple, Apricots, Blackberries, Blueberries, Cherries, Coconut, Figs, Grapes, Grapefruit, Kiwis, Lemon, Nectarines, Oranges, Passion Fruit, Peaches, Pears,</p>	<p><b>Vegetables:</b> Beets (cooked), Pumpkin, Squash, Sweet Corn, Sweet Potatoes, Water Chestnuts</p> <p><b>Fruits:</b> Bananas (ripe), Mango, Melons (Honeydew, Cantaloupe, etc.) Papaya, Pineapple</p> <p><b>Nuts and Seeds:</b> Chestnuts</p> <p><b>Meats:</b> 80% Lean Ground Beef, Chicken Thigh, Pork Ribs, T-bone steak</p> <p><b>Grains:</b> Bulgur Wheat, Brown Rice, Millet, Oatmeal (steel cut or rolled oats), Barley, Couscous, Polenta, Red Rice, Rye Bread, Whole Wheat Pasta, Sushi, Rice, Vermicelli Noodles (rice), Whole Grain Bread</p>	<p><b>Vegetables:</b> Rutabaga, Turnip (cooked), All other Potatoes</p> <p><b>Fruits:</b> Dried Fruit, Watermelon</p> <p><b>Meats:</b> Bologna, Breaded Fish/chicken, Fried Meats, Pork Bacon, Sausage</p> <p><b>Dairy:</b> All other yogurts, Creamers</p> <p><b>Grains:</b> All other rice, Bagel, Biscuit, Cereals, Gnocchi, Granola, Instant Oatmeal, Potato Bread, White Bread, White Pasta</p> <p><b>Processed Foods:</b> Beer, Cakes, Candy Bars, Commercially-baked pastries, Condiments Containing, Added Sugar, Cookies, Crackers, Doughnuts, French</p>

**Foods to Enjoy  
(Low)**

Plums, Pomegranate,  
Raspberries, Strawberries,  
Tomatoes

**Nuts and Seeds:** Almonds,  
Cashews, Chia, Flax,  
Hazelnuts, Peanuts, Pecans,  
Pine Nuts, Pistachios, Sesame  
Seeds, Sunflower Seeds,  
Walnuts

**Meats:** 95% Lean Ground  
Beef, Chicken Breast, Crab,  
Duck, Eye of Round, Flank  
Steak, Halibut, Ham, Herring,  
Lobster, Mackerel, Pork,  
Salmon, Sardines, Shrimp,  
Sirloin, Tender Loin, Tilapia,  
Tuna, Turkey Bacon, Turkey  
Breast, Whole Eggs, Veal

**Soy Products:** Tempeh,  
Tofu, TVP

**Cheese:** American, Cheddar,  
Blue, Brie, Monterey Jack,  
Mozzarella, Parmesan,  
Provolone, Swiss

**Dairy:** Cottage Cheese, Milk,  
Plain Greek Yogurt (no added  
sugar)

**Grains:** Bran, Quinoa, Wheat  
Germ, Wild Rice

**All Herbs:** Basil, Cinnamon,  
Herbal Teas, Oregano,  
Parsley, Shallot, Vanilla etc.

**Condiments:** Guacamole,  
Lemon Juice, Mustard, Salsa,  
Spices, Vinegar, Walden  
Farms Products

**Foods to Eat in Moderation\*  
(Medium)**

**Condiments:** Soy Sauce

**Wine:** Red Wine

**Foods to Avoid  
(High)**

Fries, Fruit Juices, High  
Fructose Corn Syrup,  
Hydrogenated and Partially  
Hydrogenated Oils, Ice Cream,  
Lard, Margarine,  
Microwavable/Prepackaged  
Meals, Muffins, Packaged  
Snack Foods, Popcorn, Potato  
Chips, Rice Cakes, Soda Pop,  
Tapioca, White and Brown

Sugar

**Condiments:** Aguave, BBQ  
Sauce, Honey, Ketchup,  
Ranch Dressing

**Wine/Alcohol:** All other  
alcoholic beverages

*\* No more than 3 servings per week*



The connection between carbohydrates and their effect on blood glucose makes using the glycemic index another option for helping diabetics fine-tune their blood glucose management. Combined with carbohydrate counting, it may provide an additional benefit for achieving blood glucose goals. And, in addition to helping control weight, meal plans that consist mainly of low glycemic index (low-GI) foods have been shown to reduce the risk of diabetes, heart disease, and certain cancers. In contrast, high-GI diets have been shown to enhance body fat storage and cause frequent spikes in blood glucose and insulin levels—a serious risk factor for diabetes.

