

How to Build a Bedtime Snack

The rules:

1. Do not skip this snack.
2. Have 1 high fiber complex-carbohydrate and 2 proteins.
3. Avoid fruit, milk, yogurt, or any other simple carbohydrates!

Carbohydrate—15g (Pick 1)	Protein—14g (Pick 2)
1 slice high fiber bread	1 egg (hard boiled or scrambled)
12 Wheat Thins	2 egg whites
5 Triscuits	1 oz low-fat cheese
1/3 cup cooked quinoa	1 oz low sodium turkey/ham
1/3 cup cooked brown rice	1 oz ground beef or turkey
1 whole wheat tortilla	1 oz cooked chicken/beef/fish
3 cups popped popcorn	3 oz tofu
1/2 cup cooked beans	1 oz canned tuna in water
1/2 cup cooked lentils	1/4 cup cottage cheese
1/2 cup sweet potato/ yam	1.5 oz cooked tempeh or seitan
1/2 cup cooked oatmeal	1 cheese stick
4 small melba toast	1 oz almonds/peanuts/cashews
	2 Tbsp nut butter (peanut, almond, sunflower)
	Protein shake ***

***Make sure to look at the grams of carbs and protein on protein bars and shakes


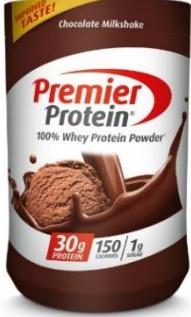


Remember:

- The ideal period for fasting is 8-9 hours from the time of your bedtime snack
For example:
9 pm bedtime snack means testing fasting blood sugar at **5-6 am**
10 pm bedtime snack means testing fasting blood sugar at **6-7 am**
- If fasting blood sugars are less than 90mg/dL you may have 1 carbohydrate serving and 2 protein servings for your bedtime snack
- If fasting blood sugars are 90mg/dL and above have only protein for your bedtime snack.
- **If you have 3 or more consecutive fasting blood glucose readings above 90mg/dL contact your Sweet Success Educator at (949)764-8065.**

☐ Call By: _____
(949-764-8065)

Low Carb Protein Supplements

(Contains 5 g or less of Carbohydrate per serving)

Protein Source	Whey and Casein (Milk) Protein Supplements		Vegan (Plant Based) Protein Supplements	
				
Type	Shake	Powder	Shake	Powder
Grams of protein per serving	30 g	30 g	20 g	22 g
Grams of carb per serving	~4 g	2 g	~3 g	5 g
Sweetener Source	Sucralose, Acesulfame Potassium	Sucralose, Acesulfame Potassium	Stevia Extract and Monk Fruit	Erythritol and Stevia Extract
Flavors	Chocolate, Vanilla, Caramel, Cookies & Cream, Strawberries & Cream, Bananas & Cream, Peaches & Cream	Chocolate and Vanilla	Chocolate and Vanilla	Vanilla, Chocolate, Vanilla Chai, Unflavored
Where to Purchase	Amazon, Costco, CVS, Sam's Club, Target, Walgreens	Amazon, Ralphs, Target, Walgreens	Amazon, Walgreens	Amazon, Mother's Market, Sprouts

Recommendation: mix protein powders with water or unsweetened plant milk (almond, cashew, soy).

Reading Labels

Reading food labels is very important in managing your blood sugar.
It will allow you to increase the flexibility in your food choices.

What to look for on a label:

Key Components:

1. **Serving Size:** This can vary. Is it 5 pieces, 1 package, 1 slice, 1 cup?
2. **Total Carbohydrates:**
 - 1 Carbohydrate serving= 15 grams
 - 2 Carbohydrate servings= 30 grams
 - 3 Carbohydrate servings= 45 grams
3. **Total Protein:**
 - 1 Protein Serving= 7 grams
 - 2 Protein Servings= 14 grams
 - 3 Protein Servings= 21 grams
4. **Total Fat:**
 - 1 Fat Serving= 5 grams
 - 2 Fat servings= 10 grams
 - 3 Fat servings= 15 grams

Grams of Carbohydrates	Count as
0 - 5 grams	Do not count
6 - 10 grams	1/2 carbohydrate serving
11 - 20 grams	1 carbohydrate serving
21 - 25 grams	1 1/2 carbohydrate servings
26 - 35 grams	2 carbohydrate servings

Types of Carbohydrates

Carbohydrates are the main source of energy for the body. Carbs are the foods that affect blood glucose the most. Examples of carbs are fruits, starchy vegetables, breads, pastas, rice, sugar, syrup and honey.

