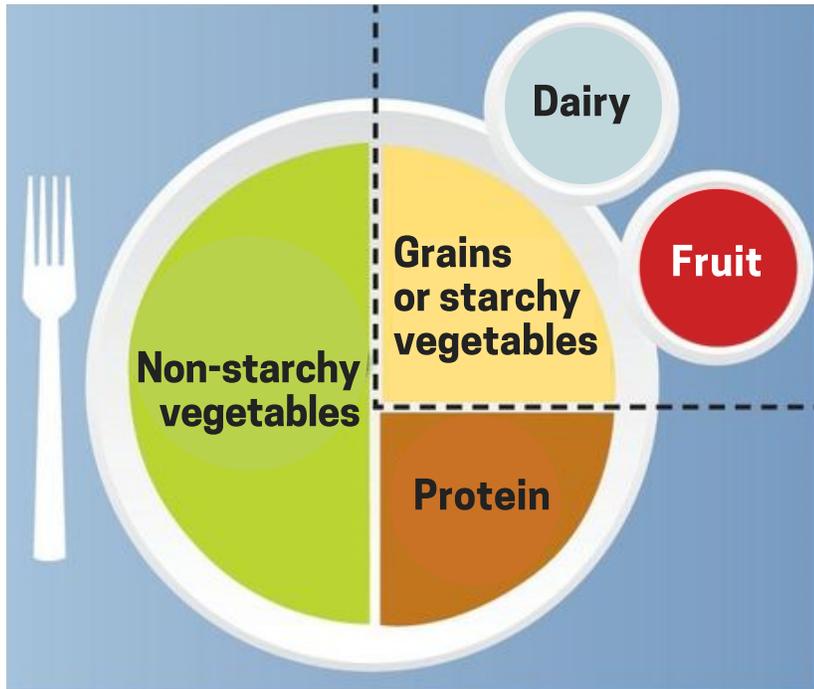


Eating well with **DIABETES**

To help manage your diabetes, focus on your plate! Healthy choices don't have to be expensive choices - follow these tips for budget-friendly foods to keep your diabetes in check!



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- **High-carbohydrate foods** like grains, starchy vegetables, dairy products, and fruits can raise your blood sugar quickly. These foods are still healthy choices to put on your plate, but keep **portion sizes** small. See the back side for recommended portions.



- Fill half of your plate with a rainbow of **non-starchy vegetables**. These are loaded with good nutrition and low in carbohydrates so they won't affect your blood sugar much. If you choose canned vegetables, look for lower sodium options.



- Choose a variety of **proteins** that are low in **saturated fat** for a healthy heart. Try fish, tofu, nuts, eggs, lean meats and poultry, and stay away from fried foods when possible.



- Try to eat meals at the **same time** each day, and avoid **skipping meals** or eating **large meals**. This can help keep your blood sugar steady and help you reach your weight loss goals.



- Desserts, sweets, soda, and other sweetened drinks are high in sugar and don't give you much nutrition. Think of these as **special treats** that you only have every once in a while.

See the back side for ideas on tasty diabetes-friendly foods to try!

DIABETES-FRIENDLY FOODS

Below is a list of healthy and affordable foods that are good options if you have diabetes. Use the plate picture on the front side of this sheet as a guide for building your meals.



GRAINS/STARCHY VEGETABLES



***Carbohydrate-rich** (raise blood sugar)

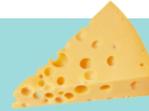
Healthy choices: starchy vegetables (potatoes, corn, beans, peas, winter squash); whole grain bread, pasta, cereal, and brown rice. Look for "whole grain" or "whole wheat" as the first ingredient.

Tasty idea: make a mini pizza on a whole wheat English muffin

Portion size: 1/4 of plate, 1 slice bread, 1/4 bagel, 1/2 cup pasta or starchy veggies



DAIRY



***Carbohydrate-rich** (raise blood sugar)

Healthy choices: fat-free or low-fat milk, yogurt, and cottage cheese; low-fat cheese; calcium-fortified foods (like soy or nut milk) if you can't eat dairy products

Tasty idea: Try plain yogurt with some fresh or canned fruit for an easy snack

Portion size: 1 cup of milk or yogurt, 1/2 cup of shredded cheese



FRUIT



***Carbohydrate-rich** (raise blood sugar)

Healthy choices: fresh, frozen, dried, and canned in juice or with no sugar added. Choose whole fruit over juice and rinse canned fruit if it is in syrup.

Tasty idea: eat a serving of fruit instead of a traditional dessert

Portion size: 1 small piece of fruit, 1 cup of cut fresh fruit, 1/2 cup of juice or dried fruit

PROTEIN



***Low in carbohydrates** (does not raise blood sugar much)

Healthy choices: lean meat, fish, chicken, turkey, nuts, eggs, tofu, and peanut butter.

Look for 85% ground meat or leaner.

Tasty idea: try Meatless Mondays for budget-friendly and healthy protein options

Portion size: 1/4 of plate, meat the size of a deck of cards, 1 egg, 2 tablespoons peanut butter, a handful of nuts



NON-STARCHY VEGETABLES



***Low in carbohydrates** (do not raise blood sugar much)

Healthy choices: fresh, frozen, & low-sodium/no salt added canned vegetables like green beans, mushrooms, carrots, tomatoes, radishes, asparagus, cauliflower, broccoli, spinach, and peppers

Tasty idea: for an easy side dish, cut fresh veggies into equal-sized pieces, toss with a bit of oil, salt, and pepper, and roast in the oven at 400°F for 20-30 minutes (or until veggies are tender)

Portion size: 1/2 of plate, 1 cup raw or cooked vegetables, 2 cups leafy greens