

## Basic Nutrition Guidelines for Type 1 Diabetes

Here are some guidelines to help you control your blood sugars until you see a dietitian.

1. Limit foods that are concentrated in sugar (see next page).
2. Limit fruit juices to  $\frac{1}{2}$  cup (125 mL) per day because of their high natural sugar content. Try sugar-free beverages like water or sugar-free soft drinks when you are thirsty.
3. Foods with sugar substitutes in them can be used to replace sweets. Examples of sugar substitutes are Nutrasweet<sup>®</sup> (aspartame), Splenda<sup>®</sup> (sucralose), or acesulfame potassium.
4. Eat your meals and snacks 2–3 hours apart. Eat a variety of foods, except sweets
  - breakfast
  - mid-morning snack
  - lunch
  - mid-afternoon snack
  - supper
  - bedtime snack

Be sure to include “starchy” foods at each meal and for your bedtime snack. Starchy foods include:

- bread
- buns
- cereal
- potatoes
- rice
- pasta
- crackers
- muffins
- bagels

Examples of good snack choices are:

- 4–6 crackers with cheese
- 2–3 plain cookies (examples: digestive, arrowroot, oatmeal)
- 1 slice of toast with peanut butter
- 1 small muffin
- 1 medium fruit
- 1 cup (250 mL) milk
- $\frac{1}{2}$  sandwich
- $\frac{3}{4}$  cup (175 mL) of cereal with milk
- 3 cups popcorn
- $\frac{3}{4}$  cup yogurt

**Note:** You can have 1–3 of these choices as a snack, depending on how hungry you are.

# Foods Concentrated in Sugar

## Beverages

- all fruit juices (unsweetened and sweetened)
- clamato juice
- chocolate drinks
- chocolate drink mixes
- iced tea
- fruit-flavoured crystals
- lemonade
- milkshakes
- soft drinks (pop)
- Slurpees®
- sweetened condensed milk
- tonic water
- sweetened mineral water beverages

## Breads and Pastries

- cake with icing
- cereals with sugar coating
- commercial muffins
- cookies with icing, coating, or filling
- donuts with icing, coating, or filling
- pie, pastries, squares
- sweet rolls

## Fruits

- fruit canned in syrup
- sweetened frozen fruit

## Desserts

- frozen yogurt
- ice cream
- ice cream bars
- popsicles
- sherbet
- powdered gelatin dessert mixes such as Jell-O®
- pudding, custard
- sundaes with syrup
- tonic water
- sweetened condensed milk
- sweetened mineral water beverages

## Sugars and Sweets

- candy
- chocolate and chocolate bars
- fudge
- honey
- jam, jelly, marmalade
- marshmallow
- sugars – all types (white, brown, icing)
- sweet sauces (sweet and sour, honey)
- syrups – all types (corn, maple, molasses)

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*This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.*