LIVING WITH DIABETES: HEALTHY FOOD CHOICES

Managing diabetes through diet can help you control your blood sugar levels, prevent complications and potentially even put diabetes into remission!

Here are some tips:

1. Focus on whole, nutrient-dense food rich in vitamins, minerals, and antioxidants, while limiting processed foods high in unhealthy fats, refined carbohydrates and sugar.
2. Balance carbohydrates with protein, fiber, and healthy fats.
3. Control portion sizes with the Healthy Eating Plate for Diabetes.

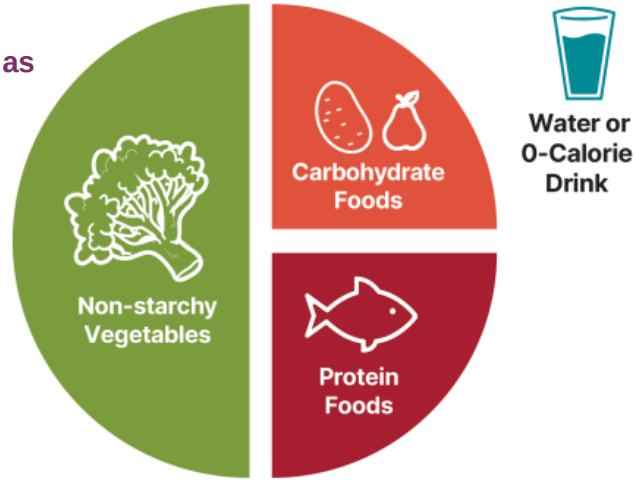
Healthy Eating Plate for Diabetes

Fill ½ of your plate with non-starchy vegetables which are low in carbs and high in fiber and vitamins.

- Broccoli
- Celery
- Spinach
- Kale
- Zucchini
- Peppers
- Cauliflower
- Cucumbers

Fill ¼ of your plate with high quality carbohydrates such as

- starchy vegetables
- whole grains
- milk



Fill ¼ of your plate with protein such as

- lean cuts of meat
- seafood
- beans and lentils
- eggs
- cottage-cheese
- plain Greek yogurt
- tofu

Add in some healthy fats such as

- nuts
- seeds
- extra-virgin olive oil
- avocados

Meal Plan

Breakfast: Scrambled eggs (or tofu) with spinach and mushrooms, served with whole-grain toast and avocado OR Greek yogurt (unsweetened) topped with blueberries, chia seeds, and a sprinkle of walnuts.

Lunch: Grilled chicken salad with mixed greens, cucumbers, tomatoes, and a lemon-olive oil vinaigrette OR Quinoa salad with chickpeas, chopped vegetables, and feta cheese.

Dinner: Sheet pan baked salmon with roasted Brussels sprouts and better mashed potatoes OR zucchini noodle lasagna.

Snack Options: Apple slices and peanut butter, handful of almonds, carrot sticks and hummus, mozzarella cheese stick

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