**Table Tip:** At the end of this guide is a comprehensive listing of over 200 foods and their numeric glycemic index value.

## How to Maintain Healthy Glucose Levels



In addition to planning healthy meals and keeping your weight in check, it's important that you take care of yourself and follow your treatment plan as directed. Here are a few basic, but essential reminders:



- **Don't skip meals**—Skipping meals, especially breakfast, greatly affects your ability to maintain blood sugar levels in a safe range. Depending on which blood glucose lowering medications you take, skipping a meal can also cause hypoglycemia, a dangerously low blood sugar.

- **Stay hydrated** by drinking 64 ounces of water a day routinely. Elevated blood sugar levels tend to cause excessive urination which may lead to dehydration and require additional water intake or even intravenous fluids. Take this seriously and always think of prevention.



- **Don't skimp on sleep**—Believe it or not, it does make a difference. Even a slight disruption in your hormonal balance caused by poor sleep has been shown to effect blood glucose levels.



## Unicity Balance

Regardless of how diligent you are with your diet, you may find that you still need help getting your blood glucose levels under control. If that's the case, you might consider adding a clinical nutritional supplement to your regimen.

For example, Unicity Balance is a meal modifier that lowers your glycemic response to foods and has been shown in clinical trials to lower blood glucose within 24 hours. Recommended by doctors, it's a pleasant tasting drinkable formula that helps your body balance glucose and insulin levels pre-, during, and post-meals with added weight loss benefits.

Balance facilitates a milder release of glucose and insulin into your system when taken before a meal. Once your body takes what it needs from this release, it begins to tap into fat reserves (a normal biochemical process) for energy. This safe and effective acceleration of the weight loss process promotes energy release and:



- Normalizes blood sugar levels
- Helps reduce appetite and prevent overeating
- Optimize cholesterol levels, reducing LDL by 31% and increasing HDL 29%
- Helps balance triglycerides
- Neutralizes cravings
- Improves digestive function

Each box of Unicity Balance includes 60 individual servings at a price of less than \$2 per serving. Product users claim a reduction in grocery and medication expenses that easily pay for the cost of the product.

It's the #1 selling natural product of its type in the world and is found in the Physicians Desk Reference (PDR).



# Nutritional Tips and Advice for People with Diabetes



## Use the 4-4-12 Rule to Lose or Maintain Weight

In addition to regulating blood glucose, insulin plays a key role in determining whether our bodies store fat or burn it. Whenever there is excess insulin circulating in the body, our bodies use glucose for energy; it has no need to tap our fat reserves for the energy it needs.

The body will, however, burn fat when insulin levels are normal. This is why nutritionists and dieticians often recommend lower carbohydrate diets. By keeping carbohydrate intake low, insulin levels stay within the normal range. Having normal insulin levels creates periods throughout the day when the body burns stored fat for energy instead of glucose.

The 4-4-12 Rule is designed to help your body get the most energy possible out of the food you're already eating, eliminate the need to snack between meals, and burn the fat that you're not using. This principle helps moderate glucose and insulin levels, and turns the body into a fat burning machine between meals. Here's how it works:



### STEP 1

Eat a high-protein, low carbohydrate breakfast, and then wait at least 4 hours to eat lunch.

### STEP 2

Eat a healthy lunch, and then wait at least 4 hours to eat dinner.

### STEP 3

Eat a healthy dinner, and then wait at least 12 hours to eat breakfast.

Between meals, drink water, but do not eat snacks or other beverages because they interrupt the fat burning process. 4-4-12 helps the body burn fat for extended periods of time between meals while insulin levels are low and reserved fat is being converted to energy. If you get hungry between meals add more lean protein to that meal the next day.