There are three main types of carbohydrate? They are:

- ✓ Starches (also known as complex carbohydrates)
- ✓ Sugars
- ✓ Fiber

- Begin by finding the serving size.
- Identify the Total Carbohydrates in that serving.
- For most foods, look for higher fiber and lower sugar in grams per serving.

On the nutrition label, the term "**Total Carbohydrate**" includes all three types of carbohydrates.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Fiber

Fiber comes from plant foods only. Fiber is the indigestible part of plant foods, including fruits, vegetables, whole grains, nuts and legumes.

It is recommended to consume 25-30 grams of fiber per day.

Benefits of fiber:

- Helps blood glucose levels stay within a healthy range.
- Good for digestive health.
- Helps to make you feel full and satisfied after eating.
- Helps prevent many chronic diseases

Check the Nutrition Facts labels and try to choose products with at least 3 g dietary fiber per serving. *5 g or more of dietary fiber is best for blood glucose control!*

It is best to get your fiber from food rather than taking as a supplement. In addition to the fiber, these foods have a wealth of nutrition, containing many important vitamins and minerals.

Tips for Adding Fiber to Your Eating Plan

- Eat whole grain breads and cereals. Look for choices with 100% whole wheat, rye, oats, or bran as the first or second ingredient.
- Replace white rice with brown or wild rice.
- Enjoy a variety of grains. Good choices include barley, oats, farro, kamut, and quinoa.
- Bake with whole grain or oat flour. You can use it to replace some white or all-purpose flour in recipes.
- Add beans, peas, or lentils to casseroles and soups.
- Choose fresh fruit and vegetables instead of juices.
- Eat fruits and vegetables with peels or skins on.
- Compare food labels of similar foods to find higher fiber choices.

Sugar Alcohols

Sugar alcohols are carbohydrates but they do not contain sugar or alcohol. They are listed under "Total Carbohydrate" on food labels.

They are used to sweeten foods, usually advertised as "sugar free" foods, such as cookies and candy. All foods listed ending in "ol" are sugar alcohols. These may include *erythritol, glycerol (also known as glycerin or glycerine), isomalt, lactitol, maltitol, mannitol, malitol, sorbitol, xylitol*.

Even though they are called sugar alcohols, they do not contain alcohol.

ADVANTAGES:

- ✓ Foods with low- or reduced-calorie sweeteners may have fewer calories and total carbohydrates than foods made with sugar and other caloric sweeteners.
- ✓ Produce a smaller rise in blood glucose than other carbohydrates.
- ✓ Can be useful for adding extra flavor or sweetness to your food and beverages.

DISADVANTAGES:

- ✓ They may cause gas, bloating and diarrhea in sensitive individuals because they are poorly absorbed.
- ✓ Some of the sugar alcohol in foods are absorbed by the body and can still affect blood sugars.
- ✓ Some people prefer a smaller serving of the regular version of a food instead of buying the sugar-free version.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Serving Size: 5.3 (oz)	Total Fat	0g 0%	Total Carbohydrate	14g 8%
Servings Per Container: 1	Saturated Fat	0g 0%	Dietary Fiber	0g 0%
Calories 115	Trans Fat	0g	Sugars	0g
Calories from Fat 0	Cholesterol	0mg 0%	Sugar Alcohol	9g
*Percent Daily Values are based on a 2,000 calorie diet.	Sodium	60mg 2%	Protein	15g
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 0%				

INGREDIENTS: CULTURED PASTEURIZED NONFAT MILK, XYLITOL*, BANANA PUREE, CITRIC ACID, ASCORBIC ACID, NATURAL FLAVORS, REB A. VEGETABLE RENNET. CONTAINS LIVE AND ACTIVE CULTURES.
*NOT FOUND IN REGULAR NONFAT YOGURT.

Dining-Out Guidelines

Not everyone with diabetes has the same meal plan or the same nutrition goals. Below are some general guidelines and tips. Continue to work with your diabetes care team to identify your own goals.

- 1) Look for nutrition information in advance if you know where you will be dining. Many restaurants have their own websites with menus.
- 2) Eat 1/3 - 1/2 of the meal and save the rest for later.
Pastas, rice, and/or noodles are high in carbohydrates.
Ask for a to-go box in advance.
- 3) Go with steamed, grilled vegetables and meats.
- 4) Avoid deep fat fried or breaded foods. Count breadcrumbs or flours as carbohydrates
- 5) Buy a kid's meal. Kid's portions may be closer to what you need.
- 6) Enjoy your portioned meal with a large salad. Account for starchy vegetables and legumes because they count as starch and will affect your blood sugar levels.
- 7) Ask for substitutions. Instead of French fries, request a salad or double the order of vegetables.
- 8) Ask for lower fat options and no added salt.
- 9) Make reservations ahead of time to reduce wait time and avoid busy hours.
- 10) Avoid "all- you- can -eat" restaurants. The price may be right but you're more likely to overeat.
- 11) Avoid high sugar sauces since they will add extra carbohydrates to your meal. Examples are sweet and sour, honey-glazed, and honey mustard.

