







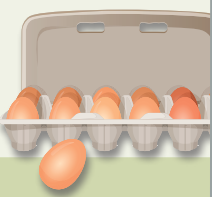











NAVIGATING THE FOOD PANTRY WITH DIABETES

Beware of Hidden Sodium – Tips for Better Choices

Having diabetes increases your risk for cardiovascular (heart) disease. The American Heart Association recommends an ideal limit of no more than 1,500 milligrams (mgs) of sodium per day for most adults.

HIGH IN SODIUM			
RAMEN NOODLES Portion: 1 package Sodium: 1,855 mg 	CANNED SOUP Portion: 1 can Sodium: 681 mg 	CANNED VEGETABLES Portion: ½ can Sodium: 550 mg 	REFRIED BEANS Portion: ½ cup Sodium: 880 mg 
HIDDEN SODIUM			
SALAD DRESSING Portion: 2 tablespoons Sodium: 260 mg 	DRY CEREAL Portion: ¾ cup Sodium: 269 mg 	POWDERED MILK Portion: 1 cup Sodium: 373 mg 	AMERICAN CHEESE Portion: 1 slice Sodium: 468 mg 
LOW IN SODIUM – BETTER CHOICES			
EGGS Portion: 1 large (boiled) Sodium: 62 mg 	ZUCCHINI SQUASH Portion: 1 medium Sodium: 16 mg 	DRIED BEANS Portion: 1 cup cooked Sodium: 5 mg 	WHITE POTATO Portion: 1 medium Sodium: 13 mg 
VERY LOW SODIUM – BETTER CHOICES			
CANNED FRUIT Portion: ½ cup Sodium: 5 mg 	APPLE Portion: 1 medium Sodium: 2 mg 	BANANAS Portion: 1 medium Sodium: 1 mg 	DRY MACARONI Portion: 2 ounces Sodium: 2 mg 

Portion sizes and carbohydrate amounts shown are estimates only. Portion size differs from Serving Sizes listed on Nutrition Facts Labels. Always read the Nutrition Facts Label for a more accurate carbohydrate count. To receive the most accurate information about your diabetes self-care, talk with your healthcare provider and/or certified diabetes educator.



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Portion Size Tips for Carbohydrate Control

<p>OATMEAL</p>  <p>Portion: ½ cup cooked or 4 ounces</p>  <p>Carbohydrate: 30 grams</p>	<p>UNSWEETENED JUICE</p>  <p>Portion: 1 cup or 8 ounces</p>  <p>Carbohydrate: 30 grams</p>
<p>PASTA/WHITE RICE</p>  <p>Portion: ⅓ cup cooked</p>  <p>Carbohydrate: 15 grams</p>	<p>DRY BEANS</p>  <p>Portion: ½ cup cooked</p>  <p>Carbohydrate: 15 grams</p>
<p>BREAD</p>  <p>Portion: 1 slice or 1 ounce</p>  <p>Carbohydrate: 15 grams</p>	<p>CANNED CORN</p>  <p>Portion: ½ cup</p>  <p>Carbohydrate: 15 grams</p>
<p>CANNED TUNA</p>  <p>Portion: 3 ounces</p>  <p>Carbohydrate: 0 grams</p>	<p>UNSWEETENED CANNED FRUIT</p>  <p>Portion: ½ cup</p>  <p>Carbohydrate: 15 grams</p>

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Created by: Pam Daniels, MA, DE, HSHW, Extension Educator, & Serena Johnson, Intern. Reviewers: Kathy Bowers, RN, MSN, CDE; Lori King, RN, MSN, CDE & Julie Scheier, RDN.