

Summary of Diabetes Nutrition Therapy Priority Topics

- Portion control should be recommended for weight loss and maintenance.
- The greatest determinants of post-meal blood glucose levels are carbohydrate consumption and endogenous insulin production. Therefore, it is important to understand what foods contain carbohydrate.
- When making carbohydrate choices, choose nutrient-dense, high-fiber foods whenever possible instead of processed foods with added sodium, fat, and sugars. Nutrient-dense foods and beverages provide vitamins, minerals, and other healthful substances with relatively few calories.
- Avoid sugar-sweetened beverages.
- For most people, it is not necessary to subtract the amount of dietary fiber or sugar alcohols from total carbohydrates when carbohydrate counting.
- Substitute foods higher in unsaturated fat (liquid oils) for foods higher in *trans* or saturated fat.
- Select leaner protein sources for meat alternatives.
- Vitamin and mineral supplements, herbal products, or cinnamon to manage diabetes are not recommended due to lack of evidence.
- Moderate alcohol consumption (1 drink per day or less for adult women and 2 drinks or less for men) has minimal effects on blood glucose in people with diabetes. To reduce risk of hypoglycemia for people using insulin or insulin secretagogues, alcohol should be consumed with food.
- Limit sodium to 2300 mg per day.