In-N-Out Burger® Nutritional Facts

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Values*	Saturated Fat	% Daily Values*	Trans Fat (g)	Cholesterol (mg)	% Daily Values*	Sodium (mg)	% Daily Values*	Carbohydrates (g)	% Daily Values*	Dietary Fiber (g)	% Daily Values*	Sugars (g)	Protein (g)	% Vitamin A	% Vitamin C	% Calcium	% Iron
Hamburger w/Onion	243	390	170	19	30	5	27	0	40	13	650	27	39	13	3	11	10	16	10	15	4	20
with mustard & ketchup instead of spread	243	310	90	10	15	4	20	0	35	12	730	30	41	14	3	11	10	16	15	20	4	20
Protein® Style (Bun replaced with Lettuce)	275	240	150	17	26	4	22	0	40	13	370	15	11	4	3	11	7	13	15	20	4	15
Cheeseburger w/Onion	268	480	240	27	41	10	51	0.5	60	20	1000	42	39	13	3	11	10	22	15	15	20	20
with mustard & ketchup instead of spread	268	400	160	18	27	9	44	0.5	60	20	1080	45	41	14	3	11	10	22	20	20	20	20
Protein® Style (Bun replaced with Lettuce)	300	330	220	25	38	9	47	0	60	20	720	30	11	4	3	11	7	18	20	20	20	15
Double-Double w/Onion	330	670	370	41	63	18	90	1	120	40	1440	60	39	13	3	11	10	37	20	15	35	30
with mustard & ketchup instead of spread	330	590	290	32	49	17	83	1	115	39	1520	63	41	14	3	11	10	37	25	20	35	30
Protein® Style (Bun replaced with Lettuce)	362	520	350	39	60	17	86	1	120	40	1160	48	11	4	3	11	7	33	25	20	35	25
French Fries	125	395	160	18	27	5	25	0	0	0	245	10	54	18	2	8	0	7	0	0	2	10
Chocolate Shake	15oz.	590	260	29	45	19	97	1	15	5	320	13	72	24	0	0	65	10	25	0	35	10
Vanilla Shake	15oz.	580	280	31	48	20	101	1	20	7	300	12	67	22	0	0	57	10	25	0	35	8
Strawberry Shake	15oz.	590	240	27	42	18	89	1	15	5	270	11	81	27	0	0	67	8	20	0	30	15
Coca-Cola Classic	16oz.	195	0	0	0	0	0	0	0	0	12	0	54	18	0	0	54	0	0	0	0	0
Diet Coke	16oz.	0	0	0	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Seven Up	16oz.	200	0	0	0	0	0	0	0	0	60	2	54	18	0	0	54	0	0	0	0	0
Dr Pepper	16oz.	200	0	0	0	0	0	0	0	0	60	2	52	18	0	0	52	0	0	0	0	0
Root Beer	16oz.	219	0	0	0	0	0	0	0	0	48	2	60	20	0	0	60	0	0	0	0	0
Lemonade	16oz.	179	0	0	0	0	0	0	0	0	20	0	40	13	0	0	38	0	0	8	0	0
Minute Maid Light Lemonade	16oz.	8	0	0	0	0	0	0	0	0	7	0	1	13	0	0	0	0	0	14	1	0
Iced Tea	16oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee	16oz.	5	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	1	0	0	0	0
Milk	10oz.	180	50	6	9	4	19	0	30	9	190	8	18	6	0	0	18	12	15	6	45	0

*Percent Daily Values are based on a 2000 calorie diet including less than 65g total fat; less than 20g saturated fat; less than 300mg cholesterol; less than 2300mg sodium; 300g carbohydrate and 25g dietary fiber. Your daily values may be higher or lower depending on your calorie needs. There are 9 calories per gram of fat, 4 calories per gram of carbohydrate, and 4 calories per gram of protein.

Hamburger

Bun, 100% pure beef patty, lettuce, tomato, spread, with or without onions.

Cheeseburger

Bun, 100% pure beef patty, lettuce, tomato, spread, 1 slice of American cheese, with or without onions.

Double-Double® Burger

Bun, 2 100% pure beef patties, lettuce, tomato, spread, 2 slices of American cheese, with or without onions.

French Fries

Potatoes prepared fresh in 100% trans-fat free, cholesterol-free vegetable oil.

Shakes Chocolate/Strawberry/Vanilla

Made from 100% pure ice cream.

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