

More on Fats

Once you've mastered the plate method, you can start to make your meals even healthier.

The next thing to think about is the types of fat you use. This includes fats you use for cooking and the spreads or dressings you add at the table. Keep your portions small and try these tips:

- When cooking, use liquid vegetable oils instead of butter, margarine, shortening, or lard.
- For spreads, use light or reduced-fat spreads without trans fat.
- For dressings, use reduced-fat or light salad dressings. Vinaigrettes are a better choice than creamy dressings because not as much sticks to the salad. Or try flavored vinegar and oil on a salad.

What About Desserts?

You can still eat dessert sometimes. You can keep blood glucose on track by eating a small portion of sweets in place of other starchy foods, fruit, or milk. But remember, sweets don't have vitamins and minerals like other foods. Save desserts for special occasions.

Things to Remember:

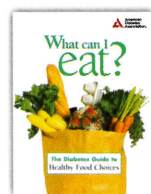
- Try not to eat too much food at one time.
- Space your meals evenly throughout the day.
- Don't skip meals.

The American Diabetes Association Is Here to Help You

Healthy eating is one of the biggest challenges of managing diabetes. Let us be your source for information and support.

To learn more about diabetes and nutrition go to www.diabetes.org/nutrition or call 1-800-DIABETES (1-800-342-2383).

Ask for a free copy of *What Can I Eat? The Diabetes Guide to Healthy Food Choices*.



BETTER DRINK AND SNACK CHOICES

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Drink water and sugar free drinks. Sugary drinks are wasted calories. Avoid regular soda, fruit punch, sweet tea, and other sugary drinks.

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Snacks and desserts don't have to be diet-busters. Try having air popped popcorn for a snack or fruit for dessert.

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Create Your Plate

An Easy Way to Eat Well

If you have diabetes, you may need to make changes to what and how much you eat. But you don't have to dump all the foods you know and love. With some planning, you can still have your favorite dishes.

One easy way is to use the "Plate Method." You don't need any special tools and don't have to do any counting. Just focus on filling your plate with more nonstarchy vegetables and less protein and starchy foods. It is simple and it works, whether you are cooking at home or eating out.



Create Your Plate!

- 1 Imagine drawing a line across the middle of a 9-inch plate. Then draw another line from the top to the middle. You will have 3 sections on your plate.
- 2 Fill the largest section with nonstarchy vegetables, such as salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.
- 3 In one of the smaller sections, put starchy foods, such as noodles, rice, corn, beans, and potatoes.
- 4 The other small section is for protein foods, such as fish, chicken, eggs, tofu, and lean meat.
- 5 Add a serving of fruit, a serving of dairy, or both as your meal plan allows.
- 6 Choose healthy fats in small amounts. For cooking, use oils. For salads, nuts, seeds, avocados, and vinaigrettes are healthy choices.
- 7 To complete your meal, add a low-calorie drink like water, unsweetened tea, or coffee.



Fruit

- fresh, frozen, or canned in juice or light syrup
- peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit

Dairy

- skim, ½%, or 1% milk
- low-fat or fatfree yogurt
- plain soy milk



- Water
- Coffee
- Unsweetened Tea

Protein

- chicken or turkey (without the skin)
- fish, such as tuna, salmon, cod, or catfish
- other seafood, such as shrimp, clams, oysters, crab, or mussels
- lean beef and pork, such as loin cuts
- tofu, eggs, lower-fat cheese

Nonstarchy Vegetables

- fresh, frozen, or canned
- spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip

Grains and Starchy Vegetables

- whole grain breads, such as whole wheat or rye
- whole grain, high fiber cereal
- cooked cereal, such as oatmeal, grits, hominy, or cream of wheat
- rice, pasta, barley, tortillas, naan
- cooked beans and peas, such as pinto beans or black-eyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- low-fat crackers and snack chips, pretzels, and fat-free popcorn

