



# ADCES7 Self-Care Behaviors™ HEALTHY EATING

*Healthy Eating refers to a pattern of eating high quality, nutritionally dense foods in amounts that lead to better health and wellness. A healthy eating pattern contains a variety of colorful vegetables, fruits, whole grains, dairy, lean sources of protein and oils, while keeping salt, added sugars, saturated and trans fats to a minimum.*

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## TRACK YOUR FOOD

Everything you eat or drink can affect your blood glucose (sugar), blood pressure, blood lipids (such as cholesterol) and weight. So how do you make sense of all that? One way is by tracking what you eat, at least for a few days until you start to see patterns that help you decide what changes you might choose to make.

Use mobile apps, paper and pencil logs, or whatever works best for you. You can achieve your weight and wellness goals by finding the right balance of calories and other nutrients to meet your goals. Tracking to identify trends to help reduce your overall calorie intake is the best way to determine how to create that balance.

## PARTNER WITH YOUR HEALTHCARE TEAM

You probably have lots of questions about making healthy food choices such as how to include favorite foods and drinks, eating out, preparing healthy meals and snacks, what to eat when exercising, travelling or at family events.

When it comes to healthy eating, no one eating pattern fits everyone. Work together with your diabetes care and education specialist and registered dietitian to come up with a plan that fits what you like and meets your health needs.



### Cardiometabolic health:

Keeping your heart and blood vessels healthy and your prediabetes or diabetes well-managed.

### Nutritionally dense foods:

Foods that have a large amount of vitamins and minerals in a relatively small quantity of food.

### Carbohydrates (Carbs)

include starches, fibers and sugars. Found in milk, fruits/juices, vegetables, rice, grains, bread, beans/lentils, sugar and honey.

**Proteins** are made of amino acids which are the building blocks for repair and maintaining a healthy body. Found in milk, cheese, meats, poultry, fish, eggs, nuts and soy.

**Fats:** Concentrated energy source found in oils, nuts, spreads, olives, avocados, flax seed, peanut butter and salad dressings. Fat has twice as many calories per gram of food as compared to proteins and carbohydrates.



## DIABETES CARE AND EDUCATION SPECIALISTS & REGISTERED DIETITIANS CAN HELP YOU:

- Set realistic, achievable healthy eating goals.
- Review your food logs for trends and help you determine small changes that can help you meet your health goals.
- Develop a meal plan that fits into your daily routine.
- Learn about the right portions/serving sizes for you.
- Understand how to use the nutrition facts label to make healthy choices.
- Learn to count carbohydrates.
- Learn about sources of salt and saturated fat in the foods you eat and small changes that can help you meet blood pressure or cholesterol goals.
- Adjust meal plan for physical activity, holidays and travel.
- Find apps for tracking or looking up food values.



**Question:** Can people with diabetes eat sugar?

**Answer:** Yes, in moderation. Sugars are a type of carbohydrate counted as part of your total carbohydrate grams. Foods and drinks such as milk, fruit and starchy vegetables (like peas, corn and potatoes) that have natural sugars give you more than just calories. They contain nutrients that are healthier than chips or cookies. Added sugars are different and are listed under total sugars in the Nutrition Facts label. They include sugar that was added to the food during processing.

### MAKING HEALTHY CHOICES: GETTING STARTED

EAT THESE FOODS MORE OFTEN		LIMIT THESE FOODS	
<b>NONSTARCHY VEGETABLES</b>	leafy greens, green beans, cucumbers, carrots, cauliflower, brussel sprouts and more.	<b>ADDED SUGAR</b>	candy, calorie containing drinks, baked goods and desserts.
<b>LEAN PROTEIN</b>	fish (salmon, tuna, cod, catfish, sardines, trout and others), chicken, turkey, eggs, nuts and soy foods	<b>HIGH FAT MEATS</b>	beef, skin from poultry, ribs, bacon, sausage, deli and processed meats like salami, bologna and hot dogs.
<b>HEALTHY FATS</b>	plant-based oils like vegetable, olive or canola.	<b>FOODS HIGH IN SATURATED FAT</b>	butter, lard, tropical oils (coconut, palm) ice cream and desserts.
<b>FRUIT</b>	small piece like apple, orange, peach or pear. small cup of berries.	<b>SALTY SNACKS</b>	potato chips, french fries, pickles, canned soups and table salt.

## LEARN TO READ A NUTRITION FACTS LABEL

The Nutrition Facts label can help you make healthy eating and drinking decisions. Learn to read the food label to guide your choices by comparing similar foods and choices. Consult with your diabetes care and education specialist and your registered dietitian nutritionist for guidance.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This label shows that one serving is 2/3 cup. However, it has 8 servings per container. If you eat the whole container, you would have to multiply all the values by 8 to see the right totals for all the components.

The total carbohydrate amount takes into account the sugars and fiber. If you are carb counting, this is the number to pay attention to.



What you eat, how active you are and the medications you take work together to help you reach your diabetes care goals. Healthy eating has a big impact on your diabetes management and involves important skills, such as:

- measuring foods to get familiar with your portions.
- determining the correct portions for you.
- reading labels.
- timing meals with medications.
- being aware of or counting the carbohydrate foods you eat to better understand their impact on your blood glucose.

Diabetes self-management education and support (DSMES) services teach these skills to their participants. Registered dietitian nutritionists also have this expertise and can help you. Ask your provider for a referral so that you can create your own personalized healthy eating plan to best manage your diabetes. You deserve it!

To learn how a diabetes care and education specialist can help you, visit [DiabetesEducator.org/LivingWithDiabetes](https://DiabetesEducator.org/LivingWithDiabetes).

For more on this and other behaviors for better diabetes management, visit [DiabetesEducator.org/ADCES7](https://DiabetesEducator.org/ADCES7).