When you have diabetes, deciding what, when, and how much to eat may seem challenging. As soon as you find out you have diabetes, ask to meet with your doctor or dietitian to discuss how to make and follow a meal plan. Here are a few tips to help you when eating at home and away from home.

**Use the Plate Method**

Looking at your basic 9-inch dinner plate, draw an imaginary line down the middle of the plate, and divide one side in half.

- Fill the largest section with non-starchy vegetables, like salad, green beans, broccoli, cauliflower, cabbage, and carrots.
- In one of the smaller sections, put a grain or starchy food such as bread, noodles, rice, corn or potatoes.
- In the other smaller section, put your protein, like fish, chicken, lean beef, tofu, or cooked dried beans.
- Drink water, Skim or 1% milk

**Eating Out quick tips**

- Talk to the server before you order. Ask how foods are prepared.
- Ask if meat could be grilled or broiled instead of fried.
- Aim for dishes with more vegetables.
- Broth-based soups are healthier than creamy.
- Get salad dressings/sauces served on the side and use a small amount.
- Split an entrée and/or dessert with a friend. Or ask to only receive half the portion on the plate and the other half in a to-go box.
- Sugar-sweetened drinks are a major source of calories. Opt for water, low-fat milk, unsweetened tea, black coffee, or diet drinks.
- Women should have no more than 1 alcoholic drink* per day. Men should have no more than 2 drinks per day. Avoid high-calorie mixed drinks.

*One alcoholic drink = 12 oz. beer OR 5 oz. glass of wine OR 1½ oz. liquor (vodka, whiskey, gin, etc.)
Grocery Shopping quick tips

• Make a list before going.
• Don’t go shopping while hungry.
• Don’t purchase items outside your meal plan.
• Stay in the outside aisles with fruits, vegetables, meat, fish, and dairy. Spend less time in the inside aisles.
• Half of your food items should be non-starchy vegetables like lettuce, asparagus, broccoli, cauliflower, cucumber, spinach, mushrooms, onions, and peppers.
• The rest of the cart should have lean proteins, whole grains, fruit, dairy, beans, and starchy vegetables such as corn, peas, parsnips, potatoes, pumpkin, squash, zucchini, and yams.
• If you have favorite foods, discuss with your dietitian how to manage eating them occasionally.

Checking Labels on Packaged Foods

Look at the updated Nutrition Facts label to make sure you are buying packaged foods that are lower in calories, sugar, and fat.

• Look at serving size first and how many servings are in a package. If it says two servings and you eat the whole package, you’ll have eaten twice as many calories, carbs, fats, and other nutrients as on the label!
• Total carbohydrate on the label includes all types of carbs – sugar, starch, and fiber.
• Choose foods with lower calories, saturated fat, trans fat, added sugars, and sodium, listed near the top of the label.
• Choose foods with more dietary fiber, listed under total carbohydrates.

Getting Help

Remember, eating healthy is not just for people with diabetes. Healthy foods benefit everyone in your family and can help prevent those who don’t have the disease from developing it. Talk to friends and family about diabetes. Thank them for being concerned about you.

Questions or requests for additional materials can be addressed by contacting the Health & Wellness team at health@hadassah.org.

Learn more about diabetes, trailblazing research at Hadassah Medical Organization and about how you can help at hadassah.org/research.

#EveryBiteCounts #SupportHadassah #PowerOfWomenWhoHeal

This content is only intended to be used as an educational tool and is not intended to be relied upon as professional advice. The material contained herein is not tailored to any individual and is not necessarily comprehensive. Hadassah encourages all individuals to consult with their healthcare professionals.

Source: Centers for Disease Control and Prevention