

Healthy Eating With Diabetes

Water



1/2 plate

non-starchy
vegetables



1/4 plate

protein (such as fish,
chicken, or tofu)



1/4 plate

whole grains, starchy
vegetables, fruit

Grains, Beans, & Starchy Vegetables

- **Aim to fill a fourth of your plate with grains, beans, or starchy vegetables.**
- Choose whole-grain foods, such as brown rice, whole-grain breads, whole-wheat pasta, high-fiber cereals, oats, and quinoa. They provide fiber, vitamins, and minerals.
- Include corn, peas, potatoes (not fried), corn tortillas, beans (such as kidney, garbanzo, and black beans), and plain popcorn (without butter).

Vegetables

- **Aim to fill half your plate with non-starchy vegetables.**
- Eat vegetables at least a few times a day. Options of non-starchy vegetables include string beans, carrots, broccoli, greens, tomatoes, zucchini, mushrooms, jicama, and asparagus. They're filled with vitamins, minerals, and fiber and are low in fat and carbohydrates.
- Choose fresh or frozen vegetables, or canned vegetables with no added salt.

Fruits

- **Keep fruit handy. Aim for 2 to 4 small portions a day.** Options include apples, oranges, bananas (half a banana equals one serving), berries, peaches, mango (half a mango equals one serving), persimmon, and pears.
- Choose fruits that are fresh, frozen, or canned in their own juice.

Milk & Yogurt

- **Aim for one serving of milk or yogurt.**
- Choose low-fat cow's milk, or unsweetened plant milk (soy, almond, or oat).
- Eat light, nonfat plain or Greek yogurt.

Protein (Animal and Plant)

- **Aim to fill a fourth of your plate with lean protein foods.**

Animals

- Choose lean, trimmed meats and skinless chicken and turkey, or fish. Bake, broil, or grill it.
- Have omega-3 rich, heart-healthy fish, such as salmon, sardines, and herring at least twice a week.

Plants

- Try more plant-based protein options like tofu, soy, or beans, which are good sources of protein, vitamins, and minerals.
- Have small portions of nuts, which are high in heart-healthy fats.

Fat

- **Use oils, spreads, and salad dressings in small amounts,** and choose heart-healthy options like olive or avocado oil.
- Limit choices that contain saturated or trans fats like butter, cream, shortening, and lard.
- Limit or avoid fried foods, desserts, pastries, snack ships, candy, and ice cream.

Sugar & Sweets

- **Drink mostly water.**
- Try no-calorie carbonated beverages, unsweetened iced tea, or water with added lemon or sliced cucumber for flavor.
- Avoid sugar-sweetened beverages, fruit drinks, and juices.

Alcohol

- **Drink alcohol in moderation, or not at all.**
- Remember that moderate drinking is up to 1 drink per day for women and 2 drinks per day for men.
- Talk to your doctor about your habits if you drink alcohol. Drinking interacts with diabetes medications.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.