

# ***Living Healthy with Diabetes***



## ***Basic Nutrition for Patients with Diabetes***

The recommended guidelines for overall healthy eating are similar for all people (with or without diabetes.) Rather than fads or crash dieting, the following guidelines should become habits to help achieve a healthy body weight and overall health.

### **General**

- Limit frequency of restaurant dining and fast food
- Limit frequency and portion size of desserts
- Drink 8-11 cups of water daily
- Avoid or limit all beverages with calories
- Make slow, gradual changes to nutrition plan

### **Vegetables**

- Eat a variety of vegetables as frequently as possible.
- Try to include all colors throughout the week (red, orange, green, yellow, purple).
- Season with herbs and spices rather than sauce, cheese, butter or oils.
- Aim for vegetables to cover half of the entire plate.

### **Fats**

- Try lemon juice, vinegar or vinaigrette on salads (For a kick try salsa with fat free sour cream).
- Dip the fork into dressing first to limit the amount, but still add flavor.
- In recipes, substitute applesauce for margarine, shortening and oils.
- Remove hidden or unnecessary fat: butter on bread, cheese in sandwiches, use mustard rather than mayonnaise.

### **Meats**

- Choose lean cuts (loin, round, or flank).
- Avoid heavily marbled meats (brisket, ribs, T-bone, porterhouse, rump/chuck roasts, bacon, regular hamburger, etc.).
- Trim meats before and after cooking.
- Remove skin from poultry before cooking.
- Buy meats less than 3 grams of fat per ounce or labeled as 90% lean.
- Limit egg yolks to 3 per week.
- Try two egg whites or 1/3 cup egg substitute in place of one whole egg.

### **Dairy**

- Reduce milks stepwise from whole milk to skim or 1%.
- Substitute low fat yogurt in place of mayonnaise or sour cream when cooking.

### **Grains**

- Aim to choose 100% whole grain breads, cereals, crackers, and snacks.
- Many grains are low in fat, but only recommended in proper portions.