



Managing Your Diabetes: Healthy-Eating Plans

Healthful eating is an important part of managing your diabetes: eating healthy can help you to maintain your weight and keep your A1C at target levels. The American Diabetes Association’s latest guidelines on nutrition say that there is no “one-size-fits-all” healthy-eating plan for everyone with diabetes. Your healthcare provider will work with you to put together a personalized healthy-eating plan that takes into account your lifestyle, food preferences, and any foods that may be a part of your culture or religion.

Below are some examples of healthy-eating plans that your healthcare provider may discuss with you.

Healthy-eating plans and types of foods that are included

Low carbohydrate

- Foods that are high in protein and healthy fats
- Vegetables that are low in carbohydrates (lettuce or spinach, for example)
- Low amounts of grains and foods with sugar

Low fat

- Vegetables, fruits, starches (such as bread or pasta), lean protein, and low-fat dairy
- Low amounts of fats and saturated fat

Mediterranean style

Based on the eating style of people from Spain, Italy, and other Mediterranean countries

- Fruits, vegetables, bread, cereal, beans, nuts, and seeds
- Fresh foods that are in season
- Unprocessed foods: foods that do not contain additives, artificial flavorings, and other chemical ingredients
- Fruit for dessert
- Low amounts of sugar or honey
- Healthy fat, such as olive oil, instead of butter
- Low-to-medium amounts of dairy, eggs, red meat, and wine (with meals)

Vegan

(Pronounced *vee-gun*)

- Fruits, vegetables, grains, nuts, and beans
- No foods that come from animals

Vegetarian

- Fruits, vegetables, grains, nuts, and beans
- No foods that come from animals
- Eggs and/or dairy are permitted

Dietary Approaches to Stop Hypertension

(abbreviated as DASH)

- Fruits, vegetables, low-fat dairy, whole grains, poultry (chicken or turkey), fish, and nuts
- Low amounts of red meat, sweets, drinks with added sugar, salt (sodium), and foods with saturated fat

What are some examples of foods that are high in protein?

Meat, poultry, seafood, beans and peas, eggs, low-fat dairy products, processed soy products, nuts, and seeds are all foods that are high in protein.

What are carbohydrates?

Carbohydrates are used by your body to make glucose, which is the fuel that gives you energy. There are three main types of carbohydrates:

- Starch: found in potatoes, corn, dried beans, cereal, bread, and grains (for example, white rice)
- Dietary fiber: found in vegetables, fruits, beans, nuts, and whole-grain foods (such as whole-wheat bread or oats)
- Sugar: found naturally in foods such as fruit, vegetables, or dairy products or added to processed foods such as cakes and cookies

Eating foods that have carbohydrates can make your glucose levels increase, so it is important to be aware of the amount of carbohydrates that you are eating.

What are the different types of fats?

Monounsaturated fats and *polyunsaturated* fats are healthier fats that are found in nuts and olive oil.

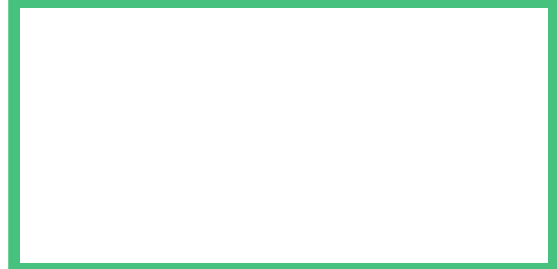
These types of fats can be eaten in moderation.

Saturated and *trans* fats are found in animal sources of food, such as meat or dairy products. *Trans* fats are also found in packaged (processed) cookies and cakes. Daily intake of these fats should be limited: they may increase your risk for heart disease.



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FOR MORE INFORMATION
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REFERENCES: American Diabetes Association. Carbohydrates. Available at: <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/carbohydrates.html>. • Centers for Disease Control and Prevention. Carbohydrates. Available at: <http://www.cdc.gov/nutrition/everyone/basics/carbs.html>. • Evert AB, et al. Nutrition therapy recommendations for the management of adults with diabetes. *Diabetes Care*. 2013. Epub ahead of print. • Mayo Clinic. Dietary fats. Know which types to choose. <http://www.mayoclinic.com/health/fat/NU00262>. All websites accessed October 29, 2013.