

Diabetes: Eat Right!

Food plays a vital role in diabetes management and diabetes prevention. Eating well with diabetes (and to prevent it) does not mean that you can't eat your favorite foods or dine out, but it does mean that you have to monitor how much and when you eat.

Eat Small, Regular Meals:

Timing your meals is important. Eating too often is not good for you or your blood sugar levels, and going too long without eating is also a recipe for disaster. Space your meals at regular intervals, and make sure they are healthful and balanced.

Choose High-Fiber Whole Foods:

High-fiber, whole foods like fruits, non-starchy vegetables (i.e., broccoli, cauliflower, Brussels sprouts, bell peppers, snap peas, cucumbers, kale, collard greens, etc.), whole grains, beans, legumes, dried peas, and lentils are all great for blood sugar management and diabetes control. These foods all allow the gradual release of insulin and lead to smaller elevations in blood sugar. This combination is vital because it gives your body a chance to put sugar into the cells that use it for energy.

Skip Empty Calories:

Empty calories don't provide any nutritional value. Steer clear of alcohol, sweets, saturated fat, and trans fat. Sweets like cakes and cookies are packed with sugar and refined flour, offering very few nutrients, yet filling you with tons of calories. Plus, these sugars can lead to blood sugar spikes and drops. Foods heavy in saturated fat and/or trans fat are also calorie-dense and nutrient-light. Skip butter, baked goods, full-fat milk and yogurt, fatty cuts of meat, etc. *By Victoria Shanta Retelny, RD.*



Make a Healthful Plate!

Fill half your plate with non-starchy vegetables. Then 1/4th of the plate is for lean protein and the other 1/4th of the plate is for whole grains. Serve skim or low-fat milk on the side. This plate has about 24 grams of carbohydrate. Add another 24 grams for one cup of skim milk and one cup of berries.

Not sure where to start? Try this tasty plate and serve it with a glass of skim milk.

- Start with **squash**. Split a spaghetti squash in half and microwave it, cut sides down, in a covered dish for about ten minutes. Shred the innards with a fork and twirl it into a round nest.
- Prepare your **brown rice** according to package directions.
- Grill a **chicken** breast or fish filet on a panini press or nonstick pan. Be sure to use a light spritz of cooking oil spray to keep the fish from sticking to the pan or press.
- Toss fresh **greens** with a few sliced tomatoes and a spritz or two of a salad dressing spray.
- Dice a few **tomatoes** and toss them with fresh parsley and a squeeze of lime juice. Use them to top the fish.