

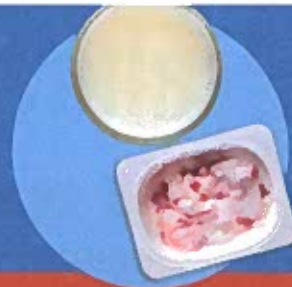


# Diabetes MYPLATE

## DAIRY

*Move to low-fat or fat-free milk or yogurt*

- Choose fat-free or low-fat milk or yogurt.
- Choose calcium-fortified foods if you can't eat dairy products.



## FRUITS

*Focus on fruits*

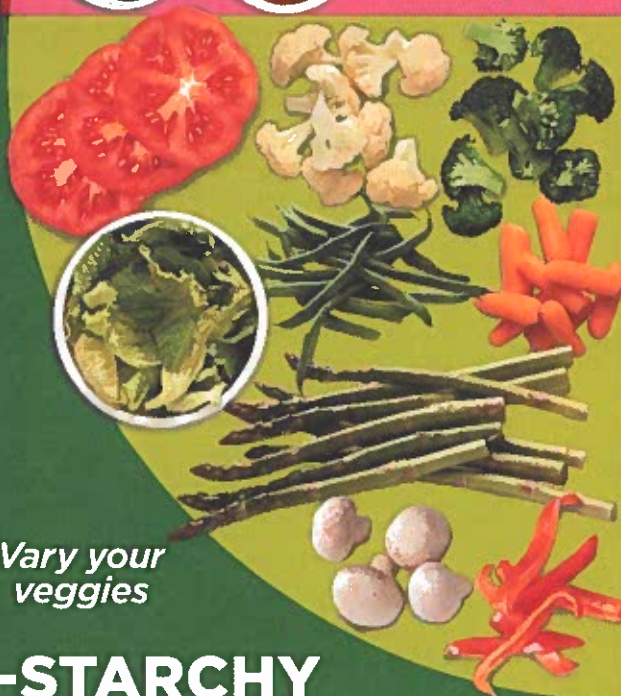
- Choose whole or cut-up fruit over fruit juice.
- Select canned fruits in 100% juice or water, not syrup.
- Dried fruit and juice portion sizes are small so they may not be as filling as fresh or canned fruits.



*Vary your  
veggies*

## NON-STARCHY VEGETABLES

- Buy fresh vegetables in season—keep frozen on hand too.
- Plan meals around a vegetable main dish, such as a vegetable stir-fry.
- Keep cut-up vegetables handy for quick snacks.



## STARCHY VEGETABLES GRAINS | LEGUMES

*Make half your grain whole grains*

- Choose whole grains instead of refined grains.
- Choose foods that list a whole grain first on the label—color is not an indication.
- Starchy vegetables are great sources of vitamins, minerals, and fiber.
- Include dried beans and peas at meals.



*Vary your  
protein routine*

## PROTEIN

- Start with lean choices and remove visible fat and skin.
- Use fish and poultry more often.
- Try grilling, broiling, poaching, or roasting—these methods do not add extra fat.





# Healthy Eating with Diabetes

## What is Diabetes?

Your body and brain need sugar from the foods you eat. Diabetes is a medical condition where you have too much sugar in your blood (called blood glucose). Eating well, getting regular physical activity, maintaining a healthy weight, and taking prescribed medicines can help manage diabetes.

Foods that contain carbohydrate are changed into blood glucose when you eat. These include:

- » Plant-based foods like grains, dried beans and peas, starchy vegetables, fruit, and fruit juice
- » Dairy-based foods like milk and yogurt
- » Sweets like sugar, honey, jellies, candy, syrup, and regular sodas
- » Baked goods like cakes, cookies, and pies



**Plan to eat every 3-4 hours during the day**

## Diabetes Diet Tips

- Eat meals and snacks at about the same time every day, eating every 3-4 hours.
- Eat a consistent amount of foods that contains carbohydrate at each meal and snack.
  - » 2-3 carbohydrate choices for meals
  - » 1-2 carbohydrate choices for snacks
  - » Get specific recommendations for you from a registered dietitian or certified diabetes educator.
- Focus on fiber from whole grains and vegetables. Fiber helps control blood glucose levels.
- Protein foods like beef, chicken, and fish do not contain carbohydrate and don't make blood glucose go up. Select lean cuts of meat and trim visible fat and skin.
- Eat as many vegetables as you want **except** for starchy ones. Limit these portions 1/2 to 1 cup (less than the size of your fist).
- Choose water, unsweetened coffee, tea, or diet soft drinks.



