

# Diabetes: Just the Basics

## Healthy Eating for People with Diabetes

Healthy eating is important for everyone. Having diabetes does not mean that you must give up all the foods you like. The best meal plan for you is one that you can stick with. Choosing healthy meals and snacks can help you manage your blood sugar. It is also important to maintain a healthy weight to help control your blood sugar and keep your heart healthy.

A dietitian can help you plan menus that include foods that you like to eat. Here are some things you can do to eat healthy in the meantime:

### Eat a variety of foods

- Eating a balanced diet promotes good health
- No one food or food group gives you all the nutrients you need
- Choose a variety of foods each day from the five major food groups :
  - Fruits, vegetables, dairy, grains, and protein
  - Eat fruit instead of drinking fruit juice

### Eat at regular times

- Don't skip meals
  - Skipping meals can make you feel more hungry
  - Feeling very hungry can lead to unhealthy food choices and overeating
- Don't go longer than 5 hours without eating a meal or a snack.

### Eat less fat and choose healthy fats such as olive oil and nuts

- Limit red meat (like steak and hamburgers)
- Drink fat-free or low-fat milk
- Eat low-fat or fat-free yogurt and cheese
- Bake, broil, roast, grill or boil foods
- Trim fat from meat before cooking
- Limit salad dressing, butter, and mayonnaise

### Small changes can add up

- Eat no more than 3 servings of fruit a day
- Increase your fiber intake
  - Try whole grain breads and pastas and/or brown rice
- Limit your intake of sweets, junk food, and fast food
- Plan your meal size and limit portions
- Read food labels

### Steps to Better Health

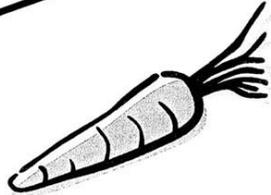
- Eat a variety of foods from all food groups
- Eat about the same amount of carbohydrates at meals and snacks each day
- Eat less if you want to lose weight
- Keep a food log to help you track of what you are eating

### Changes you can make to your diet:

1.

2.

## Healthy Eating: A Balanced Plate



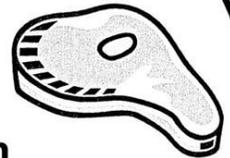
### Vegetables

Broccoli, cauliflower, spinach,  
asparagus, celery, pepper,  
cabbage, onions, salad,  
greens, mushrooms, carrots,  
artichoke, cucumber, squash,  
tomatoes, green beans,  
eggplant, leeks, turnips,  
Brussels sprouts

**2 or more fists**

### Protein

Chicken, turkey, pork  
loin, beef (93% lean,  
loin), egg, tofu, beans,  
soy products,  
fish, shellfish



**1 palm**

### Starch

Whole grain bread,  
brown rice, whole wheat  
pasta, bulgur, whole wheat  
couscous, corn, peas,  
potatoes, winter squash



**1 fist**