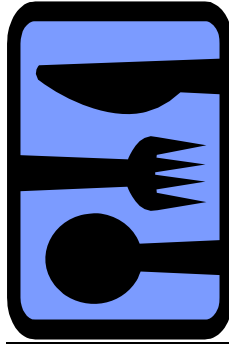


## Healthy Eating for Diabetes



### Persons with diabetes should know:

1. The importance of dietary practices to the control of diabetes.
2. The 5 core principles for the dietary control of blood sugar.

### Recommended Conversation

Make it clear that dietary practices are critical to the management of diabetes. Without careful attention to diet, it is impossible to manage blood sugar levels. Typically, there is no need for special diets, expensive programs and special foods to manage blood sugar levels, just the application of sound eating principles. Diet, along with physical activity, is also important to managing one's weight.

Alert patient to **5** simple, sound dietary principles, including 1) eat a variety of good foods, 2) limit some foods and drinks, 3) prepare foods wisely, 4) plan when to eat and 5) don't overeat.

**Principle 1: *Eat a variety of good foods.*** The foundation to a healthy diet is to eat a wide variety of good foods. It is the best way to ensure a rich supply of nutrients that the body needs for optimal function. Simply put, good foods are foods that are good for you. Good foods include whole grain foods, vegetables and fruits, lean poultry, fish and lean meats, and no-fat and low-fat dairy products.

**Principle 2: *Limit certain foods and drink.*** Some foods are not good in large or even moderate quantities. Consumption of foods high in fat, sugar and salt should be minimal. They can add extra pounds and complicate the effects of diabetes.

**Principle 3: *Prepare foods wisely.*** Food preparation is important. Poor preparation can negate some of the benefits gained by wise food selection and limitation. Food preparation includes the ways foods are cooked and "added to."

**Principle 4: *Plan when to eat.*** Based on daily schedules and activities, specific times for meals and snacks should be set. It is an effective way to control blood sugar levels and keep energy levels high.

**Principle 5: *Don't overeat.*** To avoid overeating, stick with your eating schedule. Also, limit the size of your portions and pass up on the second helpings.

## Resources

Web Article: *Diabetes diet: Create your healthy eating plan* (Mayo Clinic).

[www.mayoclinic.com/health/diabetes-diet/DA00027](http://www.mayoclinic.com/health/diabetes-diet/DA00027).

Brief article addresses three important aspects for eating for persons living with diabetes, including meal planning, exchange lists and counting carbohydrates.

Website: What I need to know about eating and diabetes (National Diabetes Information Clearinghouse).

[http://diabetes.niddk.nih.gov/dm/pubs/eating\\_ez/](http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/).

Website offers detailed advice on eating for persons with diabetes. Information is organized around the importance of knowing what, how much and when to eat.