

## Everyday Meal and Snack Ideas

### Breakfast

- 1 cup of 0% plain Greek Yogurt mixed with 1 cup of fresh strawberries
- 1 piece of French Toast made with *Great Harvest Flax Oat Bran Bread*, 1 egg, skim milk, & cinnamon. Top with ¼ cup mixed berries, 2 tsp olive oil based spread, and 2 tbsp unsweetened applesauce  
*57g Carbohydrate, 430 calories, 10g fiber, 11g fat, 2.5g saturated fat, 30g Protein*

### Lunch

- Turkey melt made with lightly sautéed onions, cheddar cheese, smoked turkey, and two slices of *Great Harvest's Caraway Rye Bread*
- ¾ cup of fresh carrots on the side  
*64g carbohydrate, 450 calories, 13g fiber, 10g fat, 5g saturated fat, 27g protein*

### Dinner

- 3 oz grilled salmon
- ½ cup grilled asparagus
- A small salad with balsamic vinaigrette
- ½ cup of *Great Harvest Nine Grain Polenta*  
[www.greatharvest.com/bread/whole-grain-polenta.html](http://www.greatharvest.com/bread/whole-grain-polenta.html)
- 3 oz *Great Harvest Nine-Grain Roll*  
*60g carbohydrate, 470 calories, 10g fiber, 13g fat, 3.5g saturated fat, 30g protein*

### Snacks

- 1 cup of apple slices dipped in 1 tbsp of nut butter  
*17g carbohydrate, 150 calories, 3g fiber, 9g fat, .5g saturated fat, 4g protein.*
- 1 cup fresh sliced cucumbers and red peppers dipped in ¼ cup of roasted garlic hummus  
*18g carbohydrate, 130 calories, 4g fiber, 6g fat, 0g saturated fat, 3g protein*
- ½ cup of our *Cranoy Granola* and ½ cup skim milk  
*28g carbohydrate, 180 calories, 2g fiber, 4g fat, .5g saturated fat, 8g protein*



## Great Harvest - Carb Counting Made Easy!

2 oz (56 g) Slice of Bread	Grams of Carbohydrate
Honey Whole Wheat	25
High 5 Fiber	23
Caraway Rye	25
Nine Grain	25
Flax Oatbran	22
Dakota	23

**1 carbohydrate serving = 15 grams**

*\*Recipes may vary from bakery to bakery. Be sure to contact your local baker for the most accurate nutrition information!*



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*All information has been provided by Great Harvest Registered Dietitian, Melissa Seib*

## Managing Your Diabetic Diet



**Great Harvest Bread Co.**



## The Diabetes Carbohydrate Connection

When food is eaten, it is broken down during digestion into its smallest form to be used in your body. Carbohydrates are broken down to one of the simplest forms of sugar called glucose for energy.

A healthy reaction to eating carbohydrates is a rise in blood glucose, which then causes insulin to be released. The insulin acts as a key which opens up cells to let glucose in to be either used as an immediate source of energy or to signal the glucose to be stored in the muscles and liver or as fat.

If you are a diabetic, you'll experience a rise in blood glucose but either insulin is not released (Type 1) or the insulin is either no longer as efficient at unlocking the cells to let glucose in and is produced in smaller amounts (Type 2). Each response results in dangerously elevated blood sugars. This is why a diabetic must control carbohydrate or glucose intake.

## How Do I Manage My Diabetes?

Never eliminate, just control the amount of carbohydrates you are eating during the day. Your body still needs and uses carbohydrates as its preferred source of energy.

### What types of foods are carbohydrates and how much should I eat?

Carbohydrate foods include: dairy, fruits, juice, and starches like grains, cereals, rice, legumes, and some vegetables like peas, potatoes and corn.

Often, three-to-four servings of carbohydrate per meal and one-to-two servings for snacks are suggested. Specific needs are based upon weight, activity level, medications, and glucose tolerance, among other things. *Consult with a dietitian to find what fits your particular needs.*

Use nutrition labels to look at the "Total Carbohydrate" grams for calculating carbohydrate servings. Just remember that 1 carbohydrate serving = 15 grams of carbohydrates. If you are controlling your diabetes with advanced carbohydrate counting you can subtract half of the fiber grams from the total carbohydrate if there is at least 5 grams of fiber per serving (ex. 20 grams of carbohydrates and 8 grams of fiber = 16 grams of carbohydrates). Easy.

Strive to consume carbohydrates from whole unprocessed sources to achieve the most nutrients and antioxidants.

## Keep it Consistent

- Eat your meals every 4-5 hours. You may need to work a light snack in between to prevent low blood sugar.
- Always eat breakfast!
- Eat a variety of different foods every day including fresh fruits, vegetables, whole grains, lean protein, and low fat dairy to get a full spectrum of nutrients!
- Focus on high fiber foods as they help to control spikes in blood sugar. You should be getting about 14 grams of fiber per 1000 calories.

## Move it and Lose it!

Both of the following steps can actually prevent or even reverse pre-diabetes!

- Get at least 30 minutes of moderate intensity exercise most if not all days. Shoot for an hour or more daily for weight loss.
- Achieve and maintain a healthy body weight. Excessive body fat, especially in the abdominal region, not only increases your risk for other chronic diseases, but is also linked to greater insulin resistance.



Pure & Simple. Fresh & Flavorful.

Whole Grain Goodness.