
NUTRITION EDUCATION

Diabetic-Friendly Eating Guide

A consistent, balanced diet is one of the most powerful tools for managing blood sugar — and for protecting the feet from diabetic complications such as neuropathy, ulcers, and poor wound healing. Use this as a starting point; always coordinate with your primary care provider or a registered dietitian for an individualized plan.

Core Principles

- Eat meals and snacks at consistent times each day — do not skip meals
- Build each plate as $\frac{1}{2}$ non-starchy vegetables, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ whole-grain carbs
- Choose **complex** carbohydrates (whole grains, beans, vegetables) over refined sugar and white flour
- Drink water as your main beverage — aim for 6–8 cups per day
- Watch portion sizes; use a 9-inch plate instead of a dinner plate

Foods to Enjoy Freely

- Non-starchy vegetables: leafy greens, broccoli, cauliflower, peppers, cucumbers, tomatoes, zucchini
- Lean proteins: skinless chicken, turkey, fish, eggs, tofu, low-fat cottage cheese
- Whole grains in measured portions: oats, brown rice, quinoa, whole-wheat bread ($\frac{1}{2}$ –1 cup or 1 slice)
- Legumes: black beans, lentils, chickpeas ($\frac{1}{2}$ cup per meal)
- Healthy fats: avocado, olive oil, nuts and seeds (small handful)
- Berries and citrus fruit in moderation ($\frac{1}{2}$ to 1 cup)

Foods to Limit

- Sugary drinks: regular soda, sweet tea, fruit juice, sports drinks, sweetened coffee
- White bread, white rice, sugary cereal, pastries, donuts, cookies
- Fried foods, fast food, processed meats (bacon, sausage, hot dogs)
- Candy, ice cream, and desserts — save for special occasions in small portions
- Alcohol — if used, limit to 1 drink/day for women, 2/day for men, never on an empty stomach

Sample Day

- **Breakfast:** 2 eggs scrambled with spinach, $\frac{1}{2}$ cup oatmeal with cinnamon, black coffee
- **Lunch:** Grilled chicken salad with mixed greens, beans, olive oil and vinegar, 1 small apple
- **Snack:** Small handful of almonds and a string cheese
- **Dinner:** 4 oz baked salmon, $\frac{1}{2}$ cup brown rice, roasted broccoli and peppers

- **Evening:** Greek yogurt (plain) with berries if needed

Foot-Health Reminders for People with Diabetes

- Inspect your feet every day for cuts, redness, blisters, or color changes
- Wash and dry feet daily — especially between the toes
- Never go barefoot, even at home
- Have your nails trimmed by us if you cannot see or reach them safely
- Schedule a comprehensive diabetic foot exam at least once a year

Call our office or your primary care provider if you notice:

- A new wound, blister, callus, or area of redness on the foot
- Numbness, burning, or tingling in the toes or feet
- Blood sugar that is consistently above 250 or below 70
- Any foot infection — diabetic infections can worsen within hours

Questions about your feet and diabetes?

- Call 662-449-3663 to schedule a diabetic foot exam with Dr. Lyons
- Bring a list of your medications and your most recent A1C to your visit