## Follow a Balanced Diet to Control Blood Glucose Levels –

- » Plan to eat every 3-4 hours during the day.
- » Avoid skipping meals.
- » Watch your portion size. Use a smaller plate, cup, or bowl and portion out foods before eating.

## What equals 1 carbohydrate choice?

**1 carb choice = 15 grams of carbohydrate**

**Grains:** 1 (1 oz.) slice of bread  
1/2 English muffin, bagel, or bun (1 oz.)  
1 (6") tortilla  
1/3 cup cooked rice or pasta  
3/4 cup ready-to-eat cereal  
1/2 cup cooked cereal

**Dairy:** 1 cup milk or yogurt

**Vegetables:** 1/2 cup starchy vegetable: corn, peas, potato, sweet potato, yams, cooked dried beans

**Fruits:** 1 medium piece of fruit  
1 cup berries or melon  
1/2 cup canned fruit (in water or juice)  
1/2 cup 100% fruit juice



**Cut back on foods high in solid fats, added sugars, and salt.**

## Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up and the health benefits increase as you spend more time being active.





# Build a **BALANCED** bag lunch:

$$\frac{1}{2} + \frac{1}{4} + \frac{1}{4} + \text{add} =$$

**Vegetables & Fruits**   **Whole Grains**   **Lean Protein**   **1 Serving of Low-fat Dairy**



## Vegetables

- Bell pepper slices
- Cherry tomatoes
- Salsa or tomato sauce
- Sugar snap peas
- Celery sticks
- Vegetable soup
- Baby carrots
- Green garden salad
- Cucumber slices
- Broccoli or cauliflower florets

## Fruits

- Orange segments
- Apple
- Grape clusters
- Diced melon
- Dried fruits: raisins, apricots, apples, or cranberries
- Strawberries, raspberries, or blueberries
- Banana
- Single serving fruit or applesauce cup

## Whole Grains

- Whole wheat bread, pita, bagel, or wrap
- Whole wheat or corn tortilla
- Whole wheat pasta or noodles
- Brown rice
- Popcorn
- Baked tortilla chips or whole grain pita chips
- Whole grain crackers
- Granola bar
- Whole grain cereal

## Lean Protein

- Lean luncheon meats: turkey or chicken breast, lean roast beef, or lean ham
- Peanut butter
- Beans
- Hummus or bean dip
- Canned water-packed tuna
- Handful of nuts
- Hardboiled eggs

## Low-fat Dairy

- Part-skim string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Slice low-fat cheese
- Low-fat or fat-free milk





# Why Pack Your Lunch?

- Save money by not stopping at fast food restaurants or the convenience store
- Make more nutritious choices by controlling your portion size, amount of fat and calories, and ingredients

## Easy Lunch Ideas

- ▶ Change up your bread and assemble your favorite sandwich using pita bread, a sandwich wrap, or tortilla.
- ▶ Take your favorite sandwich fillings and add them to chopped lettuce for a salad.
- ▶ Make a pasta salad with leftover pasta, chopped vegetables, canned tuna or cooked chicken or ham, and a drizzle of low-fat salad dressing.
- ▶ Fill a storage container with raw vegetables and include low-fat dip or hummus.
- ▶ Eat breakfast for lunch by layering sliced fruit, yogurt, and granola in a storage container.
- ▶ Enjoy leftovers from last night's evening meal reheated in the microwave.



## Consider Convenience

- Choose convenience foods like soups, frozen dinners, and microwaveable pastas carefully by selecting options with lower sodium and calories.
- Plan ahead and make extra food at dinnertime to be eaten as leftovers at lunchtime. Store in individual microwaveable containers for convenience.
- Put together your lunch the night before so it is ready to grab and go in the morning.



## Think About Your Drink

- Save calories and money by choosing to drink water with your lunch. Sodas, fruit drinks, sweetened iced teas, and coffee drinks are filled with empty calories. Water is a good choice because it's calorie-free, inexpensive, and readily available.



## Keep Your Lunch Safe To Eat

- Lunches that include perishable items such as meat, fish, poultry, or dairy need to be kept cold. Stick your lunch in the refrigerator or use an insulated lunch bag or cooler. Place a reusable gel ice pack in with your food to keep your lunch at the proper temperature.
- If a refrigerator or an insulated bag isn't available, pack foods that can be stored safely at room temperature such as crackers, peanut butter, or a single serving fruit cup.





