



Cornerstones4Care®

# Meal planning and carb counting

Your guide to eating  
healthy with diabetes



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blood sugar



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Track your blood sugar, activity, meals, and medicines all in one place with the free

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### Ask Sophia!



### "Ask Sophia!" Digital Assistant

Get answers to your questions about diabetes and so much more.

### Text Messages

You can choose to get informative and motivational text messages.



### Diabetes Health Coach

A digital coaching program that provides a customized learning and action plan based on your personal health assessment.



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Cornerstones4Care®

### 1 Tell us about yourself

Go to [Cornerstones4Care.com](http://Cornerstones4Care.com) to register today. Or fill in the information below. Then tear off this card, fold and seal it, and mail it back to us.

All fields with asterisks (\*) are required.

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\* First name \_\_\_\_\_ MI \_\_\_\_\_

\* Last name \_\_\_\_\_

\* Address 1 \_\_\_\_\_

Address 2 \_\_\_\_\_

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\* Birth date (mm/dd/yyyy) \_\_\_\_\_

### 2 Tell us a little more

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Type 2     Type 1     Don't know

\* What year were you (or the person you care for) diagnosed with diabetes? \_\_\_\_\_

\* What type of diabetes medicine has been prescribed? (Check all that apply)

- Diabetes pills (also called **oral antidiabetics** or OADs)
- Non-Insulin Injectable or GLP-1 RA therapy
- Combination injectable therapy
- Insulin
- Other diabetes medicine
- None

• If you checked "diabetes pills," how many types are taken each day?

- 1 type of diabetes pill     2 types of diabetes pills
- More than 2 types of diabetes pills

• If you checked "Non-Insulin Injectable or GLP-1 RA therapy," "Combination injectable therapy," "Insulin," or "Other diabetes medicine," please fill in the following for each:

Product name 1: \_\_\_\_\_

How long has this product been taken?

- Prescribed but not taken     7-12 months
- 0-3 months     1-3 years
- 4-6 months     3 or more years

Product name 2: \_\_\_\_\_

How long has this product been taken?

- Prescribed but not taken     7-12 months
- 0-3 months     1-3 years
- 4-6 months     3 or more years

Product name 3: \_\_\_\_\_

How long has this product been taken?

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- 0-3 months     1-3 years
- 4-6 months     3 or more years

### 3 Tell us about your interests

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Healthy eating

Being active



Managing diabetes

Diabetes medicines



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**Date** (required) \_\_\_\_\_

mm/dd/yyyy

Tear card out and mail today!

This booklet gives you key information about meal planning and carb counting with diabetes. It also offers tools and resources for healthy meal planning to help you manage your diabetes. If you have questions, be sure to reach out to your diabetes care team.

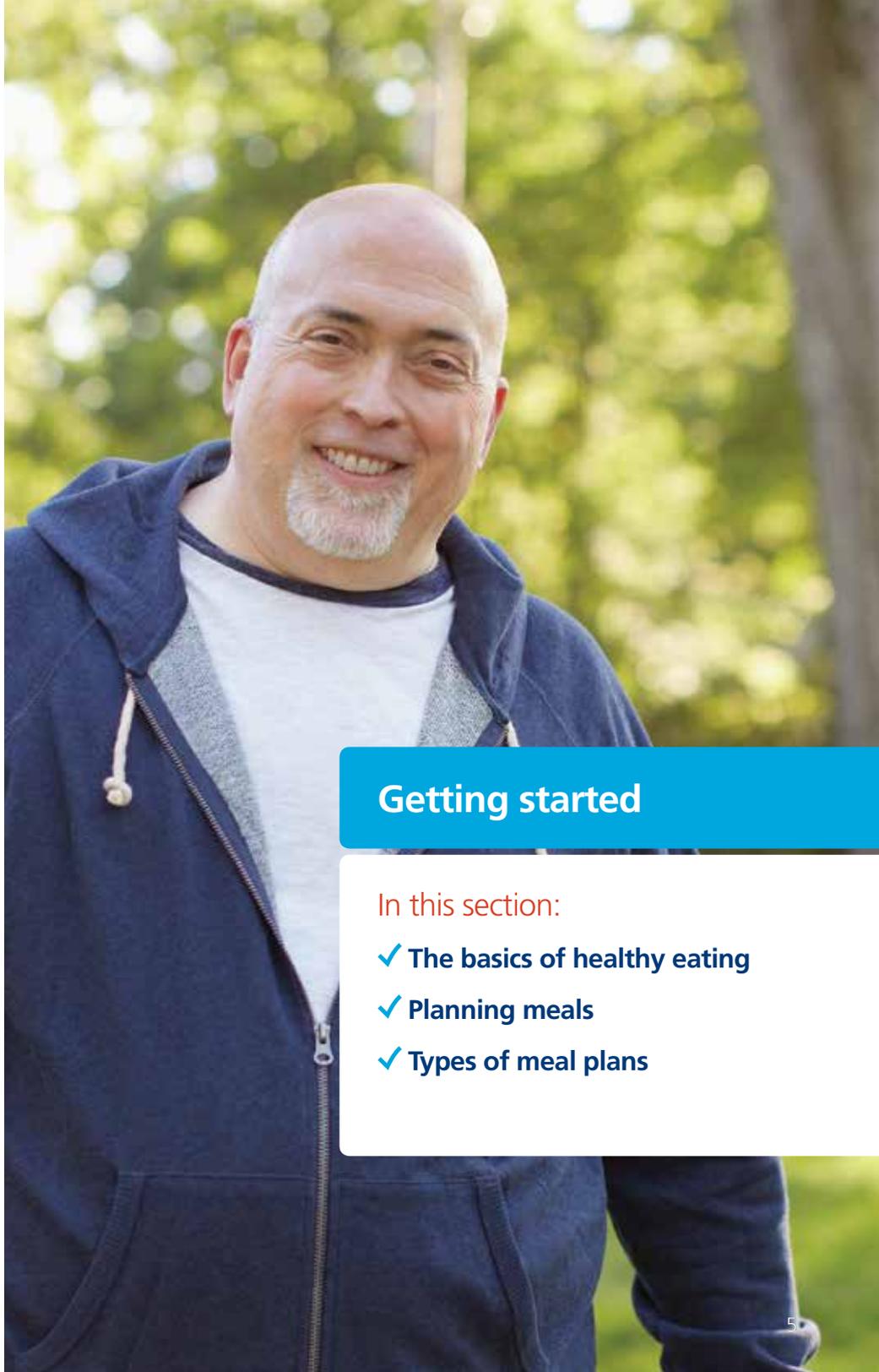
Look for this symbol throughout the booklet



Go to [Cornerstones4Care.com](https://www.cornerstones4care.com) from your smartphone, tablet, or computer for more information and support.

Also available in Spanish at [Espanol.Cornerstones4Care.com](https://www.espanol.cornerstones4care.com)

This booklet is consistent with American Diabetes Association educational materials, including the Standards of Medical Care in Diabetes. This booklet does not replace the advice of your diabetes care team. Be sure to talk with your diabetes care team about a diabetes care plan that is right for you.



## Getting started

In this section:

- ✓ The basics of healthy eating
- ✓ Planning meals
- ✓ Types of meal plans



## The basics of healthy eating

Healthy eating is an important part of managing your diabetes along with being active and taking medicines, if needed.

Why? Because what, when, and how much you eat affects your blood sugar.

Healthy eating doesn't mean you have to stop eating your favorite foods and dining out. But you may need to limit how much and how often you eat some of them.

Healthy eating is when you:

**Eat a wide variety of foods each day**



**Watch your portion sizes**



**Space your meals evenly throughout the day**



**Don't skip meals**



Use this booklet as a guide to plan healthier meals. It's not easy to change what and how you eat. Give yourself time to get used to your new routine. Soon you'll be enjoying healthy, delicious meals and snacks as needed.

## Planning meals

A meal plan is a guide that helps you choose what foods to eat, when to eat meals and snacks, and how much to eat.

A typical healthy meal plan includes:

**Complex carbohydrates**, such as whole-grain bread, oats, and brown or wild rice



**Fiber**, which is found in beans, whole grains, fruits, and vegetables



**Lean protein**, such as chicken (without skin), fish, tofu, and eggs



**Non-starchy vegetables**, such as broccoli, carrots, and leafy greens



**Low-fat dairy products**, such as milk, yogurt, and calcium fortified plant-based milk



**Heart-healthy fats**, such as olive or canola oil, nuts, and seeds



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to register for **Cornerstones4Care®**, a free program that offers support to help you meet your diabetes goals.



For many people with diabetes, the hardest part of a treatment plan is deciding what to eat and following a meal plan. Not all meal plans are the same. You can work with someone on your diabetes care team to create your plan. That person might be a dietitian, diabetes educator, or a registered nurse. He or she can help you with a meal plan that is right for you.

The goal of a meal plan is to help manage your:



Blood sugar levels



Cholesterol levels



Weight



Blood pressure

When these things are managed, you may stop or slow down the chance of getting other health problems.

## Types of meal plans

Your meal plan should be easy to follow and include the foods you enjoy. Here are some common types of meal plans.

### Carb counting

The amount of carbohydrates (carbs) in your meals and snacks can make a big difference in your blood sugar level. That's why it's good to be aware of how many carbs you eat.

Carb counting is one of many meal planning options. With this plan, you count the amount of carbs you eat and drink at each meal and snack. You and your diabetes care team will set the right amount of carbs for you.

