

# Don't Ditch Dairy From Diabetic Diet

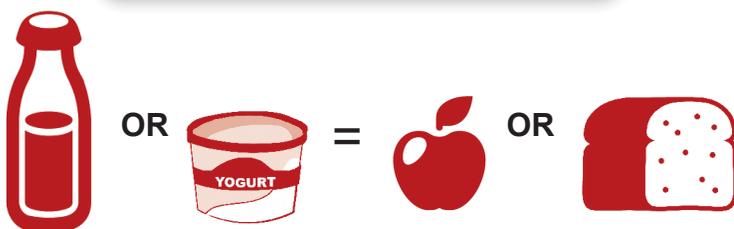
Diabetes affects an estimated **25.8 million** Americans and is a growing public health burden. Diet is a cornerstone of therapy for individuals with diabetes and dairy foods are an important part of the plan. According to the American Diabetes Association, diabetes increases the chance of developing bone fractures, a risk that increases as you age and lose bone mass. Calcium-rich foods, such as milk, help keep bones strong and protect against osteoporosis, a serious bone loss that can lead to broken bones and decreased mobility.



Another reason to keep dairy on the menu - Two large prospective studies\* conducted in the U.S. found **higher consumption of dairy foods was associated with reduced risk for type 2 diabetes**. The results of one of the studies showed a reduction of up to 50% when dairy foods were consumed, while the other study found dairy food consumption during adolescents to be a main factor in reducing risk.

Since milk contains lactose, a type of sugar, it needs to be counted toward your daily carbohydrate totals. The American Diabetes Association's nutrition plan recommends **45 to 60 grams** of carbohydrates per meal, which includes one serving of dairy.

## Tips for Carb Counters



1 cup milk or 6 oz of plain yogurt is equal to 1 small piece of fruit or 1 slice of bread.

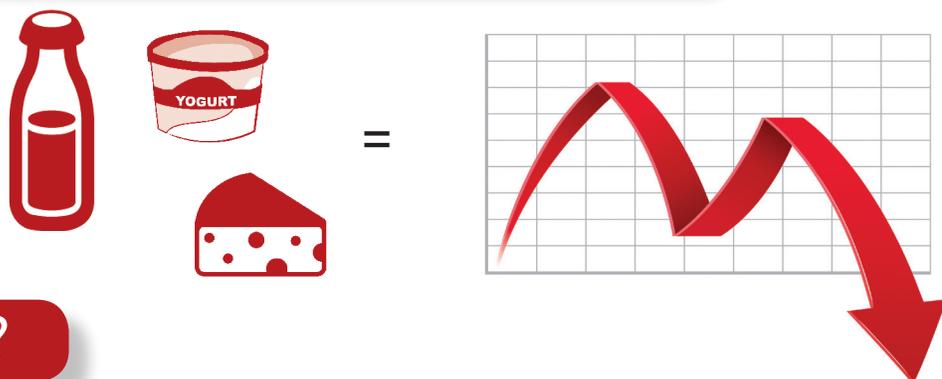
## Tips for the Plate Method



Your meal plan calls for 1 cup of milk, but you can alternate between fluid milk and 6 oz of plain yogurt.

## Tips for using the Glycemic Index

Milk has a low glycemic index so choose lower-fat dairy products to fit into your meals.



## Did You Know?



Each 1 cup serving of milk or 6 ounce serving of yogurt has about 12 grams of carbohydrate and 8 grams of protein. Greek yogurt is higher in protein than regular yogurt, with about 12 grams per 6 ounce serving.

If you are trying to switch to lower fat dairy products, take the time to get used to the taste and texture difference. For example, first change from whole milk to 2%, then to 1% or non-fat milk.

Switching from whole to 1% milk will save you 70 calories and 4 grams of saturated fat per serving.