

Valuable information for our
customers living with diabetes

MOM'S
MEALS®


Managing Your Diabetes With Nutrition

DIABETES

It is a health condition that occurs when your blood sugar (glucose) is too high. Glucose is the body's main source of energy and comes from the foods you eat. Over time, having too much glucose in your blood can cause serious health problems, like heart and kidney disease. By following a healthy eating plan, exercising regularly and taking medications as prescribed, you can manage your blood sugar levels and control your diabetes.



38.4
MILLION

Americans have diabetes



At Mom's Meals®, our mission is to improve life through better nutrition at home. We deliver nutritious, ready-to-heat-and-eat meals to any address nationwide. You have the option to choose every meal, every delivery*, so you get the nutrition you need from the foods you enjoy most.

* Post-discharge members may receive a variety of meals based on their dietary preferences.

What does diabetes-friendly eating look like?

A diabetes-friendly diet means eating healthy foods in moderate amounts and sticking to regular mealtimes. It should be rich in nutrients and low in fat and calories.

What are carbohydrates, and how many should I eat?

Carbohydrates (carbs) are one of the three main nutrients in the food we eat — protein and fat are the other two. Foods also contain vitamins and minerals. The body breaks down carbs into blood sugar which affects your glucose level.

Carb needs vary by person. Work with your health care team to determine your daily carb needs and how to space them throughout the day.

Many people with diabetes should eat three meals and 1-2 snacks each day, and eat every 4-5 hours. They should consume between 45-60 grams of carbs per meal, with a total of at least 130 grams of carbs per day. Your health care provider may adjust these numbers based on your activity level, medications and calorie needs. The National Institute of Medicine says both children and adults need at least 130 grams of carbs per day.

Can I still eat sugar if I have diabetes?

Yes, as long as it is part of a healthy meal plan with a variety of nutritious foods. Sugar is one of the three main types of carbs found in food — starches and fiber are the other two. All sources of carbs affect blood sugar. Below are examples of each type of carbs:

- **Sugars** — These include both natural (like in fruit) and added (like in a cookie).
- **Starches (complex carbs)** — Starchy vegetables, dried beans and grains are part of this group.
- **Fiber** — This is the roughage in foods. It is mainly found in whole grains, fruits and vegetables. Eating foods with fiber and protein help lower spikes in blood sugar.

Which Mom's Meals are best if I have diabetes?

Any of our meals can be part of a healthy eating plan. The important part of managing your blood sugar is to know how many carbs are in the foods you eat. All our diabetes-friendly meals are developed in accordance with guidelines from the American Diabetes Association. Our menu lists two carb amounts: one for the entire meal, including any extras and another for the tray only. This makes selecting the meals within your range easy.

AMERICAN CLASSICS		CARBS (g)	
96139	Chicken Bacon Ranch Pasta and Seasoned Vegetables and Whole Wheat Dinner Roll ↓ 🍷 🍷 →	39	55
96192	BBQ Chicken Patty with Potatoes and Seasoned Mixed Vegetables, Whole Wheat Bread and Peanut Butter 🍷	41	61

Approximate grams of carbs are shown for the tray only and the full meal with extras included.



Helpful Tips

Follow the eating plan from your health care provider, and stay within your range of carbs for each meal and snack.

Here are a few helpful tips:

- ✓ **Eat the whole meal if it is in your approved range.**
- ✓ **Eat only part of the meal if the carbs are too high, and save the rest for a snack.**
- ✓ **Eat the meal extra(s) (roll or fruit) as your snack if it is in your approved range.**





The good news is Mom's Meals makes it easy.



Food as medicine is an approach that delivers comprehensive nutrition support to keep individuals well-nourished and independent. It promotes consistent access to evidence-based solutions – delivered with compassion and in collaboration with health care and community partners.

We can help you eat nutritiously with diabetes. Our diabetes-friendly meals use food as medicine as an important part of staying healthy when managing this disease. Many of our meals are also low in fat and lower in sodium, to help with a diabetic's health and well-being.

For more information visit: momsmeals.com/diabetes-health.

Contact your health care provider with any questions about your diabetes.

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

How do I know the carb content of a meal or side?

Carbs are listed on the Nutrition Facts panel on the meal tray or extra item. Refer to the nutrition insert in your cooler for extras that do not have a Nutrition Facts panel.

For more information about diabetes or nutrition, visit: www.diabetes.org and www.eatright.org.



Sources:

- <https://www.cdc.gov/diabetes/healthy-eating/carb-counting-manage-blood-sugar.html>
- <https://www.niddk.nih.gov/health-information/diabetes/overview/>
- <https://www.verywellhealth.com/how-many-carbs-a-day-are-right-for-me-1087029>
- <https://diabetes.org/about-diabetes/statistics/about-diabetes>