Carb counting gives you many choices and lots of flexibility when planning meals.

If you take insulin, counting carbs can help you know how much insulin to take. Read *Advanced Carb Counting* on page 30 for more information.

#### Carb counting tips

- Eat 3 meals a day about 4 to 6 hours apart
- Do not skip meals
- Try to eat the same amount of carbs at each meal



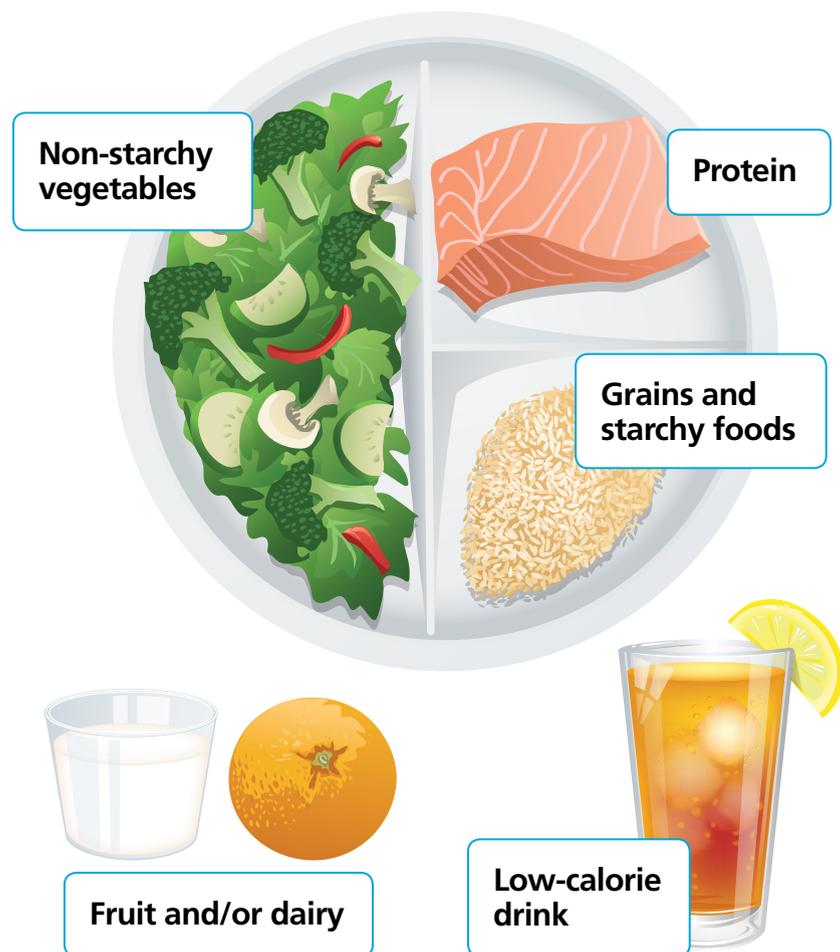
Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to help you make a plan based on the foods you like best. You will also find healthy suggestions to help you stay on track with your food goals.



## The plate method

The American Diabetes Association recommends using your plate to create healthy meals. The plate method is a simple way to manage portion sizes and eat balanced meals. You don't need to count anything.

Start with a 9-inch plate and imagine you have split the plate in half. Then divide one of the halves into two. Use the plate below as a guide to help you build a healthy meal.



You can make your own plate with your favorite foods. Use the list starting on page 45 of this booklet to find the foods you like.

## Mediterranean

With this kind of meal plan, you eat mostly plant-based foods. These are fresh vegetables and fruit, whole grains, beans, nuts, and seeds. Olive oil is the main source of fat. This meal plan also includes a small amount of dairy, fish, and poultry.

Following a Mediterranean meal plan can help protect your heart. It may also help you improve blood sugar levels and lose weight.

## Vegetarian

A vegetarian meal plan is when you only eat plant-based foods, such as vegetables, fruit, whole grains, nuts, seeds, and beans. Some plans do not include any animal products, including dairy and eggs. A vegetarian meal plan gives you lots of vitamins, minerals, and fiber.

Following a vegetarian meal plan may help lower your risk for obesity and heart disease.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to "Ask Sophia!" She is a digital assistant that can answer questions about diabetes and so much more!

## DASH

DASH stands for “Dietary Approaches to Stop Hypertension.” It is a meal plan that is high in fiber and suggests eating more vegetables, fruits, whole grains, nuts, seeds, plus low-fat dairy products, poultry, and fish. The DASH diet limits red meat and sugary and salty foods.

Following this meal plan can help to lower blood pressure in people with high blood pressure.

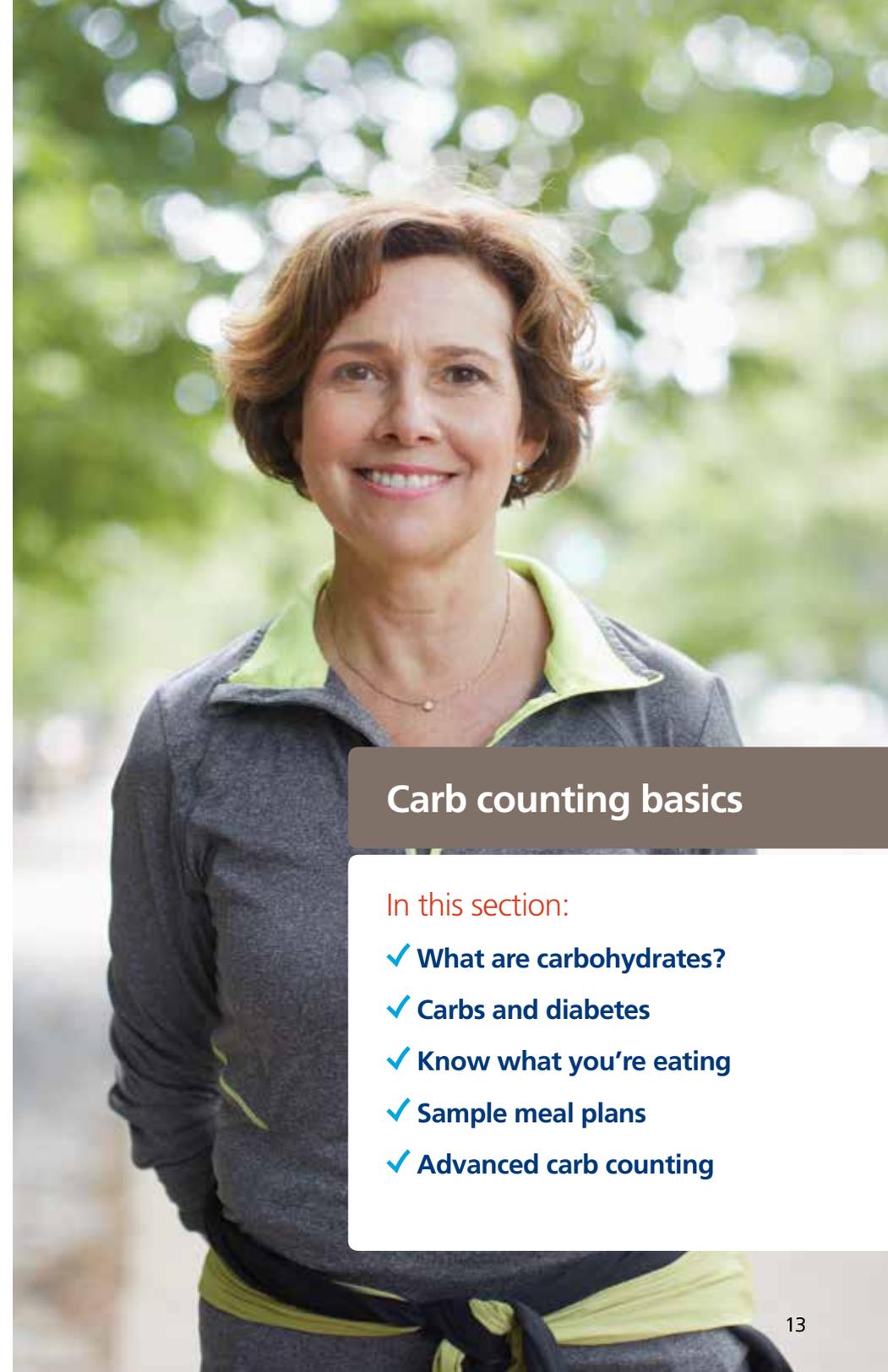
## Low carb

A low-carb meal plan is when you eat less carbs than you usually eat. It limits foods that are high in carbs, such as grains, sweets, and starchy vegetables. With this meal plan you eat mostly non-starchy vegetables, healthy fats, and protein. This type of meal plan is not recommended for some people with diabetes. Be sure to talk to your diabetes care team before trying this meal plan.

Following a low-carb meal plan may help improve your blood sugar levels.



Many different kinds of meal plans help manage diabetes. Work with your diabetes care team to find a plan that's right for you.



## Carb counting basics

In this section:

- ✓ What are carbohydrates?
- ✓ Carbs and diabetes
- ✓ Know what you're eating
- ✓ Sample meal plans
- ✓ Advanced carb counting



## What are carbohydrates?

There are 3 main types of carbohydrates (carbs) in the foods you eat. They are **sugar**, **starch**, and **fiber**. Each type of carb affects your blood sugar in a different way.

When you look at food labels, “total carbohydrate” includes all three types. This is the number you should look at if you are counting carbs. For more information about reading food labels, see pages 20-21.

