TOP 5 TIPS FOR
DIABETES PREVENTION

Whether you have prediabetes, were just diagnosed with diabetes, or have been living with this condition for a while, these tips may help you in your quest for a healthy lifestyle:

PREPARE MEALS AT HOME MORE OFTEN
- Bake, broil, steam, roast, or grill
- Choose high-fiber sources of carbohydrates
- Use salt sparingly

FILL HALF YOUR PLATE WITH NON-STARCHY VEGETABLES
- Choose a variety of colors

AIM FOR 25-30 GRAMS OF PROTEIN AT EACH MEAL
- Eat protein with every meal and snack

MOVE YOUR BODY
- Pick activities you enjoy that increase your heart rate

MAINTAIN A HEALTHY WEIGHT
- Even modest weight loss can significantly improve blood sugar levels

Lean beef can be part of a diabetes-friendly diet that supports metabolic and cardiovascular health[1]

1. Maki et al. Substituting Lean Beef for Carbohydrate in a Healthy Dietary Pattern Does Not Adversely Affect the Cardiometabolic Risk Factor Profile in Men and Women at Risk for Type 2 Diabetes. J Nutr 2020; nxaa116, https://doi.org/10.1093

CONFETTI BEEF TACO SALAD

- 1 lb Ground Beef (95% lean)
- 1 cup shredded carrot (about 1 large carrot)
- ¾ cup salsa
- 1 can (15 oz.) black beans, drained and rinsed
- 2 tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. garlic powder
- 8 cups mixed salad greens
- ½ cup low-fat shredded Cheddar cheese
- 1 medium tomato, chopped (about 1 cup)
- ½ cup diced bell pepper
- ¼ cup thinly sliced red onion
- Sliced black olives (optional)
- Salad dressing of choice (optional)

1. Heat a large nonstick skillet over MEDIUM heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into ¾-inch crumbles and stirring occasionally until meat is no longer pink. Pour off drippings, if any.

2. Stir in carrots, salsa, beans, cumin, chili powder and garlic powder; cook for 2 minutes. Remove skillet from heat.

3. Divide salad greens between 4 plates and top each with a quarter of the beef mixture. Top with cheese, tomato, pepper, and onion. Garnish with sliced olives and dressing, if desired.

Nutrition information per serving: 356 Calories; 76 Calories from fat; 8.5 g Total Fat (3.9 g Saturated Fat; 3.0 g Monounsaturated Fat); 74.6 mg Cholesterol; 725.4 mg Sodium; 30.8 g Total Carbohydrate; 10.7 g Dietary Fiber; 37.2 g Protein; 5.9 mg Iron; 781.1 mg Potassium; 0.2 mg Thiamin; 0.4 mg Riboflavin; 11.0 mg Niacin (NE); 0.5 mg Vitamin B6; 2.3 mcg Vitamin B12; 6.6 mg Zinc; 22.3 mcg Selenium; 102.6 mg Choline.

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AN INTRODUCTION TO
HEALTHY EATING FOR DIABETES

WHAT IS DIABETES?

Diabetes is a disease associated with high blood sugar levels. In type 1 diabetes, a body doesn't make enough insulin, the hormone that helps control blood sugar. In type 2 diabetes, the body can't use insulin properly.

Over time, high blood sugar can lead to vision loss, kidney failure, heart disease, stroke, foot complications and more. If you have diabetes, you can plan meals (including the amount of carbohydrates you eat) to help keep blood sugar levels normalized.

CARBOHYDRATE BASICS

Carbohydrates are a macronutrient, along with protein and fat. **Starch, fiber,** and **sugar** are all types of carbohydrates. When you look at a food label, you will see Total Carbohydrates, which includes all 3 of these components. Carbohydrates directly impact the level of glucose (sugar) in your blood.

Foods high in starch include:

- Bread, pasta, rice, crackers
- Potatoes, winter squash, corn, peas
- Beans (like pinto, black) and lentils

When looking for grain-based foods like bread, choose products that list "whole grain" as the first ingredient at least half the time.

Fiber can help to prevent blood sugar spikes, along with allowing you to feel full longer and benefit digestion. Choose foods with **at least 3 grams of fiber per serving**.

Sugar is also a source of carbs. Sugar occurs naturally in fruits and dairy products, and is added to foods like candy, beverages, and baked goods.

Be aware of the foods/beverages you eat with added sugars (like soda, cookies, candy). Try to limit these to small portions only eaten once in a while.
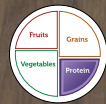

MEAL PLANNING WITH DIABETES

**Balance carbohydrate-rich foods to keep blood sugar levels in check.**
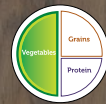
Fill half your plate with non-starchy vegetables.
Non-starchy vegetables are rich in nutrients and low in carbohydrates. More colors equal more nutrients.

Make a quarter of your plate lean protein.
Lean protein can help control hunger and stabilize blood sugar levels. Include about 25 grams of protein per meal (for example, 3 oz. of lean beef).
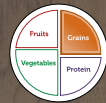
Make a quarter of your plate starches or whole grains.
Starches/grains are sources of carbohydrates. Choose products with at least 3 grams of fiber per serving to limit blood sugar spikes.

*Add fruit and low-fat or non-fat dairy, as your plan allows. Fruit and dairy have carbohydrates. You can include these in place of starches/grains at meals.

GROCERY SHOPPING IDEAS

NON-STARCHY VEGETABLES

- ☐ Asparagus
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Eggplant
- ☐ Green Beans
- ☐ Mushrooms
- ☐ Onions
- ☐ Tomatoes
- ☐ Squash (yellow, and zucchini)
- ☐ Salad greens (arugla, kale, lettuce, and spinach)

LEAN PROTEINS (aim for 25-30g PROTEIN/meal)

- ☐ Beef (choose round, loin, or ground beef)
- ☐ Fish (choose unbreaded)
- ☐ Chicken (choose white, skinless)
- ☐ Pork (choose loin)
- ☐ Eggs
- ☐ Non-starchy plant proteins (tofu, tempeh)

GRAINS AND STARCHES (aim for >3g FIBER/serving)

- ☐ Acorn squash
- ☐ Beans
- ☐ Brown rice
- ☐ Butternut squash
- ☐ Corn
- ☐ Popcorn
- ☐ Potatoes
- ☐ Quinoa
- ☐ Whole grain bread
- ☐ Whole grain pasta

FRUITS

- ☐ Apple
- ☐ Banana
- ☐ Berries
- ☐ Grapes
- ☐ Mango
- ☐ Melon
- ☐ Oranges
- ☐ Peaches
- ☐