

# EATING HEALTHY FOR DIABETES

The CDC recommends that people at increased risk for complications from COVID-19, like people with diabetes, take extra steps to protect their health. Here are some tips for eating well with diabetes. *Always consult a doctor or dietitian before starting a new diet plan.*



1

## EAT YOUR FRUITS & VEGGIES

- Fill half your plate with vegetables.
- To keep your blood sugar under control, **choose non-starchy vegetables**, such as spinach, beets, eggplant, asparagus, mushrooms, carrots or green beans.
- Starchy vegetables, such as potatoes, sweet potatoes, corn and peas can also be included as part of a healthy diet, but be mindful of how much you eat.
- Fruit is an important part of a healthy diet even though they can raise your blood sugar some. **Choose fresh, frozen or canned varieties.**

2

## FOR PROTEIN, CHOOSE LEAN MEATS OR NON-MEAT PROTEINS

- **Stock up on lean proteins**, such as canned light tuna, salmon or white meat chicken (salt-free), packed in water. You can also freeze lean meat, poultry or fish.
- Healthy non-meat proteins include tofu, beans (canned or dried), and nuts.
- Proteins keep you feel full and satisfied after eating and can help keep your blood sugar steady.

3

## CUT DOWN ON ADDED SUGAR

- When you choose canned fruit, choose varieties that have **no added sugar and are packed in 100% juice or water** to cut down on added sugar.

4

## CHOOSE WHOLE GRAINS

- **Choose whole grains more often.** Stock up on dried whole grains, such as quinoa, brown rice, oatmeal and whole wheat pasta. Slice and freeze whole grain bread to keep it longer.

Some foods may be difficult to find and some foods may be too expensive. But do the best you can with what you can get.



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