### Sugar

There are 2 main types of sugar:



Sugar that occurs naturally in food, like in milk and in fruit



Sugar that is added to food, like in sweet desserts and in many packaged foods and sugar-sweetened drinks

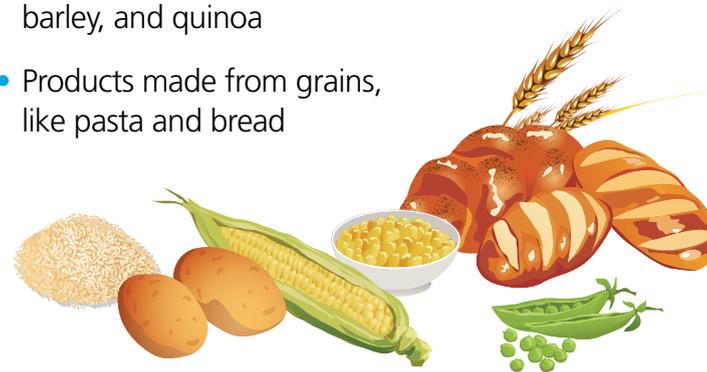
### Effect on blood sugar

Sugary foods and drinks, such as pastries, desserts, breakfast cereals, fruit juices, and soft drinks, raise blood sugar very quickly after you eat them.

### Starch

Starches are also called *complex carbohydrates*. Foods that are high in starch include:

- Starchy vegetables, like corn, squash, plantain, and potatoes
- Beans, lentils, and peas
- Grains, like wheat, oats, rice, barley, and quinoa
- Products made from grains, like pasta and bread



### Effect on blood sugar

Starchy foods raise blood sugar levels, but not as fast as sugary foods.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about how carbohydrates affect your blood sugar levels.



## Fiber

Fiber is the kind of carb found in plant foods, like vegetables, fruits, beans, whole grains, nuts and seeds. Your body does not digest fiber. Fiber helps you feel full after eating and have regular bowel movements. It may also reduce your cholesterol.

For good health, adults should try to eat 25 to 30 grams of fiber each day. Most of us only eat about half that amount.

Try to eat more of these foods to add fiber to your diet:



Beans and legumes,  
(like black beans, kidney  
beans, chick peas, and  
lentils)



Whole grains (like  
oatmeal, whole-grain  
cereals and breads, and  
whole-wheat pasta)



Fruits and vegetables,  
especially those with skin  
you can eat (like apples)  
and those with seeds you  
can eat (like berries)



Nuts and seeds

In general, an excellent  
source of fiber has  
5 or more grams of  
fiber per serving.

## Effect on blood sugar

Fiber slows down digestion. This means that eating fiber-rich food helps your blood sugar levels rise slowly.

## Low-calorie sweeteners

Low-calorie sweeteners can be found in diet drinks, baked goods, light yogurt, candy, and chewing gum that is labeled as “sugar-free” or “no sugar added.” You can also buy them as table top sweeteners or in packets to add to your food. Foods with low- or reduced-calorie sweeteners can sometimes have less calories than foods made with sugar. But it is still important to check the nutrition label on these foods.

**Sugar alcohols** are one type of low-calorie sweetener. Despite their name, sugar alcohols do not contain alcohol. They can have a laxative effect or cause other digestive symptoms in some people.

**Artificial sweeteners** are another type of low- or no-calorie sweetener. They can be used to sweeten food and drinks with less calories and carbs when they replace sugar.

## Effect on blood sugar

Sugar alcohols affect each person differently. They still raise blood sugar, but much less than sugar or starch.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about making healthy food choices to help you manage your diabetes.



## Carbs and diabetes

It is important to know that when you eat carbs, your blood sugar levels rise. That doesn't mean you have to stop eating carbs. You just have to be aware of the amount you eat. Carbohydrates are an important part of a balanced diet.

### How many carbs should you eat?

A good starting place for people with diabetes is:

- For most women, about 45 to 60 grams of carbs per meal and 15 grams per snack
- For most men, about 60 to 75 grams of carbs per meal and 15 to 30 grams for one or two snacks

This amount depends on how active you are, your weight, and any medicines you might take. Your registered dietitian or diabetes educator can help you figure out the right amount for you.

Knowing how many carbs you should eat at each meal and snack is important. Why? Because when you know the amount of carbs that is right for you, you can choose foods and portion sizes to help you meet your blood sugar goals. In the boxes on the next page, write the amount of carbs recommended by your diabetes care team.



### My recommended carbs

<p>Per day</p> 	<p>Per meal</p> 	<p>Per snack</p> 

## Know what you're eating

All packaged foods must show a Nutrition Facts label. The label gives important facts about what's in the food. Use it to compare foods and to help you make decisions about the foods you choose to eat.

These food labels are especially helpful if you use carb counting to plan your meals.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about carbs and blood sugar. You can also find helpful fact sheets about low and high blood sugar.



## How to read a Nutritional Facts label

- ▶ **Check the serving size.** Information on the label is based on 1 serving size. Keep in mind that packages and cans often contain more than 1 serving.

This example label shows that the package contains 8 servings. But the food facts given are for only 1 serving.

- ▶ **Check how many grams of total carbs** are in each serving.
- ▶ **Notice how many grams of fiber** are in each serving. Your body doesn't digest fiber, so it doesn't affect your blood sugar. Compare food labels and choose foods with the most fiber.
- ▶ **Check how many grams of added sugar** the food contains. This is sugar that was added to the food as it was made.



The American Diabetes Association (ADA) recommends avoiding:

- Refined and processed carbs
- Added sugars
- Sugar-sweetened drinks

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

◀ Serving size

◀ Carbs

◀ Fiber

◀ Added sugar

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to help you build a personal nutrition plan.



Use the Nutrition Facts label to help you make other healthy choices. The ADA recommends that you:

- Keep saturated fats to less than 10% of total daily calories each day
  - Limit fatty meats and high fat dairy
- Avoid trans fats
- Restrict cholesterol intake to less than 300 mg/day
- Reduce sodium intake to less than 2,300 mg/day

First read the label and know what's in the food. Then decide if the food fits into your meal plan.

## Portion sizes matter!

It's important to eat healthy foods. But eating the right amount of food matters, too. It's even possible to eat too much healthy food!

For example, a small 3-ounce apple (the size of a small fist) has about 15 grams of carbs.

A large apple has about 30 grams of carbs. That's a big difference!



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more information about the amount of carbohydrates in different foods.



A serving and a portion are not the same. A serving is a set, measured amount of food. A portion is the amount of a food you choose to eat at any one time. A portion may be more or less than 1 serving. You can find serving sizes for packaged foods on the Nutrition Facts label.

To make sure your portion sizes are right, it's a good idea to weigh and measure your foods after they are cooked. Soon you'll be used to seeing and eating portions that are right for you. Over time you may not need to measure anymore. But it's still helpful to do it every once in a while. Why? Because your portions may have grown without you realizing it.



Use the food look-up tool starting on page 45 of this book to see recommended serving sizes of the foods you choose.

How some of your favorite foods have changed over time:

	20 years ago	Today
<b>Bagel</b>	 3 inches across	 6 inches across
<b>Muffin</b>	 1.5 ounces	 4.5 ounces
<b>Soda</b>	 6.5 ounces	 20 ounces
<b>Pasta</b>	 1 cup	 2 cups



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about food choices and serving sizes.



## When you can't measure, estimate!

Knowing how much you eat at each meal can help you meet your blood sugar goals. When you can't weigh or measure, you can estimate portion sizes. Your hand is a helpful tool. Best of all, it's always with you no matter where you are!

Your loose fist = **about 1 cup**  
(milk, yogurt, dry cereal, etc.)



Your palm = **about 3 ounces**  
of cooked, boneless meat

Your thumb = **about 1 tablespoon**  
of peanut butter or salad dressing



The tip of your thumb = **about 1 teaspoon**  
of butter or oil

Your open hand = **about 1 slice**  
of whole-wheat bread



Your cupped hand = **about ½ cup**  
rice, oatmeal, or nuts

Keep in mind that all hands are different sizes. First compare your fist size to a measuring cup, then start estimating!

## Sample meal plans

Now that you know a little more about carbs and portion sizes, it's time to start building balanced meals. Your meal plan may have low, medium, or higher amounts of carbs. Talk with your registered dietitian, diabetes educator, or another member of your diabetes care team about what meal plan is right for you. See the next pages for some examples of medium-carb meal plans to help manage your diabetes.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to see more examples of meal plans and get healthy recipes. You can also build a meal plan based on the goals you and your diabetes care team have set.



### SAMPLE 1: Medium-Carb Meal Plan

Food	Carb grams
<b>Breakfast</b>	
2 slices bread, whole-wheat	28
1 egg, scrambled	0
½ cup blueberries	10
<b>Total meal carbs:</b>	<b>38</b>
<b>Lunch</b>	
Tuna sandwich:	
1 whole-wheat pita pocket, 1 oz	15
6 oz tuna, canned in water	0
1 cup tomatoes and cucumbers, chopped	<5
1 tbsp salad dressing, ranch, fat-free	<5
1 cup peaches, canned, water pack	15
<b>Total meal carbs:</b>	<b>30</b>
<b>Afternoon snack</b>	
1 cup baby carrots	12
¼ cup hummus	9
<b>Total meal carbs:</b>	<b>21</b>
<b>Dinner</b>	
4 oz white fish, such as tilapia, grilled or broiled	0
2 tbsp olive oil	0
½ cup quinoa, cooked	20
1 cup kale, cooked	7
½ cup green peas, frozen, cooked	13
<b>Total meal carbs:</b>	<b>40</b>
<b>Evening snack</b>	
6 oz yogurt, Greek, plain, nonfat	6
½ cup pineapple	11
<b>Total meal carbs:</b>	<b>17</b>
<b>Total daily carbs:</b>	<b>146</b>
<b>Total daily calories:</b>	<b>1,536</b>

<5 means less than 5 grams of carbs. Foods with less than 5 grams of carbs do not get added to your carb total.

### SAMPLE 2: Medium-Carb Meal Plan

Food	Carb grams
<b>Breakfast</b>	
½ cup oats, cooked	14
1 cup cantaloupe, sliced	14
¼ cup walnuts, plain, chopped	<5
<b>Total meal carbs:</b>	<b>28</b>
<b>Mid-morning snack</b>	
Smoothie:	
½ cup coconut milk, unsweetened	6
1 cup strawberries	14
½ cup banana slices	17
½ cup crushed ice	0
<b>Total meal carbs:</b>	<b>37</b>
<b>Lunch</b>	
4 oz chicken breast, boneless, skinless	0
1 large roll, 2 oz, whole wheat	25
1 cup green beans, cooked	7
1 cup cauliflower, cooked	5
1 tbsp olive oil	0
<b>Total meal carbs:</b>	<b>37</b>
<b>Dinner</b>	
Pasta with meat and vegetables:	
1 cup flat noodles, whole wheat, cooked	23
1 cup broccoli, cooked	12
1 cup cabbage, cooked	8
4 oz pork loin, cooked and minced	0
1 tbsp olive oil	0
<b>Total meal carbs:</b>	<b>43</b>
<b>Evening snack</b>	
6 oz yogurt, Greek, plain, nonfat	6
1 small orange (2-5/8" diameter)	16
<b>Total meal carbs:</b>	<b>22</b>
<b>Total daily carbs:</b>	<b>167</b>
<b>Total daily calories:</b>	<b>2,072</b>



## Advanced carb counting

Advanced carb counting is often used by people who take fast-acting insulin 2 or more times a day. First you count the number of grams of carbs in a meal. Then you match that to your dose of fast-acting insulin.

To get started, write down what you eat and drink for a few days and how many grams of carbs you eat each day. Record your blood sugar level before and about 2 hours after each meal. Doing these things helps you see how your meals affect your blood sugar. Share this information with your diabetes care team.

### Example

<b>Meal:</b> Breakfast	
<b>What I ate:</b>	<b>Carbs:</b>
1 cup cereal	25 grams
1 cup milk	12 grams
1/2 banana	9 grams
<b>Total carbs:</b>	<b>46 grams</b>

<b>Blood sugar before:</b> 90 mg/dL	<b>Blood sugar 2 hours after:</b> 130 mg/dL
-------------------------------------	---

You and your diabetes educator, or another member of your diabetes care team, will plan how many grams of carbs you should eat at meals and snacks. Then you can choose which foods you would like to eat at those times.

## Carbs and blood sugar

**Meal:**

<b>What I ate:</b>	<b>Carbs:</b>
<b>Total carbs:</b>	

**Blood sugar before:**

**Blood sugar 2 hours after:**

Advanced carb counting may seem hard at first, but it might give you more choices and flexibility when planning your meals.



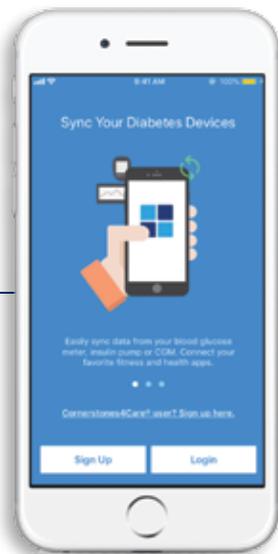
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- Track blood sugar, medicines, meals, and activity all in one place
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## Stick with it

In this section:

- ✓ Dining out
- ✓ Setting goals for healthy eating
- ✓ Support is available



## Dining out

Diabetes doesn't have to stop you from enjoying life's pleasures. And that includes dining out. You can eat in restaurants and still stay on your meal plan. Here are some tips that may help.

### Tips when dining out

#### Stay on schedule

When you eat may be important if you take diabetes medicines. Plan ahead and make reservations. Try to avoid going at restaurants' busiest times, so you don't have to wait too long to eat.

#### Pick your portion

Ask for half or "lunch" size portions if that's the right amount of food for you. Or ask for half of your food in a to-go box before you start to eat.



#### Ask for what you want

Think about how you want your food cooked. Instead of fried, ask for broiled, roasted, grilled, or steamed. You can also ask for egg whites, whole-grains, and skinless poultry to help you stick with your meal plan.

#### Add color

When you build a colorful plate, you are adding more fruits and vegetables that make up all the colors of the rainbow. This ensures you are getting a variety of different nutrients in your meal.

#### Watch what you drink

Sweetened sodas, shakes, and alcohol can add hundreds of calories and fat to your meal. Better choices might be water, unsweetened iced tea, or sparkling water.



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn how to make dining out healthier.



## Fast food options

Sometimes fast food may be your only option. But if you plan ahead, you can make smart choices that fit your meal plan. Many fast-food chains now give nutritional information for all menu items. Check it before you order.

Here are some tips to help you make healthy choices at common types of fast-food restaurants:



### Burger chains



- Avoid “double” or “triple” burgers. Try single patties instead
- Add vegetable toppings like lettuce and tomato to help fill you up
- Choose grilled chicken, not crispy fried
- Head to the salad bar, but choose your toppings and dressing wisely
- If you really want the fries, split a small order with someone else
- Mustard is better than ketchup, and both are better than mayonnaise



### Pizza

- Order thin-crust pizza and top it with vegetables
- Avoid high-fat meats, such as pepperoni and sausage, and extra cheese
- Add a side salad for a more balanced meal
- Order cauliflower crust, if available



### Sandwich shops

- Order a turkey breast, roast beef, or vegetable sandwich on whole-wheat bread or a wrap
- Avoid over-sized sandwiches
- Choose vegetable toppings for your sandwich, like lettuce and tomato or salsa
- Stay away from high-fat sauces, dressings, and mayonnaise



Ask for nutritional information before you order or look online before you go. Use it to help you make healthy food choices, including:

- Choose whole grains
- Minimize salt
- Stick to moderate portion sizes



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for help with sticking to your diabetes meal plan.



## Mexican

- Tacos, burritos, and wraps can be added to most meal plans
- Avoid all foods that are supersized, stuffed, or fried
- Try adding lots of vegetables
- Request a whole-wheat wrap when possible
- Use salsa, but go easy on cheese, sour cream, and guacamole



## Asian

- Try sushi with brown rice
- Ask to have your chicken, veggies, or fish steamed or stir-fried
- Avoid fried foods and tempura
- Skip sweet and sour foods



## Indian

- Order tandoori or kebabs
- Avoid anything fried
- Skip curries with coconut milk or cream
- Choose salads with fresh vegetables



## Drinking alcohol

If your diabetes is managed and your doctor says it's okay, go ahead and enjoy an alcoholic drink with a meal once in a while. But keep in mind that alcohol adds empty calories and can cause your blood sugar to drop. Don't skip meals or drink on an empty stomach. Be sure to talk to your diabetes care team about drinking alcohol with any of the medicines you may take.

If you drink alcohol, choose options with fewer calories and carbohydrates, such as:

- Light beer
- Dry wines
- Mixed drinks made with sugar-free mixers, such as club soda or seltzer



If you choose to drink, follow the same guidelines recommended for adults who don't have diabetes:

### Women:

No more than  
1 drink per day

### Men:

No more than  
2 drinks per day

One drink is equal to a 12 oz beer, 5 oz glass of wine, or 1½ oz distilled spirits (vodka, whiskey, gin).



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to see how your food choices play a part in diabetes management.



## Setting goals for healthy eating

Take one step at a time. Trying to change everything about how you eat all at once can make it hard to stick to it. Instead start by setting small simple goals. You can then try for bigger goals you may want to set for yourself. Here are some sample goals to get you started. Fill in a few of your own!

### Examples

**Goal:** *I will not skip breakfast.*

**How:** *I will set my alarm 10 minutes earlier to allow time to eat.*

**Goal:** *I will eat more fiber*

**How:** *I will have brown rice or whole-wheat pasta once a week.*

**Goal:** *I will eat more vegetables.*

**How:** *I will eat at least one serving of a non-starchy vegetable, such as broccoli, spinach, or carrots, once a day.*

**Goal:** *I will cook healthier meals.*

**How:** *I will try a new healthy recipe for one meal this week.*

## My goals for healthy eating

**Goal:**

**How:**

**Goal:**

**How:**

**Goal:**

**How:**

**Goal:**

**How:**



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to register for **Cornerstones4Care**, a free diabetes support program to help you better manage your diabetes. **Enroll today!**

## Support is available

Healthy eating is good for everyone, not just for people with diabetes. Eating healthy meals with family and friends benefits all of you. And it supports your goals.

If there is not a registered dietitian on your diabetes care team, you can ask your team to refer you to one. A dietitian can help you learn more about healthy eating. And he or she can support you as you work to meet your diabetes and overall health goals.

Support for healthy eating is available in more places than you may think. Many local chain food stores, hospitals, pharmacies, and community centers offer educational classes about healthy eating with diabetes.

