

MANAGING DIABETES

with a healthy diet



Getting Started

For many people with diabetes, the keys to controlling blood glucose are:

- 1) choosing the right amount of healthy foods
- 2) getting enough exercise
- 3) watching your weight.

Take control of your diet by following these simple steps.

CHOOSE WHOLE GRAINS † Select whole grain foods to help reduce the risk of heart disease and help maintain a healthy weight. Good sources include oatmeal, brown rice, whole wheat bread and plain popcorn. Strive for at least three servings a day. Look for products that identify whole grain ingredients.



EAT BREAKFAST † Jump-start your metabolism and get a head start on meeting vitamin, mineral and fiber needs by eating breakfast every day. Make it simple – a glass of calcium-fortified light orange juice beverage and a bowl of oatmeal, for example.

GET THE FACTS † Become familiar with the Nutrition Facts panel on foods you choose. Learn about the diabetic exchanges and what's right for you. Read books and articles from trusted sources and visit recommended Web sites. Find a certified diabetes educator and work closely together. Remember: greater knowledge equals greater control of your diabetes!

Nutrition Facts	
Serving Size 1 Packet (34g)	
Servings Per Container 16	
Amount Per Serving	
Calories	120
Calories from Fat	20
<small>% Daily Value*</small>	
Total Fat 2g	4%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 250mg	12%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	4%
Soluble Fiber 1g	2%
Sugars 1g	2%
Protein 3g	6%
Vitamin A	20%
Vitamin C	15%
Calcium	10%
Iron	20%
Thiamine	20%
Niacin	20%
Biotin	20%
Vitamin B6	20%
Folic Acid	20%
Phosphorus	10%

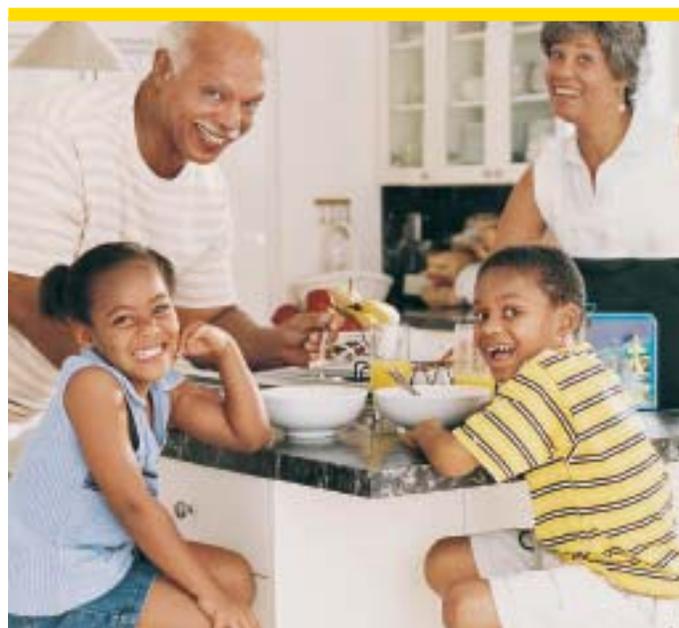
EAT ON TIME † Try to eat the same size meals and snacks at regular times spaced throughout the day. Don't skip meals and try not to go without food for more than five hours. A good eating pattern will help your blood sugar stay in control.



ENJOY FAVORITE FOODS † Don't feel guilty about eating your favorite foods – there's a place for ALL foods in a healthy diet. Watch portion sizes and ask your health care provider how to fit favorite foods into your eating plan.



EMBRACE SUPPORT † Welcome the support from family, friends and health care providers. Keep your focus on the many positive choices you make each day!





Whole Grains and the Dietary Guidelines

The 2005 Dietary Guidelines for Americans recommend eating at least **three servings of whole grain foods each day**. An easy way to meet the new guidelines and get your whole grains is to eat breakfast every day. For example, a bowl of old fashioned oatmeal (1 cup cooked) topped with blueberries (1/2 cup) provides two servings of whole grains and one serving of fruit.



An Oatmeal Breakfast – A Super Way to Start Your Day

Try to eat a healthy, balanced meal every morning, one that includes a good source of whole grains. Old fashioned oats, quick oats and instant oatmeal are ALL whole grain oat products.

CALORIES	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	FIBER (g)	WHOLE GRAIN SERVINGS
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Quaker Quick or Old Fashioned Oats*

150 27 5 3 4 2



Quaker Instant Oatmeal, Regular Flavor**

100 19 4 2 3 1



Quaker Instant Oatmeal, Lower Sugar Maple & Brown Sugar**

120 24 4 2 3 1

* Serving size 1 cup cooked

** Serving size one pouch

Q&A Managing Diabetes

Q Why is breakfast important for me?

A For many people with diabetes, it's important to eat regularly throughout the day – breakfast, lunch and dinner, and possibly some planned snacks. Research shows that people who eat breakfast tend to weigh less than those who skip it.¹ Plus, eating breakfast helps boost metabolism and plays a significant role in meeting daily goals for nutrient intake. A protein and fiber-rich breakfast that includes oatmeal provides a nutritious start to the day.

Q What is fiber and what are the benefits?

A There are two types of dietary fiber important for good health – soluble and insoluble. Insoluble fiber helps keep us regular, but it is the soluble fiber that may help moderate blood glucose levels. Some whole grain foods such as oatmeal contain both types of fiber. Also, fiber-rich foods can help fill you up – that could come in handy when watching your calorie intake. In fact, research shows that oatmeal is more filling than some other breakfast foods such as bread, eggs and yogurt.² Another benefit: the soluble fiber in oatmeal helps to remove cholesterol from your body, which can help individuals with diabetes who are at greater risk for high cholesterol and heart disease.

