

10 DIET COMMANDMENTS FOR BETTER DIABETES MANAGEMENT

The question “**What diet should I follow?**” has perhaps never been more confusing, more controversial, or more stressful. After experimenting with many different eating approaches over the years, I’ve honed in on ten eating commandments that I strive to follow

every day. These strategies seem to keep my blood sugars in range, give me plenty of energy, are transportable to different eating environments, are relatively convenient, and fit within my budget. - Adam Brown, diaTribe.org

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- 1 TRY TO LIMIT CARBOHYDRATES TO NO MORE THAN 30 GRAMS IN ONE SITTING.
 - 2 EAT MORE VEGETABLES.
 - 3 CHOOSE WHOLE FOODS AS OFTEN AS POSSIBLE. LESS THAN 5 INGREDIENTS IS IDEAL.
 - 4 COOK MY OWN FOOD.
 - 5 AVOID SUGAR, WHITE BREAD, POTATOES, RICE, PASTA, CRACKERS, CHIPS, CANDY AND ANYTHING FRIED.
 - 6 SNACK ON NUTS, SEEDS, VEGETABLES, FRUITS, AND LEAN SOURCES OF PROTEIN.
 - 7 DRINK WATER OR UNSWEETENED TEA.
 - 8 EAT A FILLING BREAKFAST (PROTEIN, FIBER) AND IDEALLY NOTHING WITHIN 90 MINUTES OF BEDTIME.
 - 9 EAT FRUIT FOR DESSERT, WHEN DESIRED.
 - 10 CHECK BLOOD SUGAR 90-120 MINUTES AFTER EATING OR WEAR CGM.

MY 10 PERSONAL EATING COMMANDMENTS

Now come up with a list of your own eating principles! Here are some questions to help guide you:

1

When you see your **best** blood sugars (ideally 80-140 mg/dl) 90 minutes after a meal, what did you eat? How did you eat? When and where did you eat? How did you manage your diabetes around these times?

2

When you see your **worst** blood sugars (over 200 mg/dl) 90 minutes after a meal, what did you eat? How did you eat? When and where did you eat? How did you manage your diabetes around these times?

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WHAT'S NEXT?

EVERYDAY CHALLENGES & HOW TO OVERCOME THEM

I've also found it critical to understand why I fall short. Here are my five biggest obstacles and ways I try to overcome them. You may find it helpful to make a similar table for your own obstacles.

EATING OUT

- Choosing salads or chicken/fish with a side of vegetables
- Reading nutrition information, when available
- Substituting salad or vegetables in place of potatoes
- Avoiding the bread
- Getting sauce/dressing on the side
- Drinking lots of water
- Remembering I don't have to clean my plate
- Asking for a bowl of berries for dessert
- Having predictable go-to snacks when on the run: nuts and seeds

RESISTING BAD FOOD IN FRONT OF ME

- Keeping junk food out of the house
- Eating at home before attending an event where food will be served
- Filling up on the healthy stuff first
- Mentally linking enough pain to eating the bad food and pleasure to making the better choice
- Remember what the unhealthy food tastes like and appreciating that I don't have to eat it just to experience the taste again

AVOIDING BOREDOM OR FEELINGS OF RESTRICTION

- Using cookbooks or recipe websites/blogs to find good options that fit with my commandments
- Using almond flour for making baked goods
- Using zucchini or spaghetti squash as a pasta substitute
- Roasting delicata squash as a potato/French fries substitute
- Using cauliflower + eggs as a pizza crust substitute
- Making reasonable exceptions once in a while (see below)

TIME INVESTMENT

- Making healthy eating a priority alongside all the other time demands in my life
- Having a repertoire of fast, go-to recipes
- Making a grocery run for everything I need for a week
- Buying frozen: vegetables, fruits, fish and chicken

MAKING EXCEPTIONS

Setting ground rules for my exceptions to avoid, "Just this one time." For example:

- I break the sugar/carb commandments when I'm doing long bike rides (usually once per week)
- I break the white rice/<30 carb commandments when eating sushi, one of my favorite foods (typically every other week at most)

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