

Living Healthy with Diabetes

A guide
for adults
55 and up



Healthy Food Choices

Choosing what, how much, and when to eat

In the past, diets for people with diabetes were very restrictive. Things are different now. There isn't a "one size fits all" diabetes diet.

While you may need to make some changes in what and how much you eat, you have flexibility in deciding what's on the menu. With a little planning, you can still include your favorite foods.

A great way to begin meal planning is the "Plate Method". Look at the Create Your Plate graphic on pages 6 and 7 to learn more. You can use it



anytime whether you are cooking for yourself or eating away from home.

Once you've changed how much you are eating, you can start to make healthier choices for each type of food. Focus on getting enough non-starchy vegetables and less starchy foods and meats. The Plate Method also shows you how to fit fruit, low-fat dairy, and whole grains into your meals. Keep meals healthy and limit added fats, sugars, and sodium (salt).

Practical food tips when eating away from home

- Start your meal with a broth-based soup or a salad.
- Ask for sauces and dressings on the side.
- Choose vegetable or fruit side dishes.
- Use the Plate Method.
- When your order arrives, divide portions before you start to eat. Take the extras home and save them for another meal.
- Try to avoid buffets and all-you-can-eat deals.
- If you want dessert, split it with friends or family.

LIVING HEALTHY WITH DIABETES

VITAMIN D:

Older Americans are not getting enough vitamin D. Make sure the dairy and soy products you consume are vitamin D-fortified. Ask your doctor if you should be taking a supplement.



Create Your Plate!

- 1 Imagine drawing a line down the middle of your dinner plate. Then on one side, cut it again so you will have 3 sections on your plate like the picture on your right.
- 2 Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.
- 3 Now in one of the smaller sections, put starchy foods such as noodles, rice, corn, or potatoes.
- 4 The other small section is for meat, fish, chicken, eggs, or tofu.
- 5 Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you've got a great meal. (If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.)

Grains and Starchy Vegetables

- whole grain breads or crackers
- whole grain, high-fiber cereal
- oatmeal, grits, hominy, or cream of wheat
- rice, pasta, tortillas
- cooked beans and peas
- potatoes, corn, winter squash



For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand. Use a 9-inch plate like the one shown here.

Protein

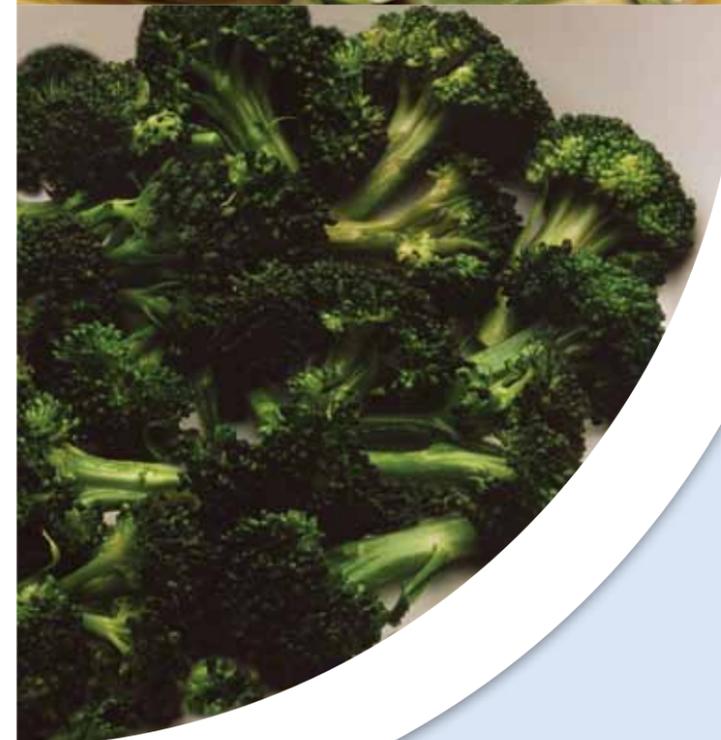
- chicken or turkey (without the skin)
- fish
- shellfish
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese

Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

Fruit

- fresh, frozen, or canned in juice or light syrup



Non-Starchy Vegetables

- fresh, frozen, or canned carrots, leafy greens, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip