



Catholic Healthcare West

**Ask the Expert**  
*Arizona Republic*

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**Q: I was recently diagnosed with Type 2 diabetes and feel so overwhelmed. How do I know what I can and can't eat?**

**A:** Hearing the news that you have diabetes can be overwhelming. There are many myths and misconceptions about what you can and cannot eat.

Some tips to begin:

- Instead of juice, punch and regular soda that contains high levels of carbohydrates, drink water, diet soda or tea, or a sugar-free flavored water beverage.
- Foods that are high in carbohydrates, even healthy nutritious foods, can raise blood sugar. Carbohydrate containing foods include cereal, milk, fruit, pasta, bread, rice, beans, tortillas, potatoes, fries, and chips, among others.
- Carbohydrate management from healthy every day foods to desserts will aid in maintaining your blood sugar levels. You can start carbohydrate management by serving a helping of foods high in carbohydrates on a section of your plate, leaving most of the plate for low to non-carbohydrate foods such as non-starchy vegetables or a lean meat, poultry or fish. If your are having something such a pizza, burritos, spaghetti, chili beans, burgers or fries, serve one to two portions the size of your fist and add a side dish such as a salad, salsa, guacamole, or small piece of fruit.

Chandler Regional Medical Center's Diabetes Center offers the Discovering Diabetes™ program that teaches adults how to enjoy the foods and activities without sacrificing the control of diabetes. To learn more about classes, please call 480.728.3535.

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