# DASH

## to Better Health.

Dietary Approaches to Stop Hypertension (DASH) Eating Plan

What you eat affects your chances of developing hypertension (high blood pressure). Hypertension can be prevented and lowered by following the **DIETARY APPROACHES TO STOP HYPERTENSION (DASH)** eating plan, which is high in fruits and vegetables and low in sodium. When you combine this plan with regular physical activity, you may be able to reduce your blood pressure.

### WHAT IS DASH?

DASH is a method to healthy eating that helps treat or prevent high blood pressure through eating less sodium and more foods high in potassium, calcium, and magnesium—nutrients that help lower blood pressure.

Eating the DASH way may also help prevent osteoporosis, cancer, heart disease, stroke, and diabetes as well as help you lose weight.

### DASH DIET BASICS

Compared to the typical American diet, the DASH Eating Plan encourages:

#### LESS

- Saturated fat
- Total fat
- Cholesterol
- Sodium and processed foods
- High fat meats
- Sugar, sweets, and sugar-sweetened beverages

#### MORE

- Fruits
- Vegetables
- Fat-free and low-fat milk and dairy products
- Whole grains
- Lean sources of protein like fish, poultry, and nuts

## WHAT IS HYPERTENSION?

- Hypertension is the medical term for high blood pressure.
- Blood pressure is the force of blood against artery walls.
- It is recorded as two numbers:

**Systolic** (when your heart beats)

**Diastolic** (when the heart relaxes between beats)

- High blood pressure causes the heart to work harder and can harm arteries and organs like your heart, brain, kidneys, and eyes.

CATEGORY	SYSTOLIC (mmHg)		AND	DIASTOLIC (mmHg)	
Normal	Less than 120		AND	Less than 80	
Elevated	120-129		AND	Less than 80	
High Blood Pressure Stage 1	130-139		OR	80-89	
High Blood Pressure Stage 2	140 or Higher		OR	90 or Higher	
Hypertensive Crisis	Higher than 180		AND/OR	Higher than 120	
(Consult your doctor immediately)					



# MAKE HEALTHY Food Choices

## GRAINS

- **MAKE half your grain choices whole grains.** Whole grains like brown rice have more fiber and nutrients than refined grains like white rice.
- **READ a food's ingredient list** and look for the words "whole" or "whole grain" before the type of grain (e.g., whole wheat flour, whole oats, whole grain rye), at the beginning of the list.

## VEGETABLES

- **CHOOSE a variety of fresh, frozen, or canned vegetables.** Look for low-sodium canned and frozen vegetables without sauces when you're grocery shopping.
- **ENJOY a variety of different colored vegetables.** Each color has a different health benefit.

## FRUITS

- **LEAVE edible peels** on fruits and vegetables for additional sources of cholesterol-lowering fiber.
- **CHOOSE whole fruits more often than juice.** Whole fruits contains fiber, which is missing from 100% juice.
- **SELECT canned fruits** in 100% juice or water, not syrup.

## DAIRY

- **CHOOSE low-fat or fat-free milk, yogurt, and cheese.** These foods are good sources of calcium, which helps lower blood pressure.
- **READ FOOD LABELS** on cheese packages to find choices that are lower in sodium.

## PROTEIN

- **CHOOSE lean meat, poultry, and fish** and trim any visible fat or skin. Keep your portions small.
- **TRY grilling, broiling, poaching, or roasting**—these methods do not add extra fat.
- **ENJOY** beans, legumes, nuts, and seeds often.

## BE ACTIVE

**PHYSICAL ACTIVITY** is also important. You can reduce your blood pressure when you do regular aerobic activity (activities that elevate your heart rate regularly such as running, walking, swimming, dancing or biking). Aim for 30 minutes each day, or 150 minutes per week.

## Shake THE SALT HABIT

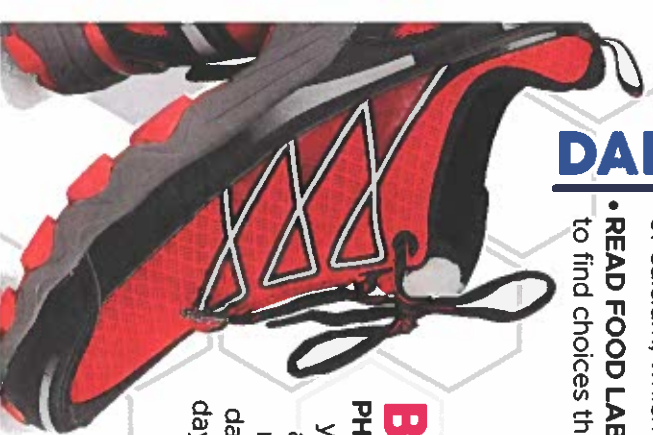
An important part of healthy eating is choosing foods that are low in salt (sodium). Eating less sodium is key to keeping blood pressure at a healthy level. Most Americans should consume less than 2,300 milligrams (mg) of sodium per day as part of a healthy eating pattern, while some populations such as African Americans or the elderly should consume even less.

