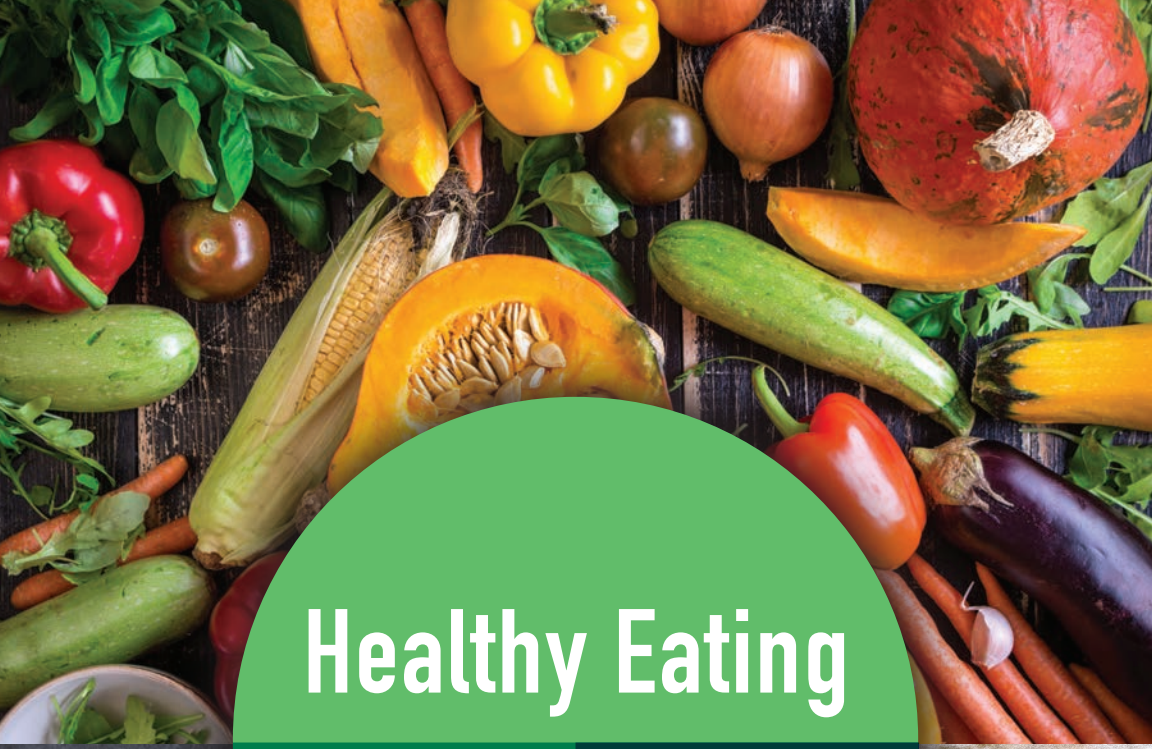


Healthy Eating

for People with Diabetes

6th EDITION





HealthPartners®

Park Nicollet®
International Diabetes Center

Contents

1 Healthy Eating

2 How Much to Eat

7 Meals, Menus, Snacks and Beverages

13 My Menus

16 Activity

17 My Care Team



Contributors: Dana C. Gershenoff, MS, RDN, CDE; Nancy Waldbillig, RDN, LD, CDE
Reviewers: Janet L. Davidson, BSN, RN, CDE; Gregg D. Simonson, PhD
Editor: Ruth Taswell, MA, CSER
Graphic Designer: Jeenee Lee

Illustrations and other graphics are copyrighted and used with permission, including: akulamatiau, Aleksandr Belugin, alexshyripa, andreykuzmin, Anna Pustynnikova, Baiba Opule, belchonock, Dima Sobko, Dmytro Kobeza, Елена Ерёменко, Ian Yefimkin, jreika, karandaev, Khoon Lay Gan, kitamin, magone, Maya Kovacheva, Mr.maroot Sudchinda, natika, Natthapon Ngamnithiporn, povareshka3, Roman Iegoshyn, Ronnarong Thanuthattaphong, Sergei Vinogradov, srapulsar38, tobi, Valeria Aksakova, voltan1, yelenayemchuk © 123RF; anna1311, AnnaPustynnikova, Basilios1, buyit, Coprid, DebbiSmirnoff, Diana Taliun, Dzevoniia, Elena_Danileiko, Evgeniy Skripnichenko, FotografiaBasica, gbh007, Hyrma, Iseo Yang, jenifoto, kaanates, Lilechka75, Magone, Mihrzn, OksanaKiian, pamela_d_mcadams, ProArtWork, Sezeryadigar, Sonja Rachbauer, SStajic, VeselovaElena, wmaster890 © iStock.com; and Tamara Peterson. Please contact International Diabetes Center for copyright information.