## Snack Tips for People with Diabetes



When snacking is unavoidable, healthy snacks can be used to help curb hunger while adding a nutritious energy boost to your day. All you have to do is choose your snack foods and portions wisely. If snacks are needed, this is a great opportunity to fit in another serving of non starchy vegetables, lean protein or nuts. These foods are healthier and they'll also fill you up and give you the energy you need. Below are some snack-healthy tips to keep in mind:

- Apply the same guidelines to your snacks as you do to your healthy meals.
- Stock your pantry and fridge with healthy options so you always have them on hand.
- Go through your pantry and fridge and remove all the unhealthy but tempting snack foods.
- Avoid mindless snacking altogether. Common pitfalls include eating while watching television, surfing the Internet, reading, or driving.

## Dealing with Low Blood Sugar

Low blood sugar (hypoglycemia) can make you suddenly feel shaky, weak, confused, irritable, hungry, or tired. You may also sweat a lot or get a headache. If you have these symptoms, check your blood glucose if you can. If it is below 70, or you have a sudden onset of any of the above symptoms, take one of the following right away:

- 3 or 4 glucose tablets or 15 grams of glucose gel
- 1 cup (8 ounces) of milk
- 1 tablespoon of sugar or honey
- 1/2 cup (4 ounces) of any fruit juice
- 1/2 cup (4 ounces) of a regular (not diet) soft drink
- 5 or 6 pieces of hard candy



After 15 minutes, check your blood glucose again. If it's still too low, have another serving of one of the above. Repeat these steps until your blood glucose level is 70 or higher and your symptoms have improved. If it will be an hour or more before your next meal, have a carbohydrate snack as well.



## Desserts

It's possible for you to have dessert as a treat once in a while without significantly interfering with your blood sugar control. The key, just like everything else, is moderation and exchanging out other carbohydrates. For example, if your dinner consists of grilled fish, rice, a wheat roll, a vegetable salad, and fruit, let's look at how you can still enjoy a small piece of cake after your meal. The goal is to keep the total carbohydrate count in the meal the same. With this in mind, consider trading your roll and fruit for the piece of cake. Or replace the rice with

a low-carbohydrate vegetable such as broccoli. Adding the cake after this meal keeps the total carbohydrate count the same!

## Avoid These Derailments When Dining Out

Don't let dining out intimidate you. You can stick to your meal plan whether at home or away. Here are a few things to keep in mind to help you stick to your diet plan:

- Plan ahead—most menus are now available online!
- Choose the smallest meal size if the restaurant offers options, for example, a lunch-sized entree
- Share meals with a dining partner
- Request a take-home container when you place your order
- Make a meal out of a salad or soup and an appetizer
- Make smart substitutions (salad instead of fries or a double order of veggies)
- Avoid high calorie creamy sauces
- Order your protein broiled, roasted, or grilled
- Lastly, skip the temptation of the all-you-can-eat buffet!



## Conclusion – Good News!

Your health and quality of life are in your control. The level of success you enjoy in keeping your blood glucose within the normal range will depend on the decisions you make, everyday! These decisions include what you choose to eat and drink, what you choose NOT to eat and drink, your level of daily exercise and the other factors outlined in this report. From all of us at DefineYourY.com, we wish you a happy, healthy and prosperous life. Thanks for giving us this opportunity to serve your needs.

