

Health tip: Eating with diabetes



Diabetes rates have been steadily increasing over the past few decades due to various factors, including changes in lifestyle, dietary habits and an aging population. Adding to the complexity, 8 out of 10 people don't know they have pre-diabetes and 1 out of 5 people don't know they have diabetes.¹

However, the good news is you may be able to significantly reduce the health risks of diabetes by making healthier lifestyle choices and incorporating healthier eating strategies into to your daily routine.

Make nutrition a priority

**There is no “one size fits all” meal plan.
Consider these healthy eating strategies:**

- Mediterranean style eating plan²
- Balanced meals with healthier portion sizes³
- Monitor carbohydrate intake

Mindful snacking:

- Fruits and veggies
- Lean protein
- Healthier Fats
- Minimally processed grains

Healthier cooking methods:

- Reduce fat by using a slow cooker, instant pot, or air fryer
- Sauté foods using low sodium broth instead of oil
- Swap plain low-fat or fat-free yogurt for sour cream
- Roast veggies in the oven
- Grill using herbs and spices for flavor
- Substitute pureed fruit or pumpkin for oil/butter when baking



Health risks

Diabetes is the 8th leading cause of death and is the leading cause of newly diagnosed end-stage kidney disease and new cases of blindness in US adults. Healthier nutrition habits may help reduce these risks.¹

Dining out tips

- Be prepared – review the menu ahead of time.
- Always have a healthy snack on hand in case you're waiting unexpectedly and to avoid a blood sugar dip.
- Drink a glass of water before eating.
- Watch portion sizes. As soon as your plate is served, ask for a to-go container and pack half away.
- Focus on lean meats, veggies, and whole grains.
- If you do splurge, plan for dessert, alcohol or that dinner roll by eating fewer carbs during the main meal.



Scan this code with your smartphone's camera to learn how to manage your diabetes.



Sources:

1. CDC. https://www.cdc.gov/diabetes/php/data-research/?CDC_ARef_Val=. 2024. Accessed September 2024.

2. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>. July 2023. Accessed April 2024.

3. CDC. https://www.cdc.gov/diabetes/healthy-eating/diabetes-meal-planning.html?CDC_ARef_Val=. 2024. Accessed September 2024.