

Common Breakfast Foods

Food Item	Carbohydrate Amount in grams per serving	Fiber Total grams per serving	May help maintain blood sugar levels*	Contains whole grains	Helps to lower cholesterol levels
Quick or Old-Fashioned Oats ½ cup uncooked	27	4	✓	✓	✓**
Yogurt Fruit-on-bottom, 8 ounces	46	<1			
Instant Oatmeal Regular flavor, 1 packet	19	3	✓	✓	✓***
Corn Flakes ¾ cup	26	1			
Hot Wheat Cereal ½ cup uncooked	26	1			
Bagel Egg or plain, 1 small	30	1			
Bran Flakes ¾ cup	25	5	✓	✓	
Granola-type Bar 1 ounce	27	1		✓	
English Muffin Plain or white, 1 medium	26	2			

Nutrition information on foods from Netzer, Corine; *The Complete Book of Food Counts*, 1997.

* Research shows that fiber may help maintain healthy blood sugar levels. The products with checkmarks meet the FDA's definition of a "good source of fiber."

** According to the FDA, three grams of soluble fiber from oatmeal (about 1½ cups cooked oatmeal), in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of Quaker Oatmeal has two grams of soluble fiber.

*** One packet of Quaker Instant Oatmeal has 1 gram of soluble fiber.

Take control and learn what you can eat!

Seek information. To learn about specific foods, ask health professionals like certified diabetes educators and registered dietitians. Become familiar with the Nutrition Facts panel on foods you choose. Read books and articles. Visit the Web – the back of this brochure has a listing of reliable sites with great information.

Be consistent. Try to eat the same size meals and snacks at regular times spaced throughout the day. Watch portion sizes. Don't skip breakfast and try not to go without food for more than 5 hours. A good eating pattern will help your blood sugar stay in control.

Continue to enjoy the foods you love. For example, oatmeal is a great tasting way to help you maintain healthy blood sugar levels because it is a good source of fiber. You can fit most foods into your eating plan, though the serving size may need to be smaller or you may eat some items less often.

Be forgiving. Diabetes doesn't require you to be perfect. Small slips simply mean you are human. If you slip, know what you need to do to get back on track. Keep your focus on the many positive choices you make each day.

To learn more

Visit the diabetes section of www.quakeroatmeal.com for information that can help you take control of your diabetes. Features include:

- Recipes and healthy food choices
- Nutrition and diet information
- Information in Spanish

American Diabetes Association
www.diabetes.org

National Diabetes Education Program
<http://ndep.nih.gov>

To find a registered dietitian, visit the American Dietetic Association at
www.eatright.org

To find a diabetes educator, visit the American Association of Diabetes Educators at
www.diabeteseducator.org



American Association of Diabetes Educators
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BROUGHT TO YOU BY QUAKER OATS, committed to bringing you great tasting products, recipes, and information to help you best control your blood sugar levels.

QUAKER® OATMEAL
warms you *heart and soul*™

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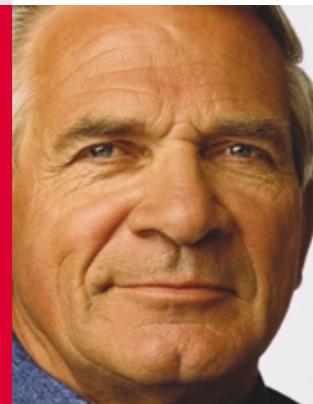
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LIVING WITH DIABETES



IT CAN MEAN CHANGE... BUT NOT ALL AT ONCE.

Change can be stressful.



Work with your health care providers to identify a few things to work on at a time. Small changes can have the biggest impact in the long term.



5 THINGS TO KNOW ABOUT SUGAR AND STARCHES

Eating in a new way can be a challenge. Foods containing sugars or starches seem especially confusing! In magazines and on the news, we often hear conflicting information about these carbohydrate-rich foods – which ones are good and bad.

1 Carbohydrate-rich foods are an important energy source. These foods, also called starches, include cereal, bread, pasta, and some vegetables like corn and peas. Foods high in sugar, like candy, cake, and juices are also carbohydrate-rich foods. Your meal plan can be flexible so you can eat your favorite choices.

2 Carbohydrate foods, like other foods, raise blood sugar levels. Some carbohydrate foods can do this more than others. That does not mean you cannot eat them. You can control your blood sugar by controlling which foods you choose, how much you eat, and how often you eat them.

3 Learn to exchange. According to the American Diabetes Association (ADA), people with diabetes can fit sweets into their meal plan by substituting them for another carbohydrate food. **It is the total amount of carbohydrates that matters most – not just the type.** For example, you can have one half cup of cereal that contains sugar or 1 cup of a cereal without sugar. Eat less of foods that are mainly sugar such as cakes and candies. Ask your health care provider what the right amount is for you.