Choose fresh foods more often than canned, frozen, or processed foods. If you buy packaged foods, select low-sodium versions of canned soups, vegetables, or frozen dinners.

*Some common foods that are often high in sodium*


- Packaged or prepared meat, poultry, and seafood products
- Salad dressings and seasonings
- Sandwiches
- Pizza
- Sauces and gravies
- Taco mixes
- Prepackaged rice or pasta dishes
- Soups

- Cook at home more often to control the sodium in your food.
- Flavor foods with herbs, spices, vinegar, and citrus juices.





# MINDFUL EATING



**Mindful eating is about giving your full attention to the food you eat.** Eating mindfully means listening to the hunger cues your body sends and eating only until you're satisfied.



## What Causes **Mindless Eating?**

### >> **Our emotions**

Our feelings have a direct connection to what and how much we eat. Sometimes food cravings hit when we feel stressed or bored as a way to deal with negative emotions. We may reach for high calorie comfort foods like ice cream, chocolate, pizza, or fried foods.

### >> **Learned behavior**

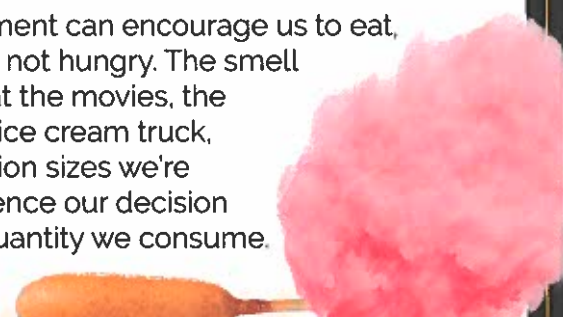
As children, many of us were taught to "clean our plates" and we use these visual cues to signal when to stop eating. Using fullness cues your body sends rather than *food on the plate* is key to eating mindfully.

### >> **Social cues**

We eat when we're with others or because food is tied to participation at an event, such as cake at a birthday party. You may feel the need to "join in the fun" by eating.

### >> **The sight, smell, and sound of food**

Our environment can encourage us to eat, even if we're not hungry. The smell of popcorn at the movies, the sound of an ice cream truck, and the portion sizes we're served influence our decision to eat and quantity we consume.







# WHAT CAUSES US TO EAT TOO MUCH?

## >> The size of the container, dish, or glass

We tend to eat or drink more from large containers. Try these tips to become more mindful of portion size:

- Avoid eating directly out of the package.
- Divide large containers or packages of food into smaller-sized portions.
- Use smaller dishes. Try tall, skinny glasses instead of short, wide glasses and salad plates instead of dinner plates to keep portions in check.

## >> Portion sizes

We tend to eat the amount that we're served.

- Ask for half your meal to be placed in a to-go box when eating out. Enjoy the other half for another meal.
- Dish up your plate in the kitchen rather than serving family style at the table. Go back for seconds if you're still hungry.

## >> Too many choices

When we have a high variety of foods at a buffet or potluck, we tend to lose track of what and how much we have eaten.

- Walk the buffet and decide which foods you'd like to try before grabbing a plate.
- Limit yourself to one trip to the buffet.

## How to Eat Mindfully

### >> Slow down

It takes your brain up to 20 minutes to realize you're full. If you eat too fast, the signal that you're full may not arrive until you've already eaten too much.

- Set a timer for 20 minutes. Take that time to eat your meal.
- Try eating with your non-dominant hand. If you're right-handed, eat with your left. If you're left-handed, eat with your right.
- Use chopsticks. If you don't normally use them, chopsticks can help you slow down.
- Take small bites and chew thoroughly. Put your fork or spoon down between each bite to help slow your eating.

### >> Focus on your food

Eating while you're distracted or emotionally upset can also cause you to eat more than your body needs. Try eating in silence. Turn off the TV and put down your phone to fully engage in your meal.