# Glycemic Index Chart

<b>LOW GI (55 or less)</b>	<b>GI</b>	<b>Serving Size (g or ml)</b>	<b>MEDIUM GI (56-69)</b>	<b>GI</b>	<b>Serving Size (g or ml)</b>	<b>HIGH GI (70 or higher)</b>	<b>GI</b>	<b>Serving Size (g or ml)</b>
Apple	39		Angel Food Cake	67	50	Bread, Bagel, white	72	70
Apple juice, unsweetened	44	250	Apricots, canned: light syrup	64	120	Bread, French Baguette	95	30
Apricots, dried	30	60	Apricots, fresh	57	120	Bread, Kaiser roll	73	30
Artichoke	15		Banana, ripe	62	120	Bread, stuffing	74	30
Asparagus	15		Beets	64		Bread, White	79	30
Baby Lima Beans	32	150	Bread, Pita, whole wheat	57	30	Bread, White wheat	71	30
Banana Cake, made with sugar	47	80	Bread, 50% cracked wheat kernel	68	30	Bread, Wonder bread	73	30
Banana Cake, made without sugar	55	80	Bread, Croissant	67	30	Cereal, Bran Flakes	74	30
Barley, pearled	25		Bread, Hamburger bun	61	30	Cereal, Cheerios	74	30
Beans, baked	40	150	Bread, Pita	68	30	Cereal, Coco pops	77	30
Beans, black	30	150	Bread, Pumpernickel	56	30	Cereal, Corn Chex	83	30
Beans, green	38	150	Bread, Wheat kernel bread	59	30	Cereal, Cornflakes	93	30
Beans, kidney	29	150	Bread, Whole Meal Rye	58	30	Cereal, Cream of Wheat Instant	74	30
Beans, kidney, canned	52	150	Bread, Whole wheat	68	30	Cereal, Froot Loops	76	30
Beans, navy	31	150	Cantaloupe	65	120	Cereal, Grapenuts	74	30
Beans, soy	15	150	Cereal, Bran Chex	58	30	Cereal, Oatmeal, instant	83	30
Blackeye peas	33		Cereal, Cream of Wheat	66	30	Cereal, Rice Krispies	82	30
Bread, 100% Whole wheat	51	30	Cereal, Mini Wheats	66	30	Cereal, Shredded Wheat	75	30
Bread, Banana	47	30	Cereal, Muesli	66	30	Cereal, Special K	77	30
Bread, Bulgur	48	30	Cereal, Porridge, instant	66	30	Corn chips	72	50
Bread, Oat bran	48	30	Cereal, Porridge, quick-cooking	65	30	Crackers, Rice	91	25
Bread, Rye	34	30	Cereal, Puffed Wheat	67	30	Crackers, Soda	74	25
Bread, Sourdough	53	30	Cereal, Raisin Bran	61	25	Crackers, Water	78	25
Broccoli	15		Cookie, Fudge	57	25	Dates	100	60
Buckwheat	55		Cookie, Shortbread	64	150	Doughnut, cake	76	47
Cabbage	10		Corn, fresh	60	150	Fruit Roll-Ups	99	
Capellini	45	180	Cornmeal	68	150	Gatorade	78	250
Carrots, cooked	39	80	Couscous	65	150	Gnocchi	77	180
Carrots, raw	49	80	Cranberry juice cocktail	68	250	Graham Crackers	74	25

