



TIPS FOR HEALTHY DIABETIC MEAL PLANNING

8 PRINCIPLES OF LOW-GLYCEMIC EATING

1. **Eat a lot of non-starchy vegetables, beans, and fruits** such as apples, pears, peaches, and berries. Even tropical fruits like bananas, mangos, and papayas tend to have a lower glycemic index than typical desserts.
2. **Eat grains in the least-processed state possible:** “unbroken,” such as whole-kernel bread, brown rice, and whole barley, millet, and wheat berries; or traditionally processed, such as stone-ground bread, steel-cut oats, and natural granola or muesli breakfast cereals.
3. **Limit white potatoes and refined grain products** such as white breads and white pasta to small side dishes.

Instead of...	Try these options!
White rice	Brown rice or wild rice
White potatoes (including fries and mashed potatoes)	Sweet potatoes, yams, winter squash, cauliflower mash
Regular pasta	Whole-wheat pasta
White bread	Whole-wheat or whole-grain bread
Sugary breakfast cereal	High-fiber breakfast cereal (Raisin Bran, etc.)
Instant oatmeal	Steel-cut oats or rolled oats
Croissant or pastry	Bran muffin

4. **Limit concentrated sweets**—including high-calorie foods with a low glycemic index, such as ice cream—to occasional treats. Reduce fruit juice to no more than one cup per day. Completely eliminate sugar-sweetened drinks.

Tricks for cutting down on sugar

- **Reduce how much soda and juice you drink.** If you miss your carbonation kick, try sparkling water either plain or with a little juice mixed in.
- **Reduce the amount of sugar in recipes** by $\frac{1}{4}$ to $\frac{1}{2}$. If a recipe calls for 1 cup of sugar, for example, use $\frac{2}{3}$ or $\frac{3}{4}$ cup instead. You can also boost sweetness with cinnamon, nutmeg, or vanilla extract.

- **Find healthy ways to satisfy your sweet tooth.** Instead of ice cream, blend up frozen bananas for a creamy, frozen treat. Or, enjoy a small chunk of dark chocolate, rather than your usual milk chocolate bar.
- **Start with half of the dessert you normally eat** and replace the other half with fruit.

Proceed with caution when it comes to alcohol

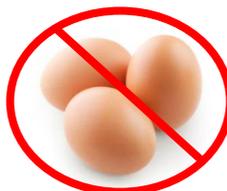
It's easy to underestimate the amount of calories and carbs in alcoholic drinks, including beer and wine, and cocktails mixed with soda and juice can be loaded with sugar. If you're going to drink, do so in moderation (no more than 1 drink per day for women; 2 for men), choose calorie-free drink mixers, and drink only with food. If you're diabetic, always monitor your blood glucose as alcohol can interfere with diabetes medication and insulin.

5. **Eat a healthful type of protein at most meals** such as beans, fish, or skinless chicken.
6. **Choose foods with healthful fats** such as olive oil, nuts (almonds, walnuts, pecans), and avocados. Limit saturated fats from dairy and other animal products. Completely eliminate partially hydrogenated fats (trans fats), which are in fast food and many packaged foods.

Healthy and Unhealthy Fats

Fats can either be helpful or harmful in your diet. People with diabetes are at higher risk for heart disease, so it is even more important to be smart about fats. Some fats are unhealthy and others have enormous health benefits. But all fats are high in calories, so you should always watch your portion sizes.

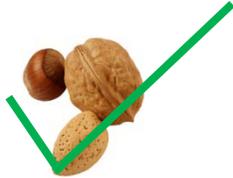
- **Unhealthy fats** – The two most damaging fats are saturated fats and trans fats. Saturated fats are found mainly in animal products such as red meat, whole milk dairy products, and eggs. Trans fats, also called partially hydrogenated oils, are created by adding hydrogen to liquid vegetable oils to make them more solid and less likely to spoil—which is very good for food manufacturers, and very bad for you.



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- **Healthy fats** – The best fats are unsaturated fats, which come from plant and fish sources and are liquid at room temperature. Primary sources include olive oil, canola oil, nuts, and avocados. Also focus on omega-3 fatty acids, which fight inflammation and support brain and heart health. Good sources include salmon, tuna, and flaxseeds.



Ways to reduce unhealthy fats and add healthy fats:

- Cook with olive oil instead of butter or vegetable oil.
- Trim any visible fat off of meat before cooking and remove the skin before cooking chicken and turkey.
- Instead of chips or crackers, try snacking on nuts or seeds. Add them to your morning cereal or have a little handful for a filling snack. Nut butters are also very satisfying and full of healthy fats.
- Instead of frying, choose to grill, broil, bake, or stir-fry.
- Serve fish 2 or 3 times a week instead of red meat.
- Add avocado to your sandwiches instead of cheese. This will keep the creamy texture, but improve the health factor.
- When baking, use canola oil or applesauce instead of shortening or butter.
- Rather than using heavy cream, make your soups creamy by adding low-fat milk thickened with flour, pureed potatoes, or reduced-fat sour cream.

7. **Have three meals and one or two snacks each day** and don't skip breakfast.

8. **Eat slowly and stop when full.**

DINNER PLATE FOR DIABETICS

1. Draw an imaginary line down the middle of your plate, then divide the left side of your plate once more into 2 equal sections. Now you have 3 sections on your plate—2 small and 1 large.



2. For every meal, try to fill the largest section with non-starchy vegetables such as spinach, carrots, lettuce, greens, green beans, broccoli, cauliflower, tomatoes, or cucumbers.
3. In 1 of the small sections, place starchy foods such as whole-grain breads, rice, pasta, tortillas, peas, potatoes, corn, lima beans, low-fat crackers or chips, or pretzels.
4. In the other small section, put your low-fat meat such as a deck-of-cards-size (3-ounce) piece of chicken, tuna, salmon, cod, lean beef, or pork; or go with high-protein meat substitutes such as tofu, eggs, or low-fat cheese.
5. Add a low-fat drink and a piece of fruit for dessert.

Getting in the habit of organizing your meals this way can help make healthful eating a little easier, which can make a real difference when it comes to managing your diabetes.