### >> Listen to your body

Determining if your hunger is physical or emotional is important in order to eat mindfully.

- If you ate a few hours ago and don't have a rumbling stomach, you're probably not hungry. Give the craving time to pass.
- Avoid going more than 3-4 hours without eating. When you're starving, it's hard to gauge fullness.





# SUGAR SHOCKERS

## Compare Nutrition Facts Labels

to find the lowest sugar content

Nutrition Facts	
8 servings per container	
<b>Serving size</b> 2/3 cup (55g)	
<b>Amount per serving</b>	
<b>Calories</b> 230	
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	20%
Includes 10g Added Sugars	
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Americans consume on average 22-28 teaspoons of added sugar each day. Dietary guidelines recommend consuming no more than 10% of daily calories from added sugar. Added sugars don't occur naturally in foods the way that fructose does in fruit or lactose does in dairy products—they add calories, but are often missing extra nutrients.

**Eat less sugar.** Learn to read Nutrition Facts labels and ingredients lists. Sugar goes by many names, including:

- Agave nectar
- Barley malt extract
- Brown rice syrup
- Corn sugar
- Corn sweetener
- Corn syrup or corn syrup solids
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Lactose
- Maltodextrin
- Malt syrup
- Molasses
- Maltose
- Maple syrup
- Sucrose

### INSTANT OATMEAL

1 packet maple brown sugar | 43 g ▲ 160 calories

**13** grams sugar



### TOASTER PASTRY

1 strawberry | 52 g ▲ 200 calories

**16** grams sugar



### OAT BRAN CEREAL

1 cup ▲ 270 calories

**20** grams sugar



### FLAVORED YOGURT

6 ounces strawberry ▲ 170 calories

**26** grams sugar



One sugar cube = 2 grams of sugar. NOTE: Nutrition information is based on typical values for foods shown and may vary by brand or manufacturer. Dietary guidelines recommend consuming no more than 10% of daily calories from added sugar. Sugar in fruit and unsweetened dairy products are naturally occurring and do not contribute added sugar.



## SWEETENED SHREDDED WHEAT CEREAL

1 cup | 54 g ▲ 190 calories

11

grams sugar



## TOMATO SOUP

1 cup prepared ▲ 90 calories

12

grams sugar



## FRUIT RINGS CEREAL

1 cup | 29 g ▲ 110 calories

12

grams sugar



## BAKED BEANS

1/2 cup | 130 g ▲ 140 calories

12

grams sugar



## GRANOLA

1/2 cup | 48 g ▲ 200 calories

10

grams sugar



## BARBECUE SAUCE

2 Tbsp. | 36 g ▲ 50 calories

11

grams sugar



## CEREAL BAR

1 mixed berry bar | 37 g ▲ 120 calories

11

grams sugar



## FRENCH DRESSING

2 Tbsp. creamy ▲ 160 calories

11

grams sugar



## SPAGHETTI RINGS

1 cup ▲ 170 calories

11

grams sugar



## FROZEN PIZZA

1/5 supreme pizza | 130 g ▲ 300 calories

5

grams sugar



## MACARONI & CHEESE

2.5 oz. | 1/3 box ▲ 260 calories

6

grams sugar



## SPAGHETTI SAUCE

1/2 cup | 125 g ▲ 80 calories

7

grams sugar



## CHEWY GRANOLA BAR

1 bar | 24 g ▲ 100 calories

7

grams sugar



## KETCHUP

2 Tbsp. | 34 g ▲ 40 calories

8

grams sugar



## FROZEN WAFFLES

2 buttermilk waffles ▲ 190 calories

2

grams sugar



## PEANUT BUTTER

2 Tbsp. creamy ▲ 190 calories

3

grams sugar



## WHOLE GRAIN BREAD

1 slice | 43 g ▲ 120 calories

4

grams sugar



## WHEAT CRACKERS

16 pieces | 31 g ▲ 140 calories

4

grams sugar



One sugar cube = 2 grams of sugar  
NOTE: Nutrition information is based on typical values for foods shown and may vary by brand or manufacturer.

# Eat less sugar.

• Add less sugar to foods and beverages, like cereal or coffee.

• Choose foods that are naturally sweet, like fruit or dairy products. These foods provide nutrients that benefit your body.



• **WATCH WHAT YOU DRINK.** Sodas, sports drinks, energy drinks, bottled teas and coffees, and juice are loaded with sugar. Choose water, milk, and unsweetened beverages more often and limit 100% fruit juice to one serving a day.



