



Eating to Control Your Diabetes

(Non-Insulin-Dependent)

Eating smart, getting regular exercise, and controlling your weight are the keys to managing your diabetes successfully. If you follow these guidelines, your diabetes will improve. It may even be brought under complete control. And you will feel and be healthier.

EATING SMART

Avoid large meals. Eat at regular times, especially if you are taking insulin. Don't skip meals. And choose your foods carefully. Here's how:



Milk and Dairy. Choose low-fat milk, yogurt, and cheeses. Whole milk is rich in saturated fat and cholesterol. These fats are bad for your heart. Also, extra fat adds extra calories. Your best bets: skim or nonfat milk, low-fat cheese, and low-fat yogurt.



Fruits, Vegetables, and Whole Grains. Fresh fruits, vegetables, and whole grains are bursting with vitamins and minerals. And they are free from fat and cholesterol. The water-soluble fiber in oat bran, beans, and fruit may lower your cholesterol and help control your blood sugar. Fiber also helps control appetite—it fills you up with fewer calories. Dress your salad with unsaturated oils, or sprinkle it with herbs and lemon juice. Crisp-cooked vegetables (½-1 cup per serving) are delicious flavored with fresh or dried salt-free herbs. Forget the extra fat!



Skip the Sugar. Low-sugar cereals: oatmeal; puffed wheat and puffed rice; shredded wheat; Cheerios; Wheat, Corn, and Rice Chex. Avoid refined sugars: table sugar, honey, molasses, candy, cake, pie, jam, jelly, marmalade, and regular soft drinks.



Lean Meats and Protein. Choose lean cuts of meat. Trim all visible fat. And limit red meats to three 3- to 6-ounce servings a week. Eat no more than two eggs per week. Remove the skin from poultry. And eat fish at least once a week. Avoid rich gravies, cream sauces, and butter.



Fats: Choose Carefully. Not all fats are created equal. Saturated fats such as butter, lard, palm oil, and coconut oil raise cholesterol. Choose heart-healthy fats that can lower cholesterol: corn, olive, safflower, soybean, and sunflower oils. Remember, though, that all fats have more than twice the calories of proteins and carbohydrates. Nuts, bacon, and salad dressings are high in fat. Read labels, and aim for a low-fat life-style!

COOKING SMART



Bake, roast, broil, grill, poach, or boil meat, fish, and poultry. Do not fry! Cut away the visible fat before you cook meat and poultry.

Avoid cooking with fat by using a nonstick pan or non-sticking spray when browning or frying meat, potatoes, or other vegetables.

Do not add flour, bread crumbs, or coating mixes to chicken, pork, meat loaf, or vegetables when you are preparing them.