
Nutrition Tips to promote healing for people with Diabetes

Having your diabetes and your blood sugars in the normal range prior to and following surgery is necessary to reduce your risk for post-operative infections and other complication related to poorly controlled diabetes.

Tips to improve your blood sugars and help you through your recovery:

- Your blood glucose (sugar) first thing in the morning should be between 70-130 mg/dl on your home blood glucose monitor.
- 2 hours after eating and your blood glucose should be below 180.
- At bedtime your blood glucose should be between 100-180.
- If you take pills for your diabetes you should be monitoring your blood glucose as often as necessary to achieve the above numbers. This usually means twice a day. The “Living with Diabetes” booklet gives some suggestions for when to monitor.
- If you take insulin for your diabetes you should be monitoring your blood glucose before every insulin injection. Usually this is four times a day.

Nutrition

In the short term – while you are recovering from your surgery:

Avoid the following: Sweetened drinks like soft drinks or fruit punch, lemonade or sweet tea, all fruit juices (unless your blood sugar is below 70), cakes, cookies, candy, and other sweet treats.

Limit carbohydrate foods to no more than **3** servings at a **meal**.

One serving of carbohydrate is one slice of sandwich bread, ½ cup of most other foods and 1 cup of milk.

Examples of carbohydrate foods are bread, crackers, rice, pasta, potatoes, corn, peas, cereal, oatmeal, fruits, milk and yogurt – These foods contain carbohydrate and will raise your blood glucose, so limiting them is the best way to lower your blood glucose.

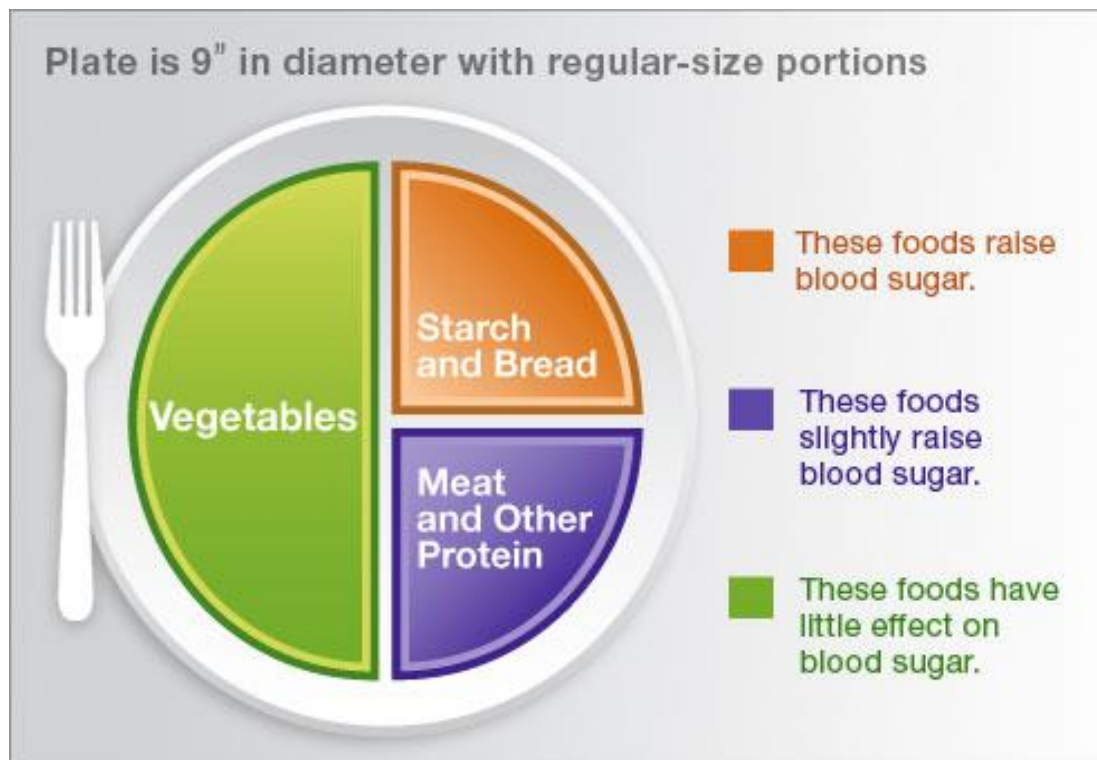
If you do eat these foods, choose high fiber options like whole wheat bread, brown rice, whole wheat pasta and fresh fruits.

Foods with no carbohydrate and little effect on blood glucose are lean protein like chicken or fish, nuts like walnuts or almonds, avocados, olives, eggs. These foods still contain calories and may affect your weight, but eating them will not raise your blood sugar much at all.

Fill half of your plate at most meals with non-starchy vegetables such as, asparagus, artichokes, broccoli, Brussel sprouts, beets, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, greens of any kind, mushrooms, Okra (not fried), onions, peppers, yellow squash and zucchini, turnips and tomatoes.

One fourth of your plate should contain a lean protein such as chicken or fish.

One fourth of your plate may contain some type of starch like sweet potatoes or brown rice.



For more information contact Saint Thomas Health Diabetes (615) 284-2800.