

Participant Guide

Eat Well to Prevent T2







Session Focus

Eating well can help you prevent or delay type 2 diabetes.

This session we will talk about:

- How to eat well
- How to build a healthy meal
- The items in each food group

You will also make a new action plan!



Tips:

- Use herbs, spices, lemon juice, and low-fat dressing to make veggies taste better.
- ✓ Fill up on fiber and water.
- ✓ Shop, cook, and eat healthy with friends and family.

Key points to remember:

Choose items that are:

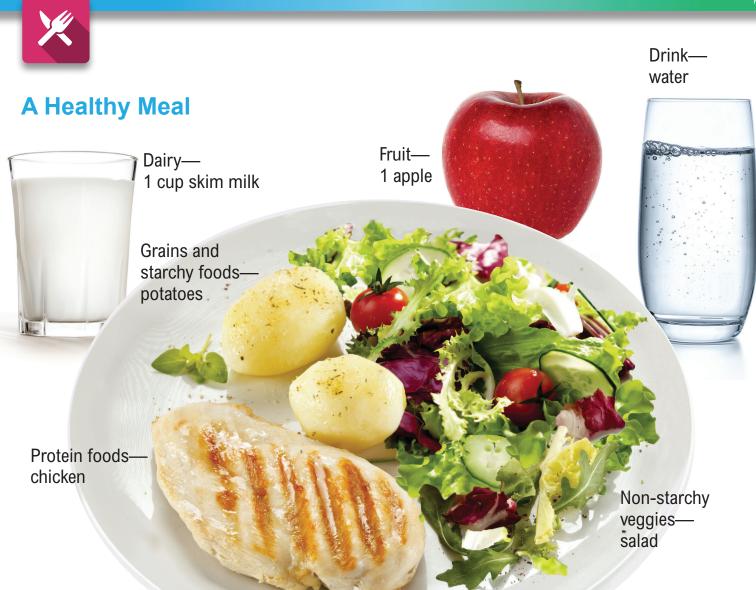
- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

Limit items that are:

- High in calories, fat, and sugar
- Low in fiber and water
- Low in vitamins, minerals, and protein







You'll want to make:

- Half of your plate non-starchy veggies (such as broccoli, lettuce, peppers)
- A quarter of your plate grains and starchy foods (such as potatoes, oatmeal)
- Another quarter of your plate protein foods (such as chicken, lean meat, fish)

You can also have:

- A small amount of dairy (1 cup skim milk)
- A small amount of fruit (one apple, half a banana, ½ cup berries)
- A drink that has low or no calories (water, sparkling water, coffee without sugar)





Make Your Plate

Write the number of the correct food group on each line. Then create a healthy meal by listing items that you like. You can use "Foods to Choose" on pages 5-7 for ideas.

Food Groups

- 1. Non-starchy veggies
- 2. Grains and starchy foods
- 3. Protein foods
- 4. Dairy foods
- 5. Fruit
- 6. Drink







Foods to Choose

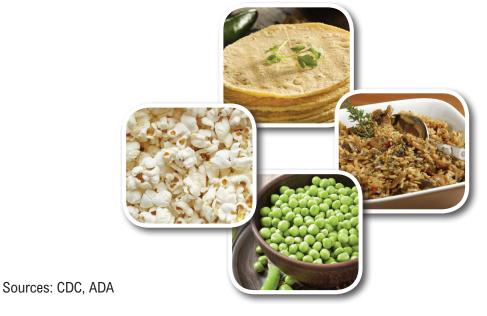
Non-starchy veggies:

- Asparagus
- Broccoli
- Cabbage
- Carrots
- Celery
- Cucumbers
- Leafy greens
- Mushrooms
- Onions
- Peppers
- Tomatoes
- Your favorites:





- 100% corn tortillas
- 100% whole grain cereal
- 100% whole wheat bread
- Black beans
- Brown rice
- Corn
- Green peas
- Lentils
- Oatmeal
- Popcorn
- Potatoes
- Pumpkin
- Yams
- Your favorites:







Foods to Choose

Protein foods:

- Eggs (but limit yolks)
- Fish and seafood (catfish, cod, shrimp)
- Lean meat (lean ground beef, chicken and turkey without skin, pork loin)
- Nuts (limit because high in fat)
- Your favorites:





Dairy foods:

- Low-fat cheese
- Plain low-fat soy or almond milk
- Plain nonfat or low-fat yogurt
- Skim or low-fat milk
- Your favorites:

Sources: CDC, ADA





Foods to Choose

Fruit:

- Apples
- Apricots
- Blueberries
- Dates
- Grapefruit
- Grapes
- Oranges
- Strawberries
- Your favorites:





Drinks:

- Coffee without sugar
- Sparkling water
- Tea without sugar
- Water
- Your favorites:

Sources: CDC, ADA



Foods to Limit

Sweet foods:

- Candy
- Cookies
- Corn syrup
- Honey
- Ice cream
- Molasses
- Processed snack foods
- Sugar
- Other examples:





Sources: CDC, ADA

Fatty foods:

- Butter
- Creamy salad dressing
- Deep fried foods (French fries)
- Fatty meat (bacon, bologna, regular ground beef)
- Full-fat cheese
- Lard
- Shortening
- Whole milk
- Other examples:





How to Cope with Challenges

It can be challenging to shop, cook, and eat well. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
Shopping this way costs too much.	 ☐ Use coupons. ☐ Buy in bulk. ☐ Buy things on sale. ☐ Grow your own veggies and fruit. ☐ Buy frozen veggies and fruit. ☐ Buy veggies and fruit in season. 	
Shopping and cooking this way takes up too much time.	 To free up time in general: □ Be more organized. □ Ask friends or family to help you get things done. □ Take your kids with you to the grocery store and turn it into a fun field trip. To find time to shop for healthy food: □ Shop on the weekend. 	
☐ Use a li everyth ☐ Buy he like pre To find tim ☐ Look fo healthy ☐ Do son	 □ Shop in bulk. □ Use a list to make sure you get everything you need. □ Buy healthy convenience items, like prewashed salad. To find time to cook healthy food: □ Look for recipes for fast, healthy meals. □ Do some prep work before work in the morning. 	





How to Cope with Challenges

Challenge	Ways to Cope	Other Ways to Cope
I don't like the way this food tastes.	 □ Change your favorite dishes to make them healthier. □ Choose cheeses that are strongtasting and fairly low in fat, such as Parmesan and feta. □ Choose good quality items. □ Choose items with a variety of flavors, textures, scents, and colors. □ Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful. □ Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa. □ Grill or roast veggies and meat to bring out the flavor. 	
It's unpleasant/ boring/hard to shop, cook, and eat this way.	 □ Shop, cook, and eat healthy with friends and family. □ Learn new cooking methods and recipes from books, articles, and videos. Or take a healthy cooking class. □ Try new ingredients. 	