

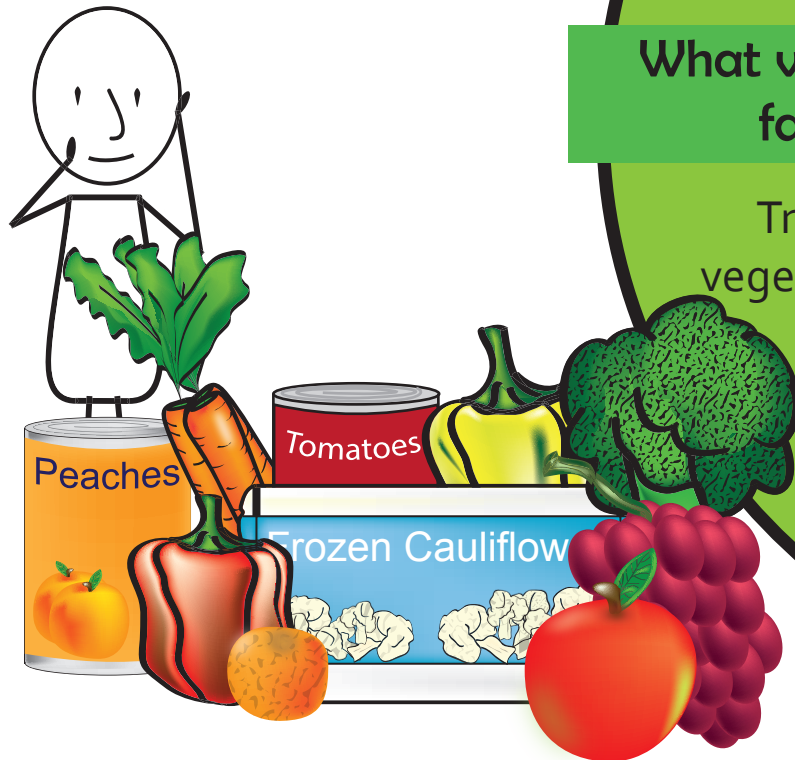
Eating Healthier with Diabetes

Healthy choices can be affordable choices

Fruits

How can I enjoy fruit and control my blood sugar?

Try fresh fruits, canned fruits in their own juice, and plain frozen fruit for a treat



Vegetables

What vegetables can my family afford?

Try fresh in-season vegetables, plain frozen, and canned

Grains

What is a serving?

Try smaller portions. One package could be many servings



Proteins

Meat can be expensive. What other protein can I eat?

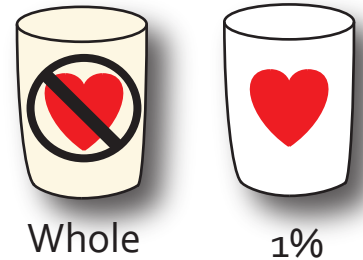
Try nuts, beans, canned fish, and eggs



Dairy

What kind of dairy is a healthy choice?

Try skim and 1% milk and non-fat yogurt



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Healthy choices can be affordable choices

To stay healthy with diabetes, focus on what's on your plate. Fill half of your plate with non-starchy vegetables. The other half should be filled with grains and protein. Fruits and milk should be on the side. Fruits, milk, and grains will raise your blood sugar so pay attention to serving sizes. If you eat more of one, eat less of another. For example, if you eat 2 servings of grains (2 slices of bread), skip the fruit or milk. Eating this way can actually be really cheap! Let's explore how and why...

Blood Sugar Key:

- won't raise blood sugar

+ will raise blood sugar a little

++ will raise blood sugar a lot

Fruits

Blood Sugar: ++

Good to Know: Will raise blood sugar, especially dried fruit and fruit juice. Serving size is important!

Check your Plate: 1 small piece of fruit

Benefits: Helps you feel full, full of vitamins and fiber

Some Examples: 1 small apple, apricot, banana, orange, peach; or 1 small bowl of berries, grapes, melon, pineapple

Suggestion: Try a serving of fruit for dessert

Vegetables

Blood Sugar: -

Good to Know: Does not include corn, peas, potatoes, pumpkin, or winter squash

Check your Plate: ½ of your plate

Benefits: Won't raise blood sugar, helps you feel full, full of vitamins and fiber

Some Examples: 1 cup cooked or raw beets, broccoli, carrots, cauliflower, cucumbers, green beans, radishes; 2 cups kale, spinach, leafy greens

Suggestion: Try adding spices, herbs, and oils to add great flavor, especially to roasted vegetables

Grains

Blood Sugar: ++

Good to Know: Will raise blood sugar- read labels to find out serving sizes

Check your Plate: ¼ of your plate

Benefits: Provide energy, fiber, and vitamins

Some Examples: 1 slice bread, ½ bun or English muffin, ½ cup of bulgur, corn, pasta, peas, popcorn, potatoes, pumpkin, winter squash, rice

Suggestion: Aim for whole-grain products (first ingredient is whole-grain)

Proteins

Blood Sugar: +

Good to Know: Will raise blood sugar a small amount

Check your Plate: ¼ of your plate

Benefits: Helps you feel full, gives you energy

Some Examples: Beef, beans, canned tuna, eggs, fish, nuts, peanut butter, poultry, tofu, cheese

Suggestion: Try lean cuts of meat-they are healthier and often less expensive

Dairy

Blood Sugar: ++

Good to Know: Will raise blood sugar- avoid high sugar products like chocolate milk and flavored yogurt

Check your Plate: 1 cup milk/yogurt, ½ cup pudding/ice cream

Benefits: Good for your bones, gives you energy

Some Examples: Milk (skim or 1%), low-fat plain yogurt, sugar-free pudding

Suggestion: Try plain yogurt with some fruit for a healthy dessert or snack. Skip starches if you do.



Acknowledgment: This handout was developed through the collaborative efforts of the National Extension Dining with Diabetes Working Group. Special thanks to: Kali McCrackin Goodenough, Marketing Coordinator, Cent\$ible Nutrition Program, Family and Consumer Sciences Department, University of Wyoming Extension (Illustrator/Designer) Daniel T. Remley, MSPH, PhD, Assistant Professor, Field Specialist, Food, Nutrition, and Wellness, Ohio State University Extension Mary Liz Wright, Nutrition and Wellness Educator, University of Illinois Extension Kimberly Wilson-Sweebe, MS, EFNEP Extension Associate, SDSU Extension

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