

**RODRIGUEZ-AQUINO MDPA**

**ADULT & SENIOR CLINIC**

**2501 N 23<sup>rd</sup> ST. STE. A, MCALLEN, TX 78501**

**Phone: (956) 994-3339 | Fax: (956) 994-0801**

**ADA DIET**

An ADA (American Diabetes Association) diet is a meal plan designed to help manage blood sugar levels in individuals with diabetes. It focuses on controlling carbohydrate intake, portion sizes, and making healthy food choices. Here's a general outline of an ADA diet:

**1. Carbohydrates:**

- Choose complex carbohydrates that are high in fiber such as whole grains (brown rice, quinoa, whole wheat bread), fruits, vegetables, and legumes.
- Limit simple carbohydrates and refined sugars like candy, soda, pastries, and white bread.

**2. Proteins:**

- Include lean protein sources such as skinless poultry, fish, tofu, beans, lentils, and low-fat dairy products.
- Avoid fried meats and processed meats which may contain added sugars or unhealthy fats.

**3. Fats:**

- Focus on healthy fats like those found in nuts, seeds, avocados, and olive oil.
- Limit saturated fats and trans fats found in red meat, butter, full-fat dairy, and processed foods.

**4. Portion Control:**

- Monitor portion sizes to avoid overeating. Use measuring cups, scales, or visual cues to help control portions.
- Eating smaller, more frequent meals throughout the day can help stabilize blood sugar levels.

## **5. Fiber:**

- Aim to include plenty of fiber in your diet through fruits, vegetables, whole grains, and legumes.
- Fiber helps regulate blood sugar levels, aids in digestion, and promotes satiety.

## **6. Meal Timing:**

- Try to eat meals and snacks at regular intervals throughout the day to keep blood sugar levels stable.
- Avoid skipping meals, especially breakfast, as it can lead to fluctuations in blood sugar.

## **7. Hydration:**

- Drink plenty of water throughout the day to stay hydrated and help regulate blood sugar levels.
- Limit sugary beverages like soda, fruit juice, and sweetened tea or coffee.

## **8. Snacks:**

- Choose healthy snacks such as fresh fruit, raw vegetables with hummus, Greek yogurt, or a handful of nuts.
- Avoid snacks high in sugar and refined carbohydrates.

## **9. Limit Added Sugars:**

- Minimize intake of foods and beverages containing added sugars, such as desserts, sweetened cereals, and sugary drinks.
- Opt for natural sweeteners like stevia or small amounts of honey or maple syrup if needed.

## **10. Regular Monitoring:**

- Monitor blood sugar levels regularly as advised by your healthcare provider.
- Adjust your diet and medication as necessary based on blood sugar readings and consultation with your healthcare team.

Remember, it's essential to customize the ADA diet based on individual health needs, preferences, and lifestyle factors. Consulting with a registered dietitian or healthcare provider can provide personalized guidance and support for managing diabetes through diet.