



Diabetes MYPLATE

What is Diabetes?
 Your body and brain need sugar from the foods you eat. Diabetes is a medical condition where you have too much sugar in your blood (called blood glucose). Eating well, getting regular physical activity, maintaining a healthy weight, and taking prescribed medicines can help manage diabetes.
 Foods that contain carbohydrate are changed into blood glucose when you eat. These include:

- » Plant-based foods like grains, dried beans and peas, starchy vegetables, fruit, and fruit juice
- » Dairy-based foods like milk and yogurt
- » Sweets like sugar, honey, jellies, candy, syrup, and regular sodas
- » Baked goods like cakes, cookies, and pies

DAIRY

- Choose fat-free or low-fat milk or yogurt.
- Choose calcium-fortified foods if you can't eat dairy products.



NON-STARCHY VEGETABLES

- Buy fresh vegetables in season
- Keep frozen on hand, too.
- Plan meals around a vegetable main dish, such as a vegetable stir-fry.
- Keep cut-up vegetables handy for quick snacks.
- Steaming vegetables like broccoli, cauliflower, and green beans is easy and healthy.



FRUITS

Focus on fruits

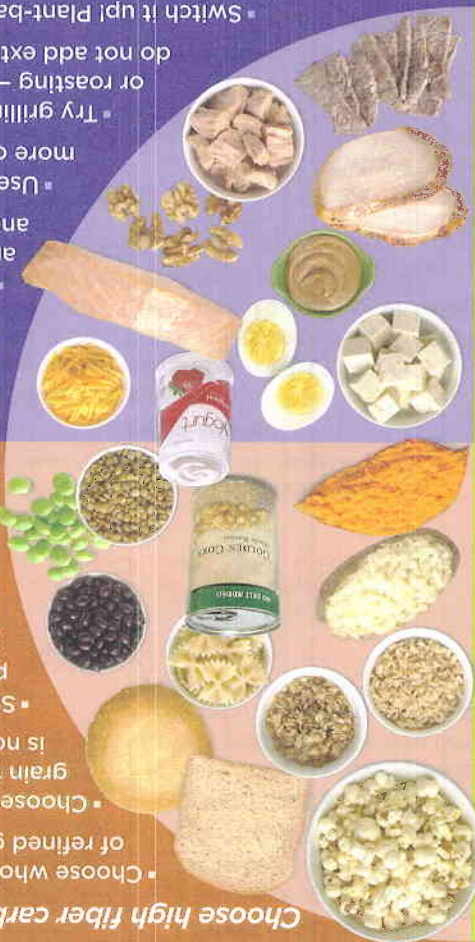
- Choose whole or cut-up fruit over fruit juice.
- Select canned fruits in 100% juice or water, not syrup.

- Dried fruit or juice portion sizes are small so they may not be as filling as fresh or canned fruits.



PROTEIN

- Go lean with protein and remove visible fat
- Start with lean choices, more often.
- Use fish and poultry or roasting — these methods do not add extra fat.
- Switch to up! Plant-based proteins (like tofu) are healthy additions to your plate.



GRAINS | LEGUMES STARCHY VEGETABLES

- Choose high fiber carbohydrate choices of refined grains.
- Choose whole grains instead of refined grains.
- Choose foods that list a whole grain first on the label — color is not an indication.
- Starchy vegetables like potatoes and corn are great sources of vitamins, minerals, and fiber.
- Include dried beans and peas at meals.