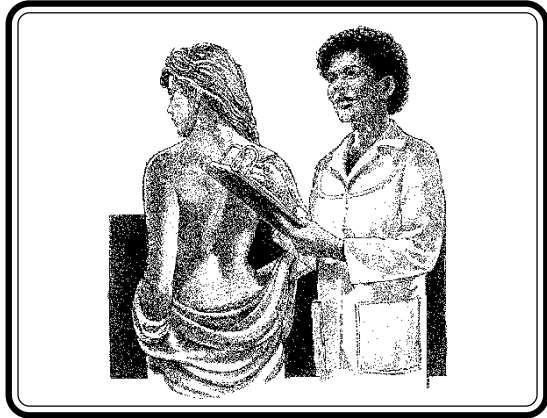


Your Health: Taking Control

Oklahoma Cooperative Extension Service • Oklahoma State University



HELPFUL TIPS WITH DIABETES

Tips That Can Help

- **Make changes gradually.**
Don't try to do everything at once. It may take longer to accomplish your goals, but the changes you make will be permanent!
- **Set short-term realistic goals.**
If weight loss is your goal, try to lose 2 pounds in two weeks, not 5 pounds in one week.
- **Reward yourself.**
When you meet your short-term goal, do something special for yourself.
- **Read food labels.**
Remember dietetic does not mean diabetic. When you see the word "dietetic" on a food label, it means something has been changed or replaced. It may have less salt, fat, or sugar. It does not mean that the food is sugar-free or calorie-free.

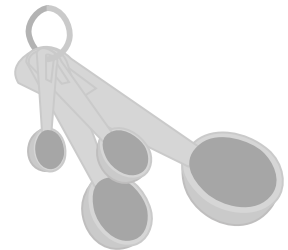
- **Know your sweeteners.**

Two types of sweeteners are on the market, those with calories and those without calories. Sweeteners with calories, such as fructose, sorbitol and mannitol, when used in large amounts may cause cramping and diarrhea. Remember, these sweeteners do have calories which contribute to your total daily calorie intake. Sweeteners without calories, such as saccharin and aspartame (Equal, Nutrasweet) may be used in moderation.

- **Measure foods.**

It is important to eat the right amount of food. You will need to learn how to estimate food serving sizes. You can do this by measuring all the food you eat for a week or so.

Measure liquids with a measuring cup. Some solid foods can be measured with a measuring cup. Use measuring spoons (teaspoon, tablespoon) for measuring smaller amounts such as oil or peanut butter. A small scale is useful to measure almost anything, especially meats. All food should be measured or weighed after cooking.



Suggested Readings:

Oklahoma State University Extension Fact Sheets:

T-3161, *Diet and Diabetes*

T-3138, *Dietary Fiber*

T-3142, *Dietary Salt*

T-3153, *Facts About Fat*

T-3154, *Facts About Cholesterol*

T-3157, *Sugar and Other Sweeteners*

T-3165, *Food Guide Pyramid: Guide to Daily Food Choices*

Reference List:

American Diabetes Association and American Dietetic Association. *The First Step In Diabetes Meal Planning*. 1995.

American Diabetes Association and American Dietetic Association. *Exchange List*. 1995.

American Diabetes Association. "Nutritional Recommendations and Principles for Individuals With Diabetes Mellitus." *Diabetes Care*, 13:18, 1990.



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***For more information, contact your OSU
County Extension Center:***



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