**Drink water  
any way you like!**

Your body needs **8 cups\*** or more of water each day

# 10 ways to drink water



**1.**



*Top with lemon*

**2.**



*Brew up a cup of herbal tea*

**3.**



*Drop in fresh  
cucumber slices*

**4.**



*Add pineapple*

**5.**



*Float some blueberries*

**6.**



*Squeeze in some  
orange juice*

**7.**



*Carbonated*

**8.**



*Splash in cranberry juice*

**9.**



*Add calorie-free  
raspberry syrup  
to crushed ice*

**10.**

**Drink it pure!**

*\*Drink water throughout the day rather than all at once. Drink more water when you exercise and if the weather is hot. Some of the daily water needed can come from food and beverages other than water.*



# why water?

Drinking water is a great, calorie-free way to satisfy your thirst, but you don't have to rely on it to get all your fluid needs. The foods you eat provide about 20% of your daily water intake and the rest comes from water and other beverages, like low-fat milk, 100% fruit juice, tea, and coffee.

**Water is a good choice because it's calorie-free, inexpensive, and readily available!**

## Tap vs. Bottled

**Keep yourself hydrated and care for the environment! Carry a refillable, reusable water bottle with tap water with you.**

+ Tap water contains essential nutrients that are often filtered out of bottled water. Municipal water supplies also have added fluoride that helps prevent dental cavities.

+ The cost of buying bottled water can add up. For the price of one bottle of water, you can get up to 1,000 gallons of tap water.

+ Bottled water produces up to 1.5 million tons of plastic waste per year.



Water makes up 60% of your body weight and plays a vital role in the functioning of your body. Every system in your body depends on water:

- + Regulates body temperature
- + Moistens tissues
- + Lubricates joints
- + Helps flush out waste
- + Carries nutrients to cells
- + Protects organs

## Water Tips

**Get in the habit of hydration** – drink water when you wake up, at each meal, and between each meal.

**Carry a water bottle with you wherever you go** – to school, to work, in the car, at the gym, in your backpack.

**Drink water** before, during, and after exercising.

## When do you need more?

Heat, humidity and physical activity can increase our fluid needs. If you're physically active more than 90 minutes, choose a sports drink over water. It hydrates your body while replacing electrolytes lost through sweat.

**Drink water**

*any way you like!*

**Your body needs 8 cups or more of water each day**



# KEEPING

# HYDRATED<sup>FOR</sup>

## Why is water important?

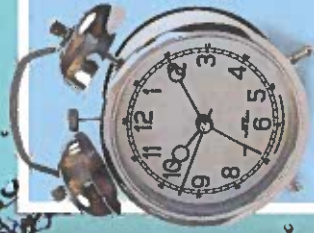
Dehydration is the loss of water from the body. As you age, you are more at risk for dehydration.

- Your body's ability to conserve water is reduced
- Your thirst sense becomes less acute
- You are less able to respond to changes in temperature



Water makes up 60% of your body weight and plays a vital role in the functioning of your body. Every system in your body depends on water.

- ◇ Regulates body temperature
- ◇ Moistens tissues
- ◇ Lubricates joints
- ◇ Helps flush out waste
- ◇ Carries nutrients to cells
- ◇ Protects organs



### 1.

#### Get in the habit of hydration

Drink water when you wake up, at each meal, and between meals.



### 2.

#### Carry a water bottle

Carry a water bottle with you when you're on the go.

### 3.

#### Choose hydrating snacks

Try watermelon, cucumbers, citrus fruits, applesauce, or yogurt. These foods can help keep you hydrated.



# WATER TIPS



# Staying hydrated

✓ Don't wait until you're thirsty to start drinking water. At that point dehydration has already started.

✓ One sign of proper hydration is the color of urine. It should be clear or a pale yellow.

✓ Alcohol should be limited.

✓ Minimize the number of beverages with caffeine. Because of its diuretic effect, caffeinated beverages can cause the kidneys to excrete more water.

# CHOOSE HYDRATING FOODS

Water and other beverages, fruits, and vegetables are great options to help keep your body hydrated.

100% WATER	WATER
90-99% water	Fat-free (skim) milk Soup Strawberries Watermelon Lettuce Cabbage Celery Spinach Broccoli
80-89% water	Fruit juice Yogurt Apples Grapes Oranges Carrots
70-79% water	Shrimp Bananas Corn Potatoes Avocados Cottage cheese
60-69% water	Pasta Legumes Salmon Ice cream Chicken breast

