

HEALTHY EATING AND TYPE 2 DIABETES



EFFECTIVE BLOOD SUGAR CONTROL IS ESSENTIAL IN THE MANAGEMENT OF TYPE 2 DIABETES.

LEARNING TO MAKE **HEALTHY FOOD CHOICES** MAY HELP **CONTROL BLOOD SUGAR LEVELS, CHOLESTEROL, BLOOD PRESSURE, AND WEIGHT.**

Tips to help you control your blood sugar levels

DIET AND DIABETES

1 MEALS AND PORTION CONTROL

Try to avoid skipping meals and spread them out over the course of the day. Make sure that you are eating a variety of foods that promote good health in the proper portion sizes.



2 INCLUDE NON-STARCHY CARBOHYDRATES AT EACH MEAL



Choose carbohydrates such as vegetables, fruits, whole grains, legumes, and dairy products instead of carbohydrates that contain added fats, sugars, or salt. Try to include carbohydrates that are more slowly absorbed (have a lower GI*), such as whole-grain breads and brown rice as these won't affect your blood sugar levels as much.

*The glycemic index (GI) is a rating system for foods containing carbohydrates. It shows how quickly each food affects your blood sugar (glucose) level when that food is eaten on its own. The higher the GI rating, the more quickly the food is broken down by your body to cause an increase in blood glucose levels.

3 CUT DOWN ON FAT

Choose unsaturated fats or oils (such as olive and rapeseed oil) as these types of fats are better for your heart. Cardiovascular disease (CVD) is one of the leading causes of death in patients with diabetes.



4 EAT MORE FRUITS AND VEGETABLES

Try to include fruits or vegetables with every meal to provide you with vitamins, minerals, and fiber.



5 INCLUDE MORE BEANS AND LENTILS

Beans and lentils have less of an effect on your blood sugar levels.



6 EAT FISH A FEW TIMES PER WEEK

Oily fish such as salmon and mackerel contain polyunsaturated fat called omega 3 that help protect against heart disease.



7 LIMIT SUGAR AND SUGARY FOODS

Save sweets for a special occasion and have small portions.



8 REDUCE SALT IN YOUR DIET

Too much salt can raise blood pressure. High blood pressure is twice as common in people with diabetes.



MAKE A DIABETES-FRIENDLY MEAL PLAN

USE THESE IDEAS TO PLAN YOUR HEALTHY AND BALANCED MEALS THROUGHOUT THE DAY

BREAKFAST

Many breakfast cereals can be included in your diet. More filling choices, like oatmeal or bran are best; try adding fruit to them. Choose whole-grain breads to make you feel fuller for longer and choose a low-fat spread.



LUNCH

Lean meat, fish, eggs, beans, and soups are all good choices. Try adding some salad and have a piece of fruit or a low-fat, sugar-free yogurt for dessert.

DINNER

Try to have balanced meals every day. Keep your meals balanced with the proper portions of lean proteins, carbohydrates, and vegetables.