© 1997, 2003, 2008, 2018, 2020 by International Diabetes Center at Park Nicollet

First printing of 2020 (6th edition)

This publication is for informational purposes only. The information cannot serve as a substitute for the care a licensed medical doctor or health care professional provides. We advise readers to seek medical guidance before making changes in self-care practices or medical therapies.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means (electronic, photocopying, recording or otherwise) without prior permission of International Diabetes Center, 3800 Park Nicollet Boulevard, Minneapolis, MN 55416-2699.

internationaldiabetescenter.com

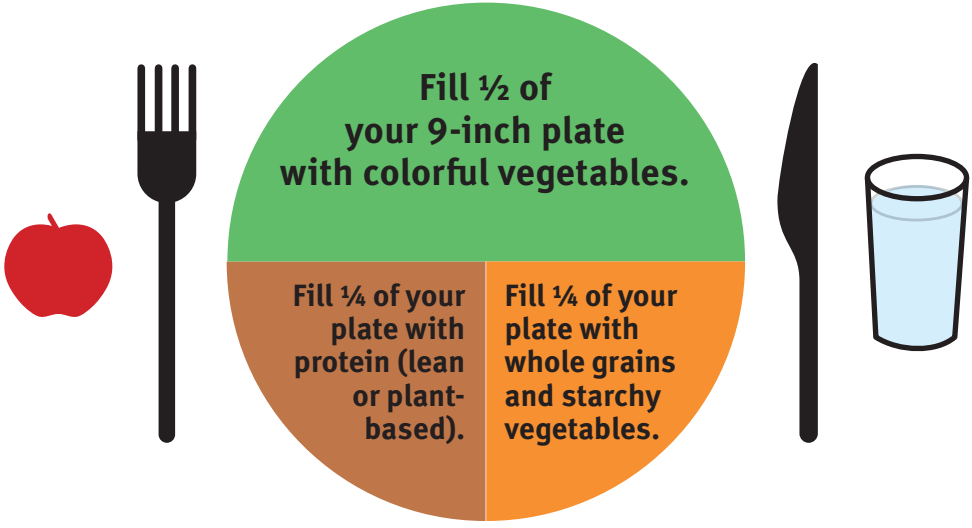
Printed in the United States of America

Healthy Eating

Healthy eating helps keep your glucose (blood sugar) from going too high or too low. Healthy eating also helps with weight loss.

To be healthy:

- Eat 3 meals a day.
- Eat the recommended portions on a 9-inch plate (see below).
- Eat more vegetables and fruits.
- Drink water or other calorie-free beverages.
- Choose foods with less added fat, salt and sugar.

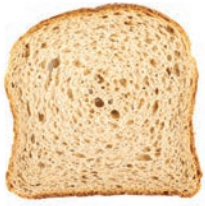


How Much to Eat

Whole Grains and Starchy Vegetables











Fill ¼ of your plate with whole grains or starchy vegetables.

Ideas:

- ½ to 1 cup cooked grain, cereal or pasta
- ½ to 1 cup corn or peas
- 1 to 2 slices bread
- ½ to 1 cup potatoes
- ½ to 1 cup beans or lentils

My Ideas

Fruit



Eat 2 or 3 portions a day.

A portion is:

- ½ to 1 piece of fruit
- ½ cup frozen or canned fruit
- ½ cup grapes or 1 cup melon or berries
- 2 tablespoons dried fruit





My Ideas

















Vegetables

Fill ½ of your plate with colorful vegetables.

Ideas:

- 1 cup raw vegetables
- ½ cup cooked vegetables
- 2 cups greens

My Ideas



Protein

Fill ¼ of your plate with protein.



Ideas:

- About 3 ounces cooked lean protein, such as fish, chicken or meat
- 1 slice (1 ounce) of cheese
- ½ cup beans or lentils or other plant-based protein
- 2 tablespoons peanut butter





Up to 7 eggs a week is an option.



My Ideas





Dairy

Have 2 or 3 portions a day.

A portion is:

- 1 cup milk or dairy substitute
- About 1 cup plain or ½ cup flavored yogurt
- 1 slice (1 ounce) of cheese



Fats and Oils



Use up to 6 portions a day.

A portion is:



- 1 teaspoon oil
- 1 teaspoon tub margarine, butter or mayo
- 1 tablespoon salad dressing
- 1 tablespoon nuts or nut butter
- ¼ avocado





Meals, Menus, Snacks and Beverages

Morning Meals







Midday Meals







Evening Meals







Menu Ideas

	Morning Meal	Midday Meal	Evening Meal
1			
2			
3			

Snacks

Snacks aren't needed. If you're hungry, choose small portions of healthy foods.