Q What's the big deal about whole grains?

A Whole grains contain all three parts of the grain – the bran, germ and endosperm – and they are often higher in fiber, vitamins and minerals than refined grains. Examples of whole grain foods include oatmeal (old fashioned, quick and instant), whole wheat bread, brown rice and plain popcorn. Whole grains have powerful health benefits – research shows that eating a diet rich in whole grain foods can help reduce the risk of heart disease and help with maintaining a healthy weight^{3, 4, 5} – two important considerations for people with diabetes.

Q What do I need to know about carbohydrates?

A Carbohydrates are the body's main source of fuel and are essential for good health. Foods that provide complex carbohydrates, primarily fruits, vegetables, legumes and whole grains, should be a major part of everyone's diet – including those with diabetes. These sources of complex carbohydrates are digested more slowly than simple sugars and also provide energy, and important vitamins, minerals and fiber.

According to the American Diabetes Association, it is important to focus on both the *amount* (grams) and *type* of carbohydrate. Both can influence blood glucose levels. However, decreasing or eliminating carbohydrates by following a low-carb diet is not recommended to manage diabetes because the body needs carbohydrates for energy. Work with your health care provider to determine the appropriate total carbohydrate intake for you.

¹ Cho S et al. The effect of breakfast type on total daily energy intake and body mass index: results from the third National Health and Nutrition Examination Survey (NHANES III). *J Amer Coll Nutr* 2003; 22:296-302. ² Holt SHA, Brand Miller JC, Petocz P, Farmakalidis E. A satiety index of common foods. *Eur J Clin Nutr* 1995;49:675-90. ³ Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease. ⁴ Liu S, Willett WC, Manson JE, Hu FB, Rosner B, Colditz G. Relation between changes in intakes of dietary fiber and grain products and changes in weight and development of obesity among middle-aged women. *Am J Clin Nutr* 2003;78:920-7. ⁵ Koh-Banerjee P, Franz M, Sampson L, Liu S, Jacobs DR Jr, Spiegelman D, Willett WC, Rimm E. Changes in whole-grain, bran, and cereal fiber consumption in relation to 8-y weight gain among men. *Am J Clin Nutr*. 2004 Nov;80(5):1237-45.



Blueberry Oat Muffins

- 1 cup QUAKER Oats (quick or old fashioned, uncooked)
- 1 cup lowfat buttermilk
- 1/4 cup liquid egg substitute OR 2 egg whites
- 2 tablespoons margarine, melted
- 1/2 teaspoon grated lemon peel
- 1 cup all-purpose flour
- 3 tablespoons sugar OR sugar substitute equal to 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup fresh or frozen blueberries (do not thaw)

Heat oven to 400°F. Lightly spray 12 medium muffin cups with cooking spray. In medium bowl, combine oats and buttermilk; mix well. Let stand 10 minutes. Stir in egg substitute, margarine and lemon peel until blended. In large bowl, combine remaining ingredients except berries; mix well. Add wet ingredients to dry ingredients; stir just until dry ingredients are moistened. (Do not overmix.) Gently stir in berries. Fill muffin cups almost full. Bake 20 to 25 minutes or until golden brown. Cool muffins in pan on wire rack 5 minutes; remove from pan. Serve warm.

1 DOZEN

Nutrition Information (1 muffin made with egg substitute and sugar): Calories 110, Calories From Fat 25, Total Fat 3g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 130mg, Total Carbohydrates 18g, Dietary Fiber 1g, Sugars 5g, Protein 3g. Exchanges: 1/2 starch, 1/2 fat, 1/2 fruit.

Cook's Tip: If desired, sprinkle top of each muffin with additional oats before baking.

Maple Cranberry Oatmeal

- 3-1/2 cups water
- 1/4 teaspoon salt
- 2 cups QUAKER Oats (quick or old fashioned, uncooked)
- 1/3 cup dried cranberries
- 1/3 cup light maple-flavored syrup

In medium saucepan, bring water and salt to a boil. Stir in oats, cranberries and syrup. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats or until most of liquid is absorbed, stirring occasionally. Let stand until desired consistency. Spoon into bowls. Serve with skim milk, if desired.

MICROWAVE DIRECTIONS: In 3-quart microwaveable bowl, combine all ingredients. Microwave on HIGH 6 to 7 minutes for quick oats and 9 to 10 minutes for old fashioned oats or until most of liquid is absorbed. Let stand until desired consistency.

4 SERVINGS

Nutrition Information (1/4 of recipe): Calories 230, Calories From Fat 25, Total Fat 2.5g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 230mg, Total Carbohydrates 47g, Dietary Fiber 5g, Sugars 19g, Protein 7g. Exchanges: 1/2 starch, 1/2 fat, 1/2 fruit.



For Cover Photo Recipe – Banana Bread Oatmeal – and more deliciously easy ways to incorporate the whole grain goodness of oats into your daily diet, visit www.quakeroatmeal.com.



MyPyramid.gov

STEPS TO A HEALTHIER YOU

Visit MyPyramid.gov for more on the Dietary Guidelines.

SOURCE: U.S. Department of Agriculture

Resources

To learn more about diabetes and find health care providers in your area, visit the following Web sites:

American Association of Diabetes Educators
www.aadenet.org

Contact information for local diabetes educators, general diabetes information and the latest clinical trials.

American Diabetes Association
www.diabetes.org

Access to message boards, community programs and diabetes research.

American Dietetic Association
www.eatright.org

Links to local dietetic professionals, and diabetes and nutrition information.

Quaker Oatmeal
www.quakeroatmeal.com

More recipes, healthy food options and nutrition and diet tips.