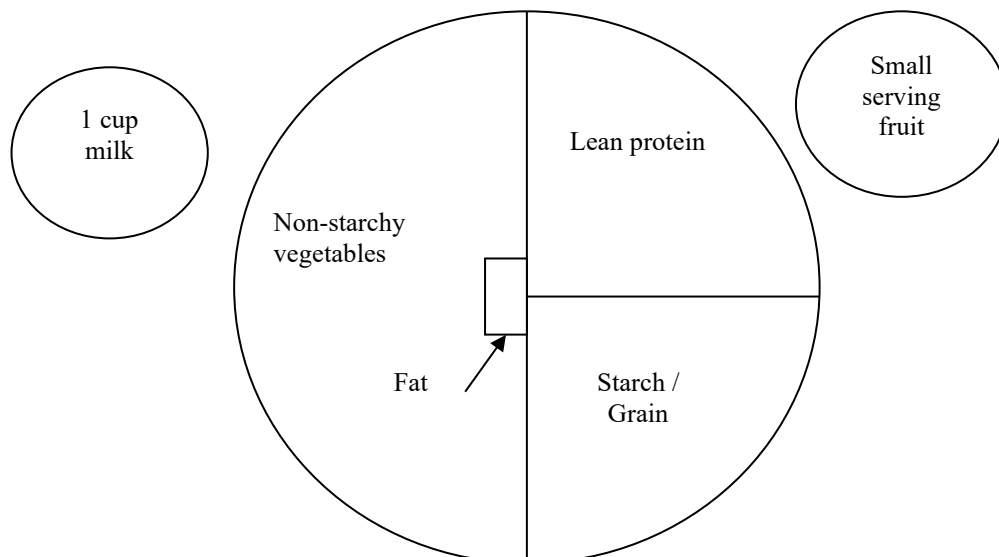


Basics of Healthy Eating for Diabetes or Prediabetes

- 1. Eat three meals everyday around the same time.** 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.** Make a healthy plate as shown below. Fill ½ the plate with vegetables and limit starchy foods and grains to ¼ of the plate.
- 4. Include a 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.** Carbohydrates are found in: starches/grains, 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.
- 7. Eat less fat.**
 - Use less cheese, butter, margarine, oil, mayo, 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.



Sample Menus

Menu 1

Breakfast:

- 1-2 slice 100% whole wheat toast
- 1-2 Tbsp peanut butter
- $\frac{3}{4}$ cup plain Greek yogurt
- 1 cup berries

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
- 2 hard boiled eggs

Snack:

- 1 apple
- 1 string cheese

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
- $\frac{1}{2}$ cup bagged coleslaw mix tossed with 1 Tbsp low fat ranch dressing
- 1 cup (8 oz.) low fat milk

Snack:

- $\frac{1}{2}$ cup cottage cheese
- $\frac{1}{2}$ cup pineapple

Menu 2

Breakfast:

- 2 eggs scrambled with mushrooms, onions, and $\frac{1}{2}$ cup black beans
- 1 cup (8 oz.) low fat milk

Lunch:

- 1 chicken breast (3 oz.) on 1 whole wheat sandwich bun with lettuce, tomato and 1 Tbsp mustard or light mayo
- 1 cup raw veggies (carrots, celery, pea pods)
- 1 apple
- 5 oz. carton low carb, high protein yogurt

Snack:

- $\frac{1}{4}$ cup unsalted pistachios
- 2 cutie oranges

Dinner:

- 2 small soft taco shells
- $\frac{1}{2}$ cup lean ground beef
- Lettuce, tomato, and onion, as desired
- $\frac{1}{4}$ cup shredded cheese
- $\frac{1}{4}$ 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

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.