Every day, plan to:

1. Eat 3 meals and 3 snacks, 2 to 3 hours apart, at the same time each day.

2. No more than 10 hours should pass between your bedtime snack and the breakfast meal.

3. Drink plenty of fluids: At least six 8-ounce glasses of water or caffeine-free, sugar-free beverages. Limit coffee to 2 cups daily. Do not have any alcoholic beverages.

4. Use artificial sweeteners in moderation.

5. Be careful of too many carbohydrates at one meal:
   - Carbohydrates raise blood sugar more than protein or fat.
   - Foods in the Starch, Fruit and Milk Groups contain carbohydrates.
   - Eat only 3 servings of foods from these groups at each meal and 1 to 2 at snack time to start.
   - Spread carbohydrate foods throughout the day.

For an individualized meal plan and more information, see your Registered Dietitian.
Sweets - WATCH OUT!
Talk to a dietitian about ways to modify Indian sweets/desserts. Also discuss how the following foods may affect your blood sugar: table sugar, honey, molasses, candy, jams, jellies, cakes, pies, donuts, cookies, regular sodas, Kool-Aid® and fruit-flavored drinks.

Milk
3 or 4 servings (4 for teens)
Tip: Drink only 8 fluid ounces of milk at one time. You may need to avoid milk or yogurt at breakfast. Check with your dietitian.

Fruit
2 or more servings
Tip: Eat 1 serving at a time; avoid fruit juice; don’t eat fruit for breakfast.

Bread/Grain Starch
7 or more servings
Tip: Large servings can raise blood sugar too much.

Meats
(chicken, lamb, mutton, fish), eggs, cheese substitutes- Nutella, tofu, paneer*, soy product*
* has some carbohydrates (read the label)

Onions, tomatoes, turnips, methi, carrots, eggplant, cucumber, cabbage, cauliflower, broccoli, bitter gourd, okra, bottle gourd, snake gourd, spinach

Tip: Spread the servings throughout the day.

Vegetables
4 or more servings
Tip: These vegetables are great choices because they do not raise the blood sugar much.

Starchy Vegetables - Arbi (yam), corn, peas, plantain, potato, pumpkin, yellow squash

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For serving sizes please visit: http://www.aapiusa.org/care/healthandnutrition.htm