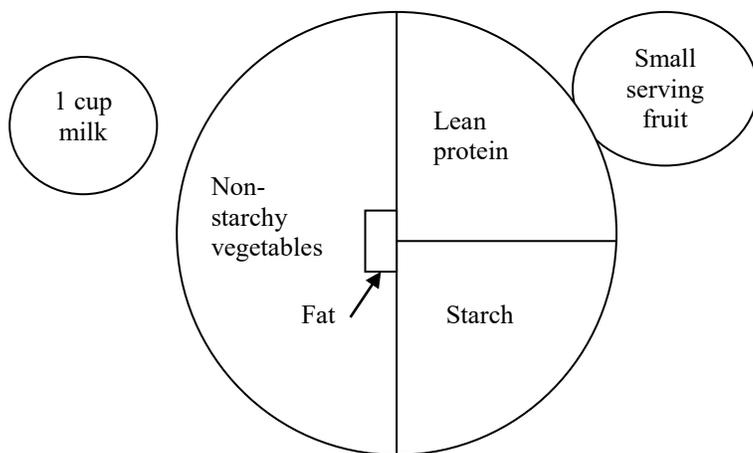


## Basics of Healthy Eating for Diabetes or Prediabetes

1. **Eat three meals every day around the same times.** If meals are more than 4-5 hours apart, include a small snack.
2. **Reduce sugar and sweets.**
  - Use water as your main drink. You can also use other sugar free drinks.
  - Limit fruit juice to ½ cup (4 oz) per day and milk to 3 cups (24 ounces) per day.
  - Read food label ingredients. Avoid foods that list sugar, sucrose, fructose, corn syrup, dextrose, honey, or molasses as one of the first 3 ingredients.
3. **Try to eat about the same amount at each meal.**
4. **Include a good lean protein food at each meal and snack.** Protein foods include: low-fat meat, chicken, fish, low-fat cheese, nuts, peanut butter, cottage cheese, and eggs.
5. **Eat smaller portions of carbohydrate foods.** Carbohydrate is found in: starches, fruit, milk, yogurt, and sweets. These are foods that raise blood sugar and need to be eaten in smaller amounts.
6. **Choose high-fiber foods.** Choose fruits, fresh and frozen vegetables, beans and legumes, and whole grains. “High-fiber” means a food with 3 or more grams of dietary fiber per serving.

Create a healthy plate as shown below. Choose foods from all food groups in moderate portions at each meal. Fill ½ the plate with vegetable and limit starchy foods and grains to ¼ of the plate.



7. **Eat less fat.**
  - Use less cheese, butter, margarine, oil, mayonnaise, cream, and salad dressings.
  - Use non-fat or low-fat (1%) milk and dairy products.
  - Buy lean meats and remove visible fats (take skin off chicken, trim meat fat).
  - Limit fatty meats to once a week or less (lunch meat, bacon, sausage, hot dogs).
  - Bake, broil, steam, boil, or grill foods (no frying) and use nonstick cooking spray for cooking.

## Meal Ideas for Managing or Preventing Diabetes

	Day 1	Day 2
Breakfast:	2 slices 100% whole grain bread 1-2 Tbsp. peanut butter 1 cup (8 oz.) low fat milk	2 eggs scrambled with mushroom and onion 2 slices 100% whole grain bread 1 Tbsp. soft, tub margarine 1 cup (8 oz.) low fat milk
Snack:	¼ cup unsalted walnuts 5 dried apricot halves 16 oz. water	½ cup low fat cottage cheese ½ cup pineapple canned in juice
Lunch:	1 cup black bean soup 6 whole wheat crackers 1-2 cups salad with tomato, cucumber and carrots 1 Tbsp. low fat salad dressing 6 oz. plain or light yogurt with 1 cup fresh or frozen berries 16 oz. water	1 chicken breast (3oz) on 1 whole wheat sandwich bun with lettuce, tomato and 1 tablespoon mustard or light mayonnaise 1 cup raw veggies (carrots, celery, pea pods) 1 apple 5 oz. carton Greek style yogurt 16 oz. water
Snack:	1 apple 1 piece part skim string cheese	15 small grapes ¼ cup unsalted pistachios
Dinner:	1 small baked pork chop (3oz) 1 cup cooked whole wheat pasta, with 1 tsp. olive oil and crushed garlic 1 cup cooked broccoli ½ cup bagged coleslaw mix tossed with 1 Tbsp. low fat ranch dressing 1 cup (8 oz.) low fat milk	2 small crispy taco shells ½ cup black beans or lean ground beef Lettuce, tomato, and onion, as desired ¼ cup shredded cheese ¼ cup salsa or guacamole 2 cups green salad with cucumber, carrot, tomato, etc. 1 Tbsp. low fat salad dressing 1 cup (8 oz.) low fat milk
Snack:	1 small orange ¼ cup almonds or peanuts 16 oz. water or cup of hot tea	2 graham cracker squares ½ cup of low fat milk 16 oz. water or cup of hot tea

### Teach Back:

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**. Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 3/2019 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing HF#262.