4 Use fiber to smooth out. Eating foods that contain fiber may keep your blood sugar from rising too fast after you eat. The ADA recommends getting 20-35 grams of fiber from the foods you eat every day. Just one cup of cooked oatmeal gives you about 15% of this daily-recommended fiber. **Eating foods that are a good source of fiber, such as oatmeal, may help smooth out your blood sugar levels.**



Other food sources of fiber include beans, whole-wheat and bran cereals, and fruits such as pears, blueberries, apples, and oranges. Here's a bonus: some foods that are good sources of fiber can make you feel full – which helps you eat less, too!

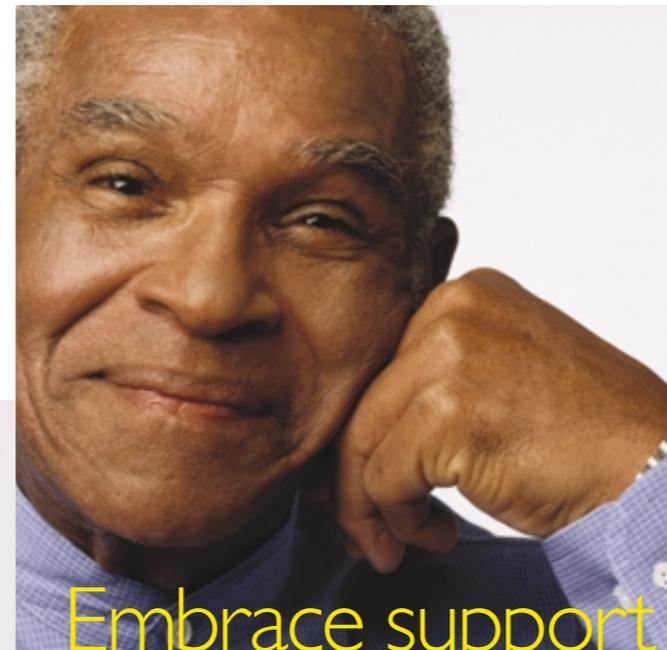
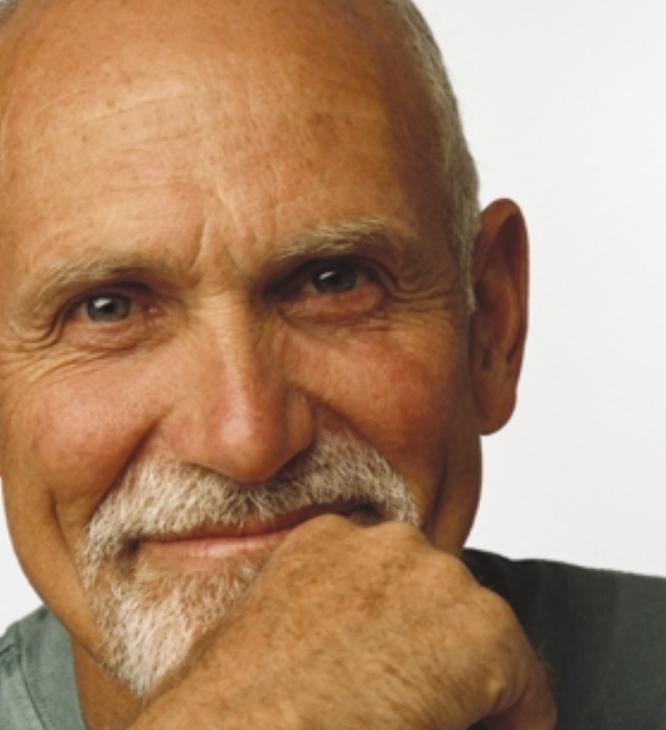
5 Strive to eat good sources of fiber all day long. Oatmeal at breakfast is a great start. Think about adding fiber by including oats in meatloaf, muffins, breads, and pancakes. Eat the whole fruit rather than juice. Choose whole grain breads. Add beans to your salad. In addition to smoothing out blood sugar levels, fiber also benefits your heart. **The soluble fiber in oatmeal helps to remove cholesterol from your body.**

Your dreams, hopes and values define who you are – not diabetes.

You are already taking many steps that make a difference in how you feel.

When you get ENOUGH EXERCISE, CHOOSE HEALTHY FOODS, and STAY AT A HEALTHY WEIGHT, you control your blood sugar levels.

Here's how you do it.



Embrace support from family and friends, and your health professional.

