

Real World Settings

As you have learned, carbohydrates are an important part of any healthy diet and can come from many different types of foods such as fruits, vegetables and grains. In addition to understanding what foods are carbohydrates, it is important to remember balance. Try to get between 45-60 grams of carbohydrates for breakfast, lunch and dinner and between 15-20 grams of carbohydrates for snacks or the amounts recommended by your physician or dietitian. This information is helpful but it can still be tricky to understand how to combine the right amount of carbohydrates, proteins and fats when eating at home or dining out.

3 DAY SAMPLE MENU

	DAY 1	CHO	DAY 2	CHO	DAY 3	CHO
Breakfast	Oatmeal w/Cinnamon (1 cup)	30g	Plain yogurt (8 oz)	15g	Egg sandwich on whole wheat English muffin (1 egg)	30g
	2 Turkey Sausages	0g	with sliced strawberries & bananas (1½ cup sliced fruit)	30g	Strawberries (1 cup)	15g
	Blueberries (¾ cup)	15g	2 Hard Boiled Eggs	0g	Coffee or Tea (8 oz)	0g
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Lunch	Turkey Chili w/avocado (1½ cups)	30g	Chicken Salad Sandwich on whole wheat bread	30g	BBQ Pork (4 oz)	5g
	Salad (1½ cups) & tomato	15g	Tomato & cucumber salad (1 cup)	10g	Baked Beans (½ cup)	30g
	Milk (8 oz)	15g	Milk (8 oz)	15g	Tangy Cole Slaw (½ cup)	7g
					Milk (8 oz)	15g
Dinner	Herb Baked Chicken (4 oz)	0g	Beef Tips w/ Mushrooms (1½ cups)	12g	Grilled Cod (4 oz)	0g
	8-10 Sweet Potato Wedges	35g	Brown Rice (½ cup)	22g	Green Beans Almandine (1 cup)	15g
	Grilled Asparagus (1 cup)	5g	Seasoned Broccoli (1 cup)	5g	Wild Rice Pilaf (¾ cup)	26g
	Milk (8 oz)	15g	Milk (8 oz)	15g	Milk (8 oz)	15g
Snack	Light Popcorn (3 cups)	15g	Dried Fruit & nut mix (¼ cup)	15g	Small Apple	15g

For ideas on recipes check out the MyFoodAdvisor link on the America Diabetes Association website: www.diabetes.org/mfa-recipes/recipes

HEALTHY CHOICES WHEN EATING OUT

Eating out is a common part of our lives but sometimes it can be hard to navigate what are healthy choices especially when you are trying to manage your blood sugars.

Below are a few tips to remember when eating out:

- Restaurant portions are often larger than a healthy serving size so pay attention to portion sizes. If the meal is large ask for a to-go container right away and put half the meal in it.
- Request that dressings, sauces or gravies get put on the side. Or a healthier choice is to use vinegar and a dash of oil, lemon or a small amount of margarine to use on your salads or vegetables.
- Look for healthier food choices such as grilled or broiled versus breaded or fried foods. The breading and frying will add carbohydrates, fats and extra calories to the meal.
- Communicate with the wait staff about your dietary needs. Ask if you can substitute fries or pasta salads for a side salad or steamed vegetables. Or if bread does not fit into your meal plan ask that they not bring it to the table so you aren't tempted to eat it.



EAT THIS, NOT THAT

Here are some recommendations on picking a healthier meal when dining out!



	COMMON CHOICE	HEALTHIER CHOICE
Fast Food	½ lb. Cheeseburger Large French Fry Coke	¼ lb. Hamburger Apple slices Iced tea or water
American Sit-down	8-12 oz. steak w/sauce Loaded baked potato Creamed spinach	6 oz. grilled steak Baked potato w/margarine Steamed Broccoli
Chinese	Fried Sweet & Sour Chicken Fried Rice Egg Roll	Chicken and Broccoli Brown Rice Egg Drop Soup
Mexican	Shredded Beef & Cheese Enchilada Rice & Refried Beans	Grilled Steak Fajitas Grilled Peppers & Onions Black Beans
Italian	Chicken Parmesan Side of pasta and marinara sauce Bread sticks	Chicken Picatta Steamed vegetables Minestrone Soup



WANT MORE INFORMATION?

Check out the following websites to get more information on diabetes management or general information about healthy diets.

American Diabetes Association:

www.diabetes.org

Academy of Nutrition and Dietetics – Resources for Seniors:

www.eatright.org/resources/for-seniors

United States Department of Agriculture – Healthy Eating Style:

www.choosemyplate.gov/healthy-eating-style

Understanding carbohydrates can be confusing and is one of the most common questions our dietitians receive. The **Carb Corner** was created to help our blog visitors learn about the importance of carbohydrates to maintain good health!

We will continue to add to **Carb Corner** throughout the year. Carbohydrate counting, understanding serving sizes, recipes, snacks, what to eat in a restaurant and menu ideas.

the
carb
corner

LEARN MORE

Balance, HCR ManorCare's comprehensive health and wellness blog, supplies readers with healthy ideas throughout the year. The blog is designed to serve as a resource, not only for patients, residents and families, but for anyone who strives to live a healthy, "balanced" life. For more information and help in making healthy choices, go to balance.hcr-manorcare.com and sign up to receive our newsletters. If you need help making a health care decision, visit our care finder and live chat.

References:

<http://www.diabetes.org/mfa-recipes/recipes/>

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/eating-out/?loc=ff-slabnav>