**Register today for a **FREE** diabetes support program!**

**Cornerstones4Care®**

It provides personalized information, tools, and resources to help you manage your diabetes.

**It's easy to register!**

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- Go online to [Join.Cornerstones4Care.com](https://www.join.cornerstones4care.com)
- Call us at 1-877-497-9601 or 1-800-727-6500 from 8:30am to 6:00pm EST



## Planning your meals

In this section:

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## Planning your meals

You and your diabetes care team will decide the right type of meal plan for you. Perhaps you will be using the plate method meal plan (see page 10). Or you may be counting carbs (see page 9). No matter which plan you follow, the food lists on the next pages of this booklet can help you make good choices.



## Food lists

All packaged and canned foods must show a Nutrition Facts label. Be sure to read them. Always check serving sizes. Many foods do not have food labels. But you can find the carbohydrate count of some of them in the lists included here.

- ✓ Place a check mark in the boxes next to your favorite foods. Use these foods to help you build balanced meals.

**Free foods**  
Look for this symbol



Look for this symbol in the food lists. These foods are low in carbs and/or high in fiber. They are good choices to spread out during the day. For people with diabetes, free foods make good choices for snacks or to add flavor.

Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for even more food options, healthy recipes, and help planning your meals.

## Starch

Starchy foods, such as bread, pasta, rice and cereal, provide carbohydrate, the body's energy source. Choose starchy foods that are whole grain and high in fiber for overall good nutrition.

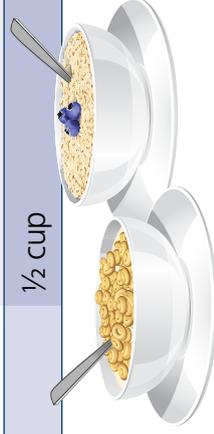


STARCH

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Bread</b>					
<input type="checkbox"/> Bagel, plain (includes onion, poppy, sesame)	¼ medium (1 oz)	72	14	1	3
<input type="checkbox"/> Bread, naan, plain	1 piece (approx 3 oz)	262	45	2	9
<input type="checkbox"/> Bread, pita, white	1 small (4 inch diameter; 1 oz)	77	16	1	3
<input type="checkbox"/> Bread, white	1 slice (1 oz)	77	14	1	3
<input type="checkbox"/> Bread, whole-wheat	1 slice (1 oz)	81	14	2	4
<input type="checkbox"/> Corn bread prepared with 2% milk	1 piece (approx 2 oz)	198	33	1	4
<input type="checkbox"/> English muffin	1 muffin	127	26	3	5
<input type="checkbox"/> Hot dog or hamburger roll, plain	½ roll (approx 1 oz)	67	11	0	2

STARCH

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Cereals</b>					
<input type="checkbox"/> Pancake, plain, prepared	1 pancake (4 inches; approx 1 oz)	74	14	1	2
<input type="checkbox"/> Taco shell, baked	2 taco shells (5 inches; 1 oz)	127	17	2	2
<input type="checkbox"/> Tortilla, corn	1 tortilla (approx 1 oz)	52	11	2	1
<input type="checkbox"/> Roll, plain	1 small roll (1 oz)	78	13	1	3
<b>Cereals</b>					
<input type="checkbox"/> Bran flakes	1 cup	130	34	7	4
<input type="checkbox"/> Granola cereal	¼ cup	149	16	3	5
<input type="checkbox"/> Grits, cooked	½ cup	91	19	1	2
<input type="checkbox"/> Oatmeal, cooked, quick and regular	½ cup	83	14	2	3
<input type="checkbox"/> Raisin bran	½ cup	95	23	4	2
<input type="checkbox"/> Shredded wheat	½ cup	86	20	3	3



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Grains (including pasta and rice)</b>					
<input type="checkbox"/> Barley, cooked	1/3 cup	64	15	2	1
<input type="checkbox"/> Bran, oat, dry	1/4 cup	58	16	4	4
<input type="checkbox"/> Bran, wheat, dry	1/2 cup	63	19	12	5
<input type="checkbox"/> Buckwheat, roasted, cooked	1/2 cup	77	17	2	3
<input type="checkbox"/> Couscous, cooked	1/3 cup	59	12	1	2
<input type="checkbox"/> Millet, cooked	1/3 cup	69	14	1	2
<input type="checkbox"/> Noodles, egg, cooked	1/3 cup	74	13	1	2
<input type="checkbox"/> Pasta: macaroni, spaghetti, cooked	1/3 cup	74	14	1	3
<input type="checkbox"/> Quinoa, cooked	1/3 cup	74	13	2	3
<input type="checkbox"/> Rice, brown, cooked	1/3 cup	73	15	1	2
<input type="checkbox"/> Rice, white, cooked	1/3 cup	81	18	0	1
<input type="checkbox"/> Wild rice, cooked	1/2 cup	83	18	2	3

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Crackers and Snacks</b>					
<input type="checkbox"/> Crackers, crispbread, rye	2 pieces (approx 3/4 oz)	73	16	3	2
<input type="checkbox"/> Crackers, oyster	20 crackers	84	15	1	2
<input type="checkbox"/> Crackers, saltine-type	6 crackers	75	13	1	2
<input type="checkbox"/> Matzoh, plain	3/4 oz	84	18	1	2
<input type="checkbox"/> Popcorn, air-popped, white	3 cups	92	19	4	3
<input type="checkbox"/> Rice cakes, brown rice, plain	2 cakes	70	15	1	1
<input type="checkbox"/> Tortilla chips, plain	1 oz	134	19	2	2
<b>Beans, Peas, and Lentils</b>					
<input type="checkbox"/> Baked beans, canned, vegetarian	1/3 cup	80	18	4	4
<input type="checkbox"/> Beans, black, cooked	1/2 cup	114	20	8	8
<input type="checkbox"/> Beans, garbanzo, cooked	1/2 cup	134	22	6	7
<input type="checkbox"/> Beans, pinto, cooked	1/2 cup	122	22	8	8
<input type="checkbox"/> Lentils, cooked	1/2 cup	115	20	8	9
<input type="checkbox"/> Refried beans, canned, vegetarian	1/2 cup	100	16	6	6

## Fruit

Fruit contains carbohydrate, so you need to count it as part of your meal plan. Fresh fruit or fruit salad is a perfect choice for a healthy sweet dessert. Fruit is full of vitamins, minerals, and fiber just like vegetables.



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Fruit (Fresh)</b>					
<input type="checkbox"/>	Apple, unpeeled, small	77	21	4	0
<input type="checkbox"/>	Banana	72	19	2	1
<input type="checkbox"/>	Blackberries	46	10	6	2
<input type="checkbox"/>	Blueberries	63	16	3	1
<input type="checkbox"/>	Cantaloupe	53	13	1	1
<input type="checkbox"/>	Cherries, sweet, fresh	62	16	2	1
<input type="checkbox"/>	Clementine	35	9	1	1
<input type="checkbox"/>	Figs, fresh	74	19	3	1
<input type="checkbox"/>	Grapes, red or green	57	15	0	1
<input type="checkbox"/>	Grapefruit, fresh	53	13	2	1

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<input type="checkbox"/>	Guava	75	16	6	3
<input type="checkbox"/>	Honeydew melon	61	15	1	1
<input type="checkbox"/>	Kiwi fruit	55	13	3	1
<input type="checkbox"/>	Mango	50	12	1	1
<input type="checkbox"/>	Orange	86	22	4	2
<input type="checkbox"/>	Papaya	62	16	3	1
<input type="checkbox"/>	Peach, fresh	58	14	2	1
<input type="checkbox"/>	Pear, fresh	66	18	4	0
<input type="checkbox"/>	Pineapple, fresh	62	16	2	1
<input type="checkbox"/>	Plantain, raw	90	24	2	1
<input type="checkbox"/>	Plums, fresh	61	15	2	1
<input type="checkbox"/>	Pomegranate seeds (arils)	72	16	4	1
<input type="checkbox"/>	Raspberries	64	15	8	1
<input type="checkbox"/>	Strawberries	58	14	4	1
<input type="checkbox"/>	Tangerine	64	16	2	1
<input type="checkbox"/>	Watermelon	57	14	1	1

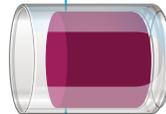
✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Fruit Juice</b>					
<input type="checkbox"/> Apple juice, unsweetened	½ cup	57	14	0	0
<input type="checkbox"/> Cranberry juice cocktail, bottled	½ cup	68	17	0	0
<input type="checkbox"/> Orange juice	½ cup	56	13	0	1
<input type="checkbox"/> Vegetable and fruit juice blends, 100% juice	1 cup	113	27	0	1



Many fruits are high in fiber, especially those with the skin or pulp. Fruits can also satisfy a sweet tooth without having candy and other desserts.

Choose fresh or frozen fruits  
 Avoid processed fruits in a can or jar  
 Avoid fruit juices with added sugar





## Milk and Yogurts

Including low-fat dairy products in your meal plan is a great way to get calcium and high-quality protein.



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Dairy - Milk</b>					
<input type="checkbox"/> Milk, low-fat (1%)	1 cup	105	12	0	9
<input type="checkbox"/> Milk, reduced-fat (2%)	1 cup	125	12	0	9
<input type="checkbox"/> Milk, whole	1 cup	149	12	0	8
<b>Dairy - Yogurt</b>					
<input type="checkbox"/> Yogurt, Greek, plain, nonfat	6 oz	100	6	0	17
<input type="checkbox"/> Yogurt, plain, low-fat	8 oz	143	16	0	12
<b>Non-dairy</b>					
<input type="checkbox"/> Almond milk	1 cup	60	8	1	1
<input type="checkbox"/> Coconut milk	¼ cup	138	3	1	1
<input type="checkbox"/> Soy milk, plain	1 cup	100	8	1	7

# Vegetables

For good health, try to eat at least 3 to 5 servings of non-starchy vegetables a day. More is better!

