

# *Living Well with Diabetes*

## Tips for Preparing Food for Persons with Diabetes

- Do not buy special foods that are not needed. Use regular bread, meat, fruit, vegetables, milk, and butter or margarine.
- Buy either water-packed fruits (unsweetened), fresh fruits, or those canned in light syrup. Or, can or freeze fresh fruits yourself. If you use fruit juices, purchase the unsweetened ones at your regular juice counter.
- Some dietetic foods can be purchased to add variety. Some of these are D-Zerta®; diet sweeteners made from either saccharin, sucralose, aspartame, or acesulfame-K for sweetening foods and drinks; and low-calorie puddings. If having the latter, you must remember to read the directions and use part of the skim or 1 percent fat milk from your meal pattern.
- Use standard household measuring spoons and cups. Always measure.
- Do not fry foods unless you use one fat allowance from your meal plan.
- Avoid deep-fried, creamed, or breaded foods.
- Avoid food mixtures if you can't identify the ingredients and cooking techniques.
- Cook food by boiling, simmering, poaching, steaming, pressure cooking (without fat), baking, roasting, grilling, stir-frying, broiling, or pan-broiling. Pan broiling is cooking in a heavy skillet over low heat without added fat. You may add a small amount of fat from your meal plan if you desire.
- Food may be cooked with the rest of the family meal, but remove a portion before extra fat, flour, gravies, sauces, sugar, butter, and cream are added.
- Follow the meal pattern provided by your dietitian or physician. Do not add to or take away from your plan without consulting your dietitian and/or physician.
- If you are going on a picnic or carrying your lunch to work, use ice chests, thermos bottles, and other suitable containers to keep hot foods hot and cold foods cold so that food is safe as well as nutritious.

Adapted from Special Food Needs, Texas Cooperative Extension Service