

Tips for making healthy food choices

A diabetic diet is all about balance and good choices. It works best when you eat a variety of foods in the right portions the same times each day. You do not have to give up your favorite foods.

Your food choices should come from three groups:

- Carbohydrates (Carbs): 45 to 65 percent of daily calories
- Proteins: 15 to 20 percent of daily calories
- Fats: 20 to 35 percent of daily calories

Eating the right foods can help keep your blood sugar in the normal range. That can give you energy to do the everyday things you enjoy. So, how can you make sure to get enough of each food type every day?

Imagine your plate divided into quarters. Use it to control your portions.

- Fill 1/4 of your plate with carbs (rice, whole grains, potatoes, pasta, corn and peas)
- Fill 1/4 of your plate with lean protein (meat, fish, poultry and tofu)
- Fill 1/2 of your plate with non-starchy veggies (green leafy vegetables, broccoli, tomatoes, cauliflower, cucumbers, carrots and salads)

Now you have an idea about how to fill your plate. Let's look at some options in each group.

Carbs such as fruits, whole grains and vegetables are vital parts of your diet. Many carbs contain fiber that gives energy and a sense of feeling full. There are three main types of carbs: starches, sugar and fiber. Finding a good balance of all three is vital. If you're not careful, these foods are most likely to drive up your blood sugar.

More than half of your daily diet should be filled with vegetables, whole grains and fruits.

It is best to eat sweets and snacks rarely. You can reduce eating other carbs on days you want to splurge. Some good choices you can make to help meet your nutritional needs include:

- Breads - whole grains are best
- Vegetables - from a rainbow of different colors
- Fruits
- Brown rice or whole wheat pasta
- Beans and legumes
- Raw nuts and seeds
- Low-fat dairy products

SMALL EASY STEP

- Substitute white flour breads and pasta with those made of whole wheat and whole grains
- Substitute a cup of orange juice with a piece of fresh fruit which includes good fiber

Proteins are fish, poultry and meat items. Milk products also contain protein, as do most beans, nuts and seeds. They are needed for energy and to keep your body in good shape. Here is a list of some high protein foods:

- Beef - choose lean cuts
- Chicken - go skinless to reduce fat
- Pork
- Fish - bake, grill or broil instead of frying
- Beans
- Cheese
- Eggs
- Milk
- Nuts

SMALL EASY STEP

- Choose a 6-inch roast beef or oven-roasted chicken sub in place of a 6-inch tuna sub loaded with fatty mayonnaise
- Gradually move from whole milk products to 2%, then 1%, and finally fat-free milk and yogurts

Fats should make up the smallest portion of your daily diet. Fats are found in many processed foods. Make sure you read food labels. Some fats are better than others. In fact, we need fats in our diet to keep our body working well.

Unhealthy fats are trans and saturated. Healthy fats are monosaturated and polyunsaturated. Healthy fats are found in:

- Olive oil
- Vegetable oils
- Nuts and seeds
- Fatty, cold-water fish (salmon, mackerel and herring)

These items also contain essential fatty acids. Omega-3 and Omega-6 can help lower cholesterol. Even a very small amount of fat has a large amount of calories. Foods that include unhealthy fats are: butter, ice cream, coconut oil, cheese, cakes, cookies, crackers, chips, candy and some margarines.

SMALL EASY STEPS

- Read labels and substitute healthy fats in place of unhealthy fats
- Try cooking with olive oil or canola oil in place of butter or margarine
- Eat peanut butter on apple pieces or celery stalks to get protein, carbs and fiber with your fat

Some people with diabetes use *exchanges*. These are simple ways to plan your meals. A full day of meals might include 3 exchanges of each: whole grains, protein, dairy, vegetables and fruits.

A dietitian can help you with diet planning and questions about certain foods and portion sizes. If you have trouble finding a dietitian, call toll-free 1-888-830-4300 to speak with an Amerigroup diabetes case manager. People who are deaf or hard of hearing should dial [711]. A diabetes case manager can help you connect with a dietitian who can work with you. Here are some ideas to get you started making diet changes:

- Eat the same amount around the same times each day
- Use variety and spice things up with herbs, seasonings, lemon juice and low-sodium soy sauce
- Be creative
- Keep telling yourself you can do it
- Use all the resources you can
- Reward yourself

If the enclosed information is not in your primary language, please call 1-800-600-4441(TDD/TTY only 711). We can translate this at no cost to you.

ENGLISH

Yog cov ntabw ntabw xov xwm xa tuaj no tsis yog koj hom lus, thov hu xovtooj rau 1-800-600-4441 (TDD/TTY Cov neeg lag ntseg ces siv tus xovtooj no xwb 711) Peb tuajyeem txhais cov ntabw ntabw no pub dawb rau koj.

HMONG

Afai o lenei faaaliga e le o alu atu i lau gagana masani, faamolemole vala'au mai i le telefoni: 1-800-600-4441 (Na'oto TTD/TTY 711) E mafai ona matou faaliliuina lenei mea e aunoa ma lou totogiina

SAMOAN

Если прилагаемая информация не на вашем родном языке, позвоните, пожалуйста, по телефону 1-800-600-4441 (только TDD/TTY 711). Мы можем перевести вам это бесплатно.

RUSSIAN

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UKRAINIAN

동봉한 안내자료가 귀하의 모국어로 준비되어 있지 않으면 1-800-600-4441 (TDD/TTY 711)로 연락하십시오. 무료로 이 번역을 해드릴 수 있습니다.

KOREAN

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ROMANIAN

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AMHARIC

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TIGRIGNA

Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711). Podemos traducir esto sin costo para usted.

SPANISH

ຖ້າຂໍ້ມູນທີ່ໄດ້ເອົາຄັດຕົວມານາຊອງນີ້ບໍ່ແມ່ນພາສາແມ່ຂອງທ່ານ, ກະລຸນາໂທຫາ 1-800-600-4441 (ສໍາລັບການໂທດ້ວຍ TDD/TTY ແມ່ນ 711) ພວກເຮົາສາມາດແປອັນນີ້ໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ.

LAOTIAN

Nếu thông tin đính kèm không có ngôn ngữ của quý vị, xin gọi 1-800-600-4441(TDD/TTY dành riêng 711). Chúng tôi có thể dịch nội dung này miễn phí cho bạn.

VIETNAMESE

如果隨附的資料不是您的主要語言，請撥打電話 1-800-600-4441 (TDD/TTY 專線 711) 我們可免費為您翻譯。

CHINESE

បើសិនជាព័ត៌មានដែលបានភ្ជាប់មកនេះ មិនមែនជាភាសាដើមរបស់លោកអ្នកទេ សូមទូរសព្ទទៅកាន់លេខ 1-800-600-4441 (សំរាប់ DTT/TTY សូមទូរសព្ទទៅកាន់លេខ 711) យើងខ្ញុំអាចបកប្រែភាសានេះ ដោយមិនគិតថ្លៃពីលោកអ្នក។

CAMBODIAN

Kung ang nakalakip na impormasyon ay hindi sa inyong pangunahing wika, pakitawagan po ang 1-800-600-4441 (TDD/TTY lamang 711). Maaari namin itong isalin para sa inyo nang walang bayad.

TAGALOG

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FARSI