Beverages

Water





Bubbly Water





Plain

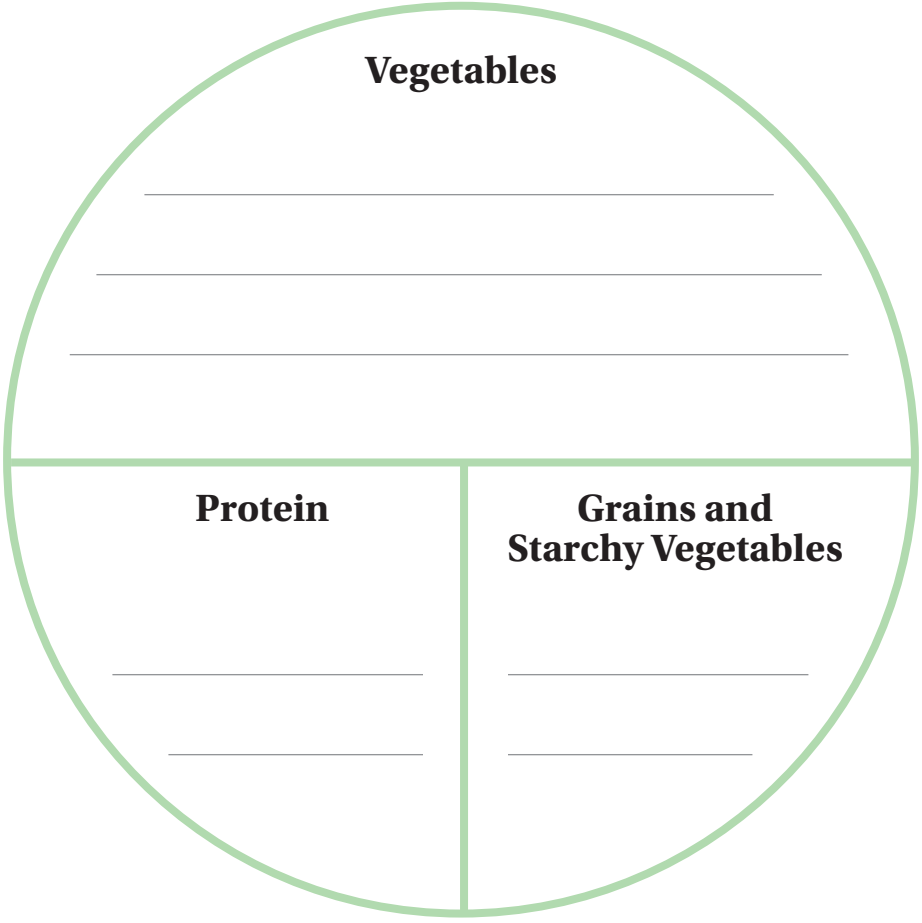




My Menus

Morning Meal

Time _____

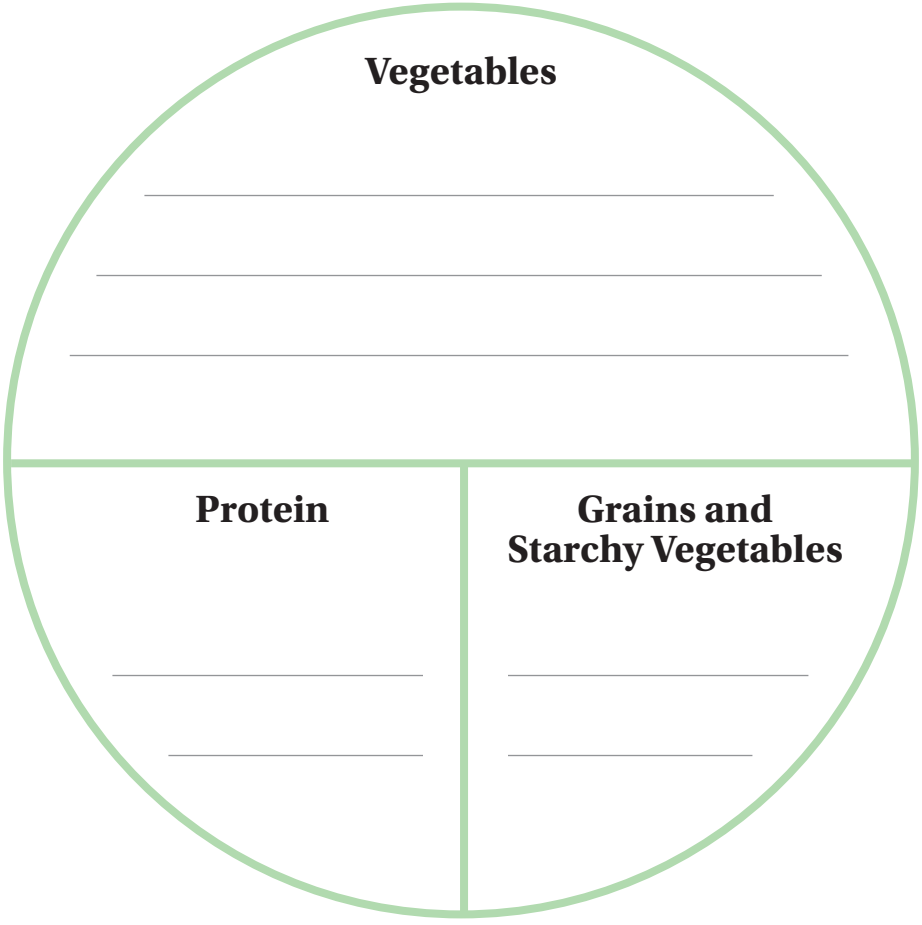


Beverage _____

Fruit _____

Midday Meal

Time _____

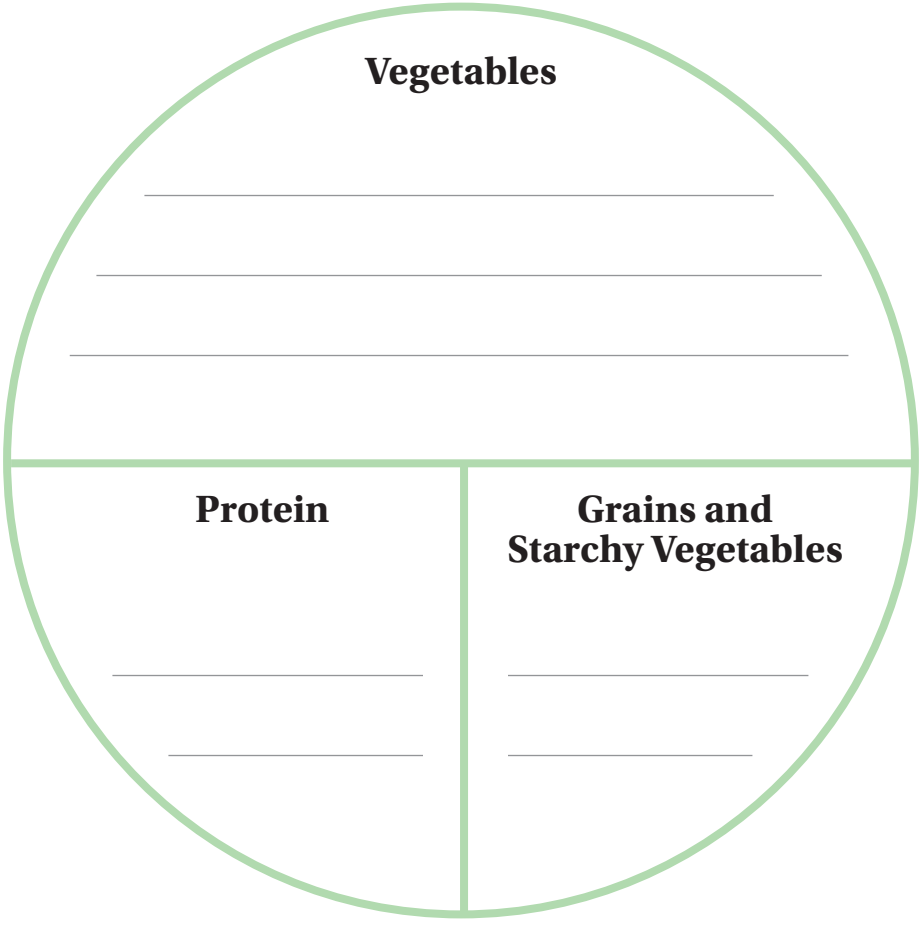


Beverage _____

Fruit _____

Evening Meal

Time _____



Beverage _____

Fruit _____

Activity

Remember to move more and sit less every day. Both healthy eating and activity help with weight loss and lowering glucose (blood sugar).

My Ideas



My Care Team

Visit your care team every _____ months. Call your care team between visits if you have any concerns.

Care team member name

_____

Phone number

_____

Notes

_____

_____

_____

_____

_____

_____





International Diabetes Center at Park Nicollet
internationaldiabetescenter.com

To order IDC publications
idcpublishing.com

Park Nicollet®
International Diabetes Center
HealthPartners®

2058-814A