

Diabetes Breakfast Buffet of Ideas

The American Diabetes Association states that there is no one-size-fits-all meal pattern for each person with diabetes. When planning meals, take into account your individual food preferences as well as blood sugar management goals and overall health. On this sheet, we summarized the latest research to make choosing a breakfast that will help you keep your energy levels up while feeling satisfied until lunch.

1. Choose a food that's a good source of protein to help you feel full for longer. 20-30 grams of protein at breakfast may also help reduce cravings the rest of the day. Try...

- Sliced chicken, turkey, or roast beef
- Eggs
- Nut butter
- Legumes
- Plain Greek yogurt

Foods to avoid due to high saturated fat, added sugar, and/or sodium content: bologna, pepperoni, salami, bacon, sausage, flavored yogurt with more than 100 calories

2. Decide on a whole grain for fiber and essential vitamins and minerals. Think about the amount of carbohydrate that makes the most sense for you, taking into account your fasting blood sugar level. Be sure to follow your medical provider's recommendation on carbohydrate intake. Foods on the buffet...

- 100% whole grain toast or tortilla
- Plain oatmeal
- 100% whole grain breakfast cereal with no more than 6g sugar per serving
- Quinoa or brown rice

Foods to avoid due to high sugar and/or saturated fat/trans

fat content:
donuts, pastries, breakfast cookies, waffles or pancakes, croissants, biscuits

3. Add vegetables and/or

fruit for more fiber, vitamins, minerals and essential antioxidants. Consider the carbohydrate content of vegetables and fruit: starchy vegetables contain three times the carbohydrate of other vegetables. Fruit is naturally higher in carbohydrate than non-starchy vegetables. Best choices include...

- Avocado
- Bell peppers
- Dark and leafy greens
- Tomatoes
- Berries
- Grapefruit
- Kiwi

Foods to avoid: fruit with added sugar, fruit beverages with added sugar, dried fruit, deep-fried vegetables, hash browns

4. Choose a beverage. Plain, unflavored water is the best beverage choice. Spend your calorie and carbohydrate budget on whole foods, not beverages, and choose calorie-free beverages like plain tea or coffee.

Foods to avoid: sweetened coffee, tea, espresso, soda

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