<b>LOW GI (55 or less)</b>	<b>GI</b>	<b>Serving Size (g or ml)</b>	<b>MEDIUM GI (56-69)</b>	<b>GI</b>	<b>Serving Size (g or ml)</b>	<b>HIGH GI (70 or higher)</b>	<b>GI</b>	<b>Serving Size (g or ml)</b>
Cashews	22	50	Figs, dried	61	60	Honey	73	25
Cashews, salted	27	50	Jams	65	30	Jelly Beans	78	30
Cauliflower	15		Kudos Bar	62	50	Kavli Crispbread	71	25
Celery	15		Macaroni and cheese, Kraft	64	180	Life Savers, Peppermint	76	30
Cereal, All-Bran	55	30	Mars Bar	68	60	Melba Toast	70	30
Cereal, Bran Buds	47	30	Muffin, Blueberry	59	57	Pancake Syrup	76	
Cereal, Oat Bran	55	30	Muffin, Bran	60	57	Parsnips	97	80
Cereal, Oatmeal	55	30	Muffin, Carrot	62	57	Pizza, plain	80	100
Cereal, Porridge	49	30	Oatmeal, Quick (One Minute) Oats	66	50	Potato, Baked	85	150
Cereal, Rice bran	27	30	Pancakes	67	80	Potato, boiled	82	150
Chana Dal	8		Papaya	56	120	Potato, French fries	76	150
Cherries	22	120	Pastry Pie Crust	59	57	Potato, Instant Mashed	86	150
Chicken nugget, frozen	46	100	Pineapple, fresh	66	120	Potato, Mashed	74	150
Chickpeas, canned	42	150	Potato Chips	57	50	Potato, Red Skinned, boiled	88	150
Chickpeas, canned in brine	38	150	Potato, Canned	65	150	Pretzels, baked	83	30
Chickpeas, dried	28	150	Potato, New	57	150	Pumpkin	75	29
Cookie, Butter	47	25	Raisins	64	60	Rice Cakes	83	25
Cookie, Chocolate Chip	44	25	Rice, aborio	69	150	Rice, instant	91	150
Cookie, Oatmeal	55	25	Rice, basmati	58	150	Rice, white	89	150
Cookie, Vanilla Crème Filled Wafers	50	25	Rice, basmati, quick cooking	67	150	Rice, wild	87	150
Cucumber	15		Rye crisp-bread	65	25	Scones	92	25
Custard, made from milk	43	100	Ryvita Crispbread	69	25	Soda, Lucozade	95+	250
Custard, No bake, egg	35	100	Soda, Coca Cola	63	250	Vanilla wafers	77	25
Eggplant	15		Soda, Fanta	68	250	Waffles, Aunt Jemima	76	35
Fettuccine	32	180	Soup, Black Bean	64	250	Watermelon	72	120
Fruit Cocktail	55	120	Soup, Pea	66	250			
Grapefruit	25	120	Spaghetti, white al dente	58	180			
Grapefruit juice	48	250	Spaghetti, white boiled 20 min	58	180			
Grapes	46	120	Sucrose	68	10			
Ice cream, low fat	43	50	Sweet corn on the cob, average	60	150			
Ice cream, premium	38	50	Taco Shell, cornmeal	68	20			
Kiwifruit	52	120	Vermicelli, rice	58	180			
Lentils	29	150	Wheat Thins	67	25			



## LOW GI (55 OR LESS) CONTINUED

LOW GI (55 or less)	GI	Serving Size (g or ml)	LOW GI (55 or less)	GI	Serving Size (g or ml)	LOW GI (55 or less)	GI	Serving Size (g or ml)
Lentils green, boiled	27	150	Peas, dried	22	150	Spaghetti, white	38	180
Lettuce	15		Peas, green	48	150	Spaghetti, whole wheat	37	180
Linguine	55	180	Peas, green	51	150	Spinach	15	
M&Ms, peanut	33	30	Peas, snow	15	150	Spiral Pasta	43	180
Macaroni	47	180	Peas, Yellow Split	32	150	Sponge Cake	46	63
Mango	51	120	Peppers	15		Star Pastina	38	180
Marmalade	48	120	Peppers, red	10		Strawberries	40	120
Milk, chocolate	43	250	Pineapple juice	46	250	Summer squash	15	
Milk, full fat	41	250	Plums	39	120	Sweet corn	55	150
Milk, skim	32	250	Popcorn, microwave, plain	55	20	Tomato juice	38	250
Milk, soy	30	250	Potato, sweet	54	150	Tomato soup	38	250
Muffin, Corn	49	57	Pound Cake	54	53	Tomatoes	15	
Mushrooms	10		Prunes, pitted	29	60	Tortilla, Corn	52	120
Onions	10		Quinoa	53		Tortilla, Wheat	30	120
Orange	43	120	Ravioli, meat	39	180	Vanilla cake, Betty Crocker	42	111
Orange juice	52	250	Rice, brown	54	150	Vermicelli	35	180
Orange juice, unsweetened	50	250	Rice, Long grain	47	150	Walnuts	15	
Orange, Navel	42	120	Snickers Bar	51	60	Yam	54	25
Peach, canned in juice	38	120	Soup, lentil	44	250	Yogurt with fruit, reduced-fat	33	200
Peach, fresh	42	120	Soup, Lentil	44	250	Yogurt, artificially sweetened	14	200
Peanuts	15	50	Soup, Minestrone	39	250	Yogurt, sweetened	33	200
Pear, canned in juice	43	120	Soup, Tomato	38	250	Zucchini	15	
Pear, fresh	38	120	Soybeans, boiled	16				



Ask the person who gave you this Diabetic Meal Plan for a Free sample of Unicity Balance, a patented and clinically-proven meal modifier that lowers your glycemic response to foods.