A serving of vegetables is:

- ½ cup of cooked vegetables
- 1 cup of raw vegetables



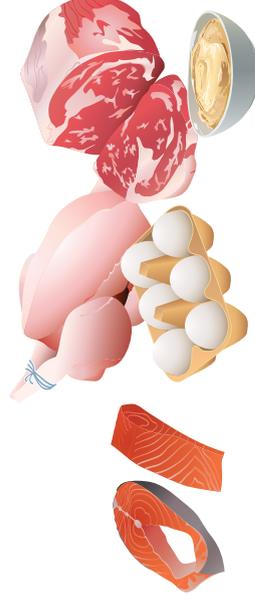
✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Starchy Vegetables</b>					
<input type="checkbox"/> Corn, cooked	½ cup	72	16	2	3
<input type="checkbox"/> Corn, sweet, yellow, frozen, kernels on cob, unprepared	1 ear	122	30	4	4
<input type="checkbox"/> Peas, green, cooked	½ cup	67	13	4	4
<input type="checkbox"/> Plantain, cooked	⅓ cup	60	16	1	0
<input type="checkbox"/> Potato, baked with skin	1 small (approx 5 oz)	128	29	3	3
<input type="checkbox"/> Potato, boiled, all kinds	½ cup (approx 3 oz)	68	16	1	1
<input type="checkbox"/> Potato, mashed, with milk and butter	½ cup (approx 4 oz)	119	18	2	2
<input type="checkbox"/> Squash, winter, all varieties, baked	1 cup	76	18	6	2

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Non-starchy Vegetables</b>					
<input type="checkbox"/> Sweet potato, plain	½ cup (3½ oz)	90	21	3	2
<input type="checkbox"/> Yam, cooked	½ cup (2½ oz)	79	19	3	1
<b>Non-starchy Vegetables</b>					
★ <input type="checkbox"/> Asparagus, cooked	½ cup	20	4	2	2
<input type="checkbox"/> Beans, green or yellow, raw	1 cup	31	7	3	2
<input type="checkbox"/> Beets, cooked	½ cup	37	8	2	1
★ <input type="checkbox"/> Bitter melon, cooked	1 cup	24	5	3	1
<input type="checkbox"/> Broccoli, cooked, chopped	½ cup	27	6	3	2
<input type="checkbox"/> Brussels sprouts, cooked	½ cup	28	6	2	2
★ <input type="checkbox"/> Cabbage, cooked, shredded	½ cup	17	4	1	1
<input type="checkbox"/> Carrots, slices, cooked	½ cup	27	6	2	1
★ <input type="checkbox"/> Cauliflower, cooked, chopped	½ cup	14	3	1	1
<input type="checkbox"/> Celery, cooked	1 cup	27	6	2	1
<input type="checkbox"/> Collard greens, cooked	1 cup	63	11	8	5
<input type="checkbox"/> Cucumber, slices, raw	½ cup	8	2	0	0

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Non-starchy Vegetables (continued)</b>					
<input type="checkbox"/> Eggplant, cooked	1 cup	35	9	3	1
<input type="checkbox"/> Kale, cooked	1 cup	36	7	3	2
<input checked="" type="checkbox"/> Lettuce, green leaf	1 cup shredded	5	1	1	0
<input checked="" type="checkbox"/> Mushrooms, stir-fried	½ cup pieces	14	2	1	2
<input checked="" type="checkbox"/> Okra, cooked	½ cup	18	4	2	2
<input type="checkbox"/> Onions, cooked, chopped	½ cup	46	11	2	1
<input type="checkbox"/> Pea pods, cooked	1 cup	67	11	5	5
<input type="checkbox"/> Peppers (green and red varieties), cooked	1 cup	38	9	2	1
<input type="checkbox"/> Spaghetti squash	1 cup	31	7	2	1
<input type="checkbox"/> Spinach, cooked	1 cup	41	7	4	5
<input checked="" type="checkbox"/> Squash, summer, all varieties, raw	½ cup	9	2	1	1
<input checked="" type="checkbox"/> Swiss chard, cooked	½ cup	18	4	2	2
<input type="checkbox"/> Tomato, ripe, chopped	1 cup	32	7	2	2
<input checked="" type="checkbox"/> Turnips, cooked	½ cup	17	4	2	1

## Protein

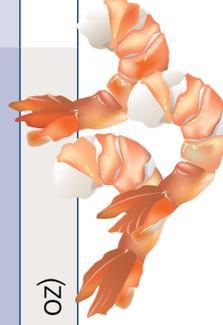
Choose poultry without the skin for less saturated fat and cholesterol. Choose round and loin cuts of beef and pork.



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Lean (Approximately 0-4 grams of fat per serving)</b>					
<input checked="" type="checkbox"/> Beef, ground, 90% lean meat/10% fat, cooked, pan-browned	1 oz	65	0	0	8
<input checked="" type="checkbox"/> Beef, liver, raw	1 oz	38	1	0	6
<input checked="" type="checkbox"/> Buffalo, cooked, roasted	1 oz	37	0	0	8
<input checked="" type="checkbox"/> Cheese, nonfat or fat-free	About 1 oz	24	2	0	4
<input checked="" type="checkbox"/> Chicken, liver, raw	1½ oz	52	0	0	7
<input checked="" type="checkbox"/> Chicken, roasted	¼ cup	66	0	0	10
<input checked="" type="checkbox"/> Chicken, ground, cooked, pan-browned	1 oz	54	0	0	7
<input checked="" type="checkbox"/> Clams, raw	1 oz	24	1	0	4
<input checked="" type="checkbox"/> Cod, raw	1 oz	23	0	0	5

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Lean Protein (continued)</b>					
<input type="checkbox"/> ★ Cornish hen, cooked	1 oz	38	0	0	7
<input type="checkbox"/> ★ Crab, raw	1 oz	24	0	0	5
<input type="checkbox"/> ★ Domestic duck, cooked	¼ cup (1 oz)	70	0	0	8
<input type="checkbox"/> ★ Egg whites	2	34	0	0	7
<input type="checkbox"/> ★ Fish, whiting, cooked	1 oz	33	0	0	7
<input type="checkbox"/> ★ Lamb, kidneys, raw	1 oz	27	0	0	4
<input type="checkbox"/> ★ Lobster, raw	1 oz	22	0	0	5
<input type="checkbox"/> ★ Oysters, fresh	6 medium	43	2	0	5
<input type="checkbox"/> ★ Pork, Canadian bacon, uncooked	1 oz	31	0	0	6
<input type="checkbox"/> ★ Pork, cured, lean, ham	1 oz	45	1	0	5
<input type="checkbox"/> ★ Pork, loin, cooked	1 oz	42	0	0	7
<input type="checkbox"/> ★ Processed sandwich meats with 3 grams of fat or less per oz: turkey ham, sliced, extra lean	About 1 oz (¼ cup pieces)	43	1	0	7

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<input type="checkbox"/> ★ Rabbit, cooked	1 oz	56	0	0	8
<input type="checkbox"/> ★ Ricotta with part-skim milk	¼ cup (approx 2 oz)	86	3	0	7
<input type="checkbox"/> ★ Roast beef, deli style	1 slice (½ oz)	16	0	0	3
<input type="checkbox"/> ★ Shrimp, raw	1 oz	20	0	0	4
<input type="checkbox"/> ★ Smoked salmon (lox)	1 oz	33	0	0	5
<input type="checkbox"/> ★ Tilapia, raw	1 oz	28	0	0	6
<input type="checkbox"/> ★ Trout, raw	1 oz	42	0	0	6
<input type="checkbox"/> ★ Turkey, ground, cooked, pan-browned	1 oz	43	0	0	9
<input type="checkbox"/> ★ Turkey, pork, and beef sausage, low-fat	1 oz	29	3	0	2
<input type="checkbox"/> ★ Veal cutlet, boneless	1 oz	30	0	0	6
<input type="checkbox"/> ★ Venison, deer, lean, cooked	1 oz	40	0	0	8
<input type="checkbox"/> ★ Wieners (beef franks, fat-free)	1 (1¾ oz)	39	3	0	7



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Medium Fat (Approximately 4-6 grams of fat per serving)</b>					
★ <input type="checkbox"/> Bacon, turkey	3 slides (1 oz each before cooking)	66	1	0	5
★ <input type="checkbox"/> Beef, ground, 85% lean/15% fat, cooked	1 oz	71	0	0	7
★ <input type="checkbox"/> Beef, tongue	1 oz	69	0	0	5
★ <input type="checkbox"/> Chicken with skin	1 oz	84	0	0	10
★ <input type="checkbox"/> Corned beef	1 oz	71	0	0	8
★ <input type="checkbox"/> Egg	1 large	72	0	0	6
★ <input type="checkbox"/> Fish fillet, battered or breaded, and fried	About 1 oz	53	4	0	3
★ <input type="checkbox"/> Lamb: chop, leg, or roast, cooked	1 oz	67	0	0	7
★ <input type="checkbox"/> Lamb, ground, cooked, broiled	1 oz	80	0	0	7
★ <input type="checkbox"/> Pork, ground	1 oz	84	0	0	7
★ <input type="checkbox"/> Salmon, Atlantic, cooked	1 oz	58	0	0	6
★ <input type="checkbox"/> Turkey, with skin, cooked	1 oz	85	0	0	9

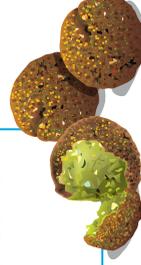
✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>High Fat (Approximately 7 or more grams of fat per serving)</b>					
★ <input type="checkbox"/> Bacon, pork	2 slices (1 oz each before cooking)	234	1	0	7
★ <input type="checkbox"/> Cheese, regular, cheddar	1 oz	115	0	0	7
★ <input type="checkbox"/> Cheese, regular, Swiss	1 oz	108	2	0	8
★ <input type="checkbox"/> Pork: spareribs, lean, cooked	1 oz	112	0	0	8
★ <input type="checkbox"/> Processed sandwich meats with 8 grams of fat or more per oz: hard salami	1 oz	119	0	0	6
★ <input type="checkbox"/> Sausage with 8 grams fat or more per oz: chorizo, pork and beef	1 oz	129	1	0	7



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Plant-Based Proteins</b>					
<input type="checkbox"/> Beans: black, cooked or canned, drained and rinsed	½ cup	114	20	8	8
<input type="checkbox"/> Beans: garbanzo, cooked or canned, drained and rinsed	½ cup	134	22	6	7
<input type="checkbox"/> Beans: kidney, cooked or canned, drained and rinsed	½ cup	108	19	6	7
<input type="checkbox"/> Beans: navy, cooked or canned, drained and rinsed	½ cup	127	24	10	7
<input type="checkbox"/> Edamame, frozen	½ cup	65	5	3	6
<input type="checkbox"/> Falafel	3 patties (about 2¼ inches across)	170	16	2	7
<input type="checkbox"/> Hummus	⅓ cup	136	12	5	6
<input type="checkbox"/> Lentils, cooked	½ cup	115	20	8	9
<input type="checkbox"/> Meatless bacon	2 strips (approx ½ oz)	31	1	0	1
<input type="checkbox"/> Meatless burger, vegan	1 patty (about 2½ oz)	94	6	4	12
<input type="checkbox"/> Meatless chicken	⅓ cup	125	2	2	13

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<input type="checkbox"/> Meatless frankfurter	1 (2½ oz)	163	5	3	14
<input type="checkbox"/> Meatless luncheon slices	1 slice (½ oz)	26	1	0	2
<input type="checkbox"/> Meatless sausage	1 link (1 oz)	72	3	1	5
<input type="checkbox"/> Split peas cooked	½ cup	116	21	8	8
<input type="checkbox"/> Tofu, firm	1 slice	52	2	0	6

Plant-based protein foods provide quality protein, healthy fats, and fiber. They vary in how much fat and carbohydrate they contain, so make sure to read labels.



## Fats

To lower your risk for heart disease, try to eat less saturated and trans fat — the unhealthy fats. Less than 10% of your total daily calories should come from saturated fat.



FATS

✓ Food	Serving Size	Total fats (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Unsaturated Fats</b>						
<input type="checkbox"/> Almonds	6	4	42	2	1	2
<input type="checkbox"/> Avocado, fresh	1 (approx 5 oz)	21	227	12	9	3
<input type="checkbox"/> Flaxseeds, ground	1½ tbsp	4	56	3	3	2
<input type="checkbox"/> Mayonnaise, regular	1 tbsp	12	103	0	0	0
<input type="checkbox"/> Mayonnaise-style salad dressing, regular	1 tbsp	10	94	0	0	0
<input type="checkbox"/> Nut butters (trans fat-free): almond butter, cashew butter, peanut butter	1 tbsp	8	97	5	1	2
<input type="checkbox"/> Oil: canola, corn, cottonseed, grape seed, olive, peanut, safflower, soybean, sunflower	1 tsp	5	40	0	0	0

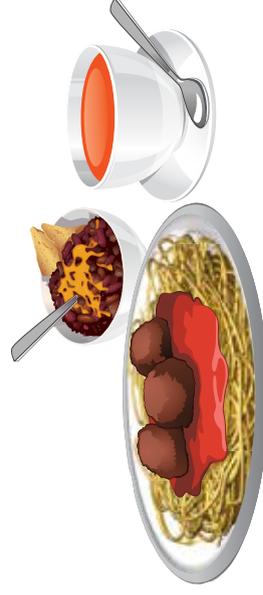
FATS

✓ Food	Serving Size	Total fats (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Saturated Fats</b>						
<input type="checkbox"/> Olives, green, pickled	10	4	39	1	1	0
<input type="checkbox"/> Pecans	¼ oz	5	49	1	1	1
<input type="checkbox"/> Walnuts, English	½ oz	9	93	2	1	2
<b>Saturated Fats</b>						
<input type="checkbox"/> Butter, light, stick	1 tsp	3	23	0	0	0
<input type="checkbox"/> Cream, half and half	2 tbsp	3	39	1	0	1
<input type="checkbox"/> Cream cheese, fat-free	1½ tbsp (1 oz)	0	28	2	0	4
<input type="checkbox"/> Oil: coconut, palm	1 tsp	5	39	0	0	0
<input type="checkbox"/> Shortening, lard and vegetable oil	1 tsp	4	38	0	0	0
<input type="checkbox"/> Sour cream, reduced-fat	3 tbsp	5	65	3	0	3



## Combination Foods

Prepare foods that aren't breaded or fried. The breading adds to your carb count and your calorie count.

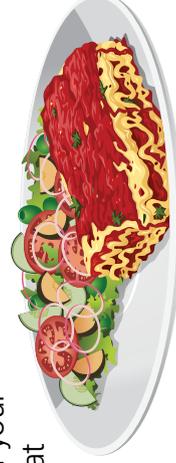


✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Entrees</b>					
<input type="checkbox"/> Beef stew, canned	7 oz	194	15	2	9
<input type="checkbox"/> Chili with meat and beans	About 5 oz	214	6	2	17
<input type="checkbox"/> Lasagna with meat	8 oz	423	26	3	25
<input type="checkbox"/> Mac and cheese with cheese sauce	7 oz	310	44	2	13
<input type="checkbox"/> Spaghetti with meatballs	About 5 oz	228	21	2	11
<b>Salads (Deli-Style)</b>					
<input type="checkbox"/> Coleslaw	½ cup	146	14	2	1
<input type="checkbox"/> Potato salad	½ cup	179	14	2	3
<input type="checkbox"/> Tuna salad	½ cup (3½ oz)	192	10	0	16

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Soups</b>					
<input type="checkbox"/> Chicken noodle soup	1 cup (about 8 oz)	100	9	2	8
<input type="checkbox"/> Clam chowder (made with low-fat milk)	1 cup (about 8½ oz)	154	19	1	8
<input type="checkbox"/> Egg drop soup	1 cup (about 8½ oz)	65	10	1	3
<input type="checkbox"/> Split pea soup	1 cup (about 9 oz)	180	30	5	10
<input type="checkbox"/> Tomato soup (made with water)	1 cup (about 8½ oz)	74	16	2	2

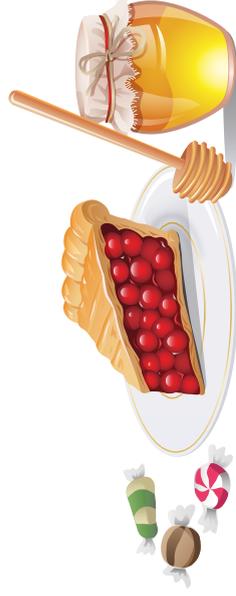
Many foods are a mix of starch and protein, stacked up or mixed together. You can still fit combination foods into the plate method meal plan:

- For lasagna, simply fill half of your plate with the combo of meat and starch. Then fill the other half of your plate with non-starchy vegetables
- For soup or chili, add plenty of non-starchy vegetables. Try to keep the portions similar to that of a plate



## Sweets and desserts

It is important to remember that most sweets have a lot of calories and carbs in a small portion. Be sure to be mindful of the serving size.



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Desserts</b>					
<input type="checkbox"/> Brownies	About 1 oz	115	18	1	1
<input type="checkbox"/> Cake, unfrosted	1 piece (2½ oz)	264	42	1	4
<input type="checkbox"/> Cookies, chocolate chip	2 cookies (2¼ inches across)	118	16	0	1
<input type="checkbox"/> Large cookie, raisin, soft	1 cookie	60	10	0	1
<input type="checkbox"/> Frozen pops, sugar free	1 (1¾ fl oz)	12	3	0	0
<input type="checkbox"/> Ice cream, fat-free	½ cup	92	20	1	3
<input type="checkbox"/> Ice cream, no sugar added	½ cup	115	15	0	3
<input type="checkbox"/> Pie, blueberry, commercially prepared	1 piece (⅙ of 8-inch pie)	271	41	1	2

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Candy and Toppings</b>					
<input type="checkbox"/> Pie, pecan, commercially prepared	1 slice	541	79	3	6
<input type="checkbox"/> Pie, pumpkin, commercially prepared	1 slice	323	46	2	5
<input type="checkbox"/> Sandwich cookies with cream filling	2 small (about 1 oz)	111	17	1	1
<input type="checkbox"/> Yogurt, frozen, nonfat	⅓ cup	47	9	1	2
<b>Candy and Toppings</b>					
<input type="checkbox"/> Agave, syrup	1 tbsp	64	16	0	0
<input type="checkbox"/> Candy, chocolate, dark or milk type	1 oz	156	17	2	1
<input type="checkbox"/> Honey	1 tbsp	64	17	0	0
<input type="checkbox"/> Jam and preserves	1 tbsp	56	14	0	0
<input type="checkbox"/> Maple syrup	2 tbsp	104	27	0	0
<input type="checkbox"/> Sugar	1 tsp	16	4	0	0
<input type="checkbox"/> Syrup, chocolate	2 tbsp	109	25	1	1
<input type="checkbox"/> Syrup, reduced-calorie (pancake type)	2 tbsp	50	13	0	0

## Condiments and sauces

Ask for sauces, gravy, and salad dressing on the side. First dip your fork in the sauce, then into your food.

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Condiments, Dressings, and Sauces</b>					
<input type="checkbox"/> Balsamic vinegar	1 tbsp	14	3	0	0
<input type="checkbox"/> Barbecue sauce	3 tbsp	88	21	1	0
<input type="checkbox"/> Ketchup	1 tbsp	17	5	0	0
<input type="checkbox"/> Marinara, pasta, or spaghetti sauce	½ cup	66	10	2	2
<input type="checkbox"/> Mustard	1 tsp	3	0	0	0
<input type="checkbox"/> Salad dressing, Caesar, fat-free	1 tbsp	22	5	0	0
<input type="checkbox"/> Salad dressing, Italian, fat-free	1 tbsp	7	1	0	0
<input type="checkbox"/> Salad dressing, ranch, fat-free	1 tbsp	17	4	0	0
<input type="checkbox"/> Salsa	2 tbsp	10	2	1	1
<input type="checkbox"/> Soy sauce	1 tbsp	11	1	0	2
<input type="checkbox"/> Sweet and sour sauce	3 tbsp	79	20	0	0
<input type="checkbox"/> Teriyaki sauce	1 tbsp	16	3	0	1



## Fast Foods

Plan ahead! Most fast-food and chain restaurants have websites that list nutritional information on menu items. You can also ask for this information when you arrive, before you order.



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Main Dishes/Entrees</b>					
<input type="checkbox"/> Burrito, beef and bean	1 (5 oz)	332	43	6	10
<input type="checkbox"/> Chicken breast or wing, breaded and fried	1 piece (about 3 oz)	247	10	0	18
<input type="checkbox"/> Chicken drumstick, breaded and fried	1 (about 3 oz)	200	6	0	16
<input type="checkbox"/> Chicken nuggets, frozen	6 pieces (about 4 oz)	281	18	1	13
<input type="checkbox"/> Chicken parmesan without pasta	About 5 oz	307	16	1	24
<input type="checkbox"/> Chicken thigh, breaded and fried	2 pieces (about 5 oz)	431	16	0	30
<input type="checkbox"/> Hush puppies	1 piece (about 1 oz)	65	9	1	1
<input type="checkbox"/> Tortellini, pasta with cheese filling	¾ cup (about 3 oz)	249	38	2	11

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Pizza</b>					
<input type="checkbox"/>	Pizza, cheese, regular crust 1/8 of a 14-inch pizza (about 4 oz)	284	36	3	12
<input type="checkbox"/>	Pizza, cheese, thin crust 1/8 of a 14-inch pizza (about 3 oz)	223	23	2	9
<b>Asian</b>					
<input type="checkbox"/>	Eggroll 1 (about 3 oz)	222	24	2	7
<input type="checkbox"/>	Fortune cookies 1 cookie	30	7	0	0
<input type="checkbox"/>	Fried rice, meatless 1 cup (about 5 oz)	238	45	2	6
<input type="checkbox"/>	Hot-and-sour soup 1 cup (about 8 oz)	91	10	1	6
<input type="checkbox"/>	Noodles, flat, crunchy 1 cup (about 1½ oz)	234	23	1	5
<input type="checkbox"/>	Sweet and sour chicken 6 oz	441	42	2	18
<input type="checkbox"/>	Vegetable lo mein 1 cup (about 5 oz)	165	27	2	6



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Mexican</b>					
<input type="checkbox"/>	Burrito with beans and cheese 1 burrito (about 6½ oz)	379	58	8	14
<input type="checkbox"/>	Chicken and rice 1 cup (5 oz)	245	28	2	17
<input type="checkbox"/>	Empanadas 1 piece (about 3 oz)	298	28	2	10
<input type="checkbox"/>	Nachos with cheese 1 serving (about 3 oz)	274	28	3	3
<input type="checkbox"/>	Quesadilla, cheese only 1 quesadilla, 5-6 inch diameter (about 3 oz)	342	22	2	15
<input type="checkbox"/>	Rice and black beans 1 cup (5 oz)	220	36	5	7
<input type="checkbox"/>	Taco, hard shell, with beef, cheese, and lettuce 1 small taco (about 2½ oz)	156	14	3	6
<input type="checkbox"/>	Taco salad 1 salad (3½ oz)	170	15	3	7

Tips you can use when ordering fast food:

- Choose whole grains when possible
- Choose menu items that include non-starchy vegetables
- Create a meal that has a variety of food groups
- Don't add any extra salt
- Don't order the large size



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Sandwiches</b>					
<input type="checkbox"/> Biscuit with egg, cheese, and bacon	1 sandwich (about 5 oz)	436	35	0	17
<input type="checkbox"/> Cheeseburger, single, regular, with condiments	1 burger (about 4½ oz)	343	32	2	17
<input type="checkbox"/> Crispy chicken fillet sandwich, with lettuce and mayo	1 sandwich (about 5½ oz)	420	42	2	17
<input type="checkbox"/> English muffin with egg, cheese, and sausage	1 sandwich (about 6 oz)	472	29	0	22
<input type="checkbox"/> Fish sandwich with tartar sauce and cheese	1 sandwich (about 5 oz)	374	35	1	15
<input type="checkbox"/> Grilled chicken fillet sandwich with lettuce, tomatoes, and spread	1 sandwich (about 8 oz)	419	39	2	40
<input type="checkbox"/> Hamburger, regular, with condiments	1 burger (about 3 oz)	255	29	2	13
<input type="checkbox"/> Hot dog plain with bun	1 hot dog (about 3½ oz)	242	18	0	10
<input type="checkbox"/> Submarine sandwich, cold cut on white bread with lettuce and tomato	1 (6-inch sub; 7 oz)	417	40	2	21

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<b>Sides/Appetizers</b>					
<input type="checkbox"/> French fries	 1 small order (about 2½ oz) 1 medium order (about 4 oz) 1 large order (about 5½ oz)	229 378 497	30 50 66	3 5 6	2 4 5
<input type="checkbox"/> Fish sticks	1 stick (1 oz)	78	6	0	3
<input type="checkbox"/> Hash browns	1 cup (about 5½ oz)	413	55	5	5
<input type="checkbox"/> Onion rings, breaded and fried	18 rings (about 4 oz)	481	51	3	5
<b>Beverages and Desserts</b>					
<input type="checkbox"/> Hot fudge sundae	1 (about 6 oz)	333	54	1	7
<input type="checkbox"/> Milk shake, thick chocolate	1 shake (about 10½ oz)	357	63	1	9
<input type="checkbox"/> Soft-serve ice cream with cone, vanilla	1 (about 4 oz)	196	32	0	5

# Alcohol

Alcohol lowers your blood sugar level. It is important to eat if you are going to have alcohol. Don't skip meals or drink on an empty stomach.



✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<input type="checkbox"/> Beer, light	12 fl oz	103	6	0	1
<input type="checkbox"/> Beer, regular	12 fl oz	153	13	0	2
<input type="checkbox"/> Daiquiri	4½ fl oz	253	9	0	0
<input type="checkbox"/> Distilled spirits (80 proof): vodka, rum, gin, whiskey	1½ fl oz	97	0	0	0
<input type="checkbox"/> Dry, red or white wine	5 fl oz	125	4	0	0
<input type="checkbox"/> Liqueur, coffee (53 proof)	1½ fl oz	175	24	0	0
<input type="checkbox"/> Margarita	3 fl oz	153	7	0	0
<input type="checkbox"/> Piña colada	4½ fl oz	246	32	0	1
<input type="checkbox"/> Sake	4 fl oz	156	6	0	1
<input type="checkbox"/> Wine, dessert, sweet	3½ fl oz	165	14	0	0

# My food list

Use the space below to write down some of your own favorite foods. Read the nutrition facts label to get the information you need to follow your meal plan.

✓ Food	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					

 Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for a complete list of foods.



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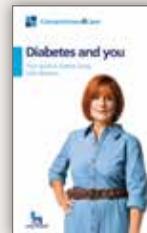
Visit [Cornerstones4Care.com](http://Cornerstones4Care.com) to **Ask Sophia!**  
Your digital assistant that can answer questions  
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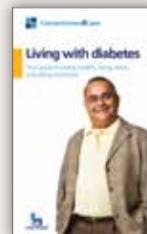
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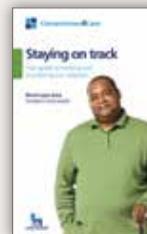
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This booklet gives you key information about diabetes and why it happens. It also offers tools and resources to help you manage your diabetes.



### Living with diabetes

Take steps to manage your diabetes by eating healthy, being active, and taking medicines. This booklet gives you more information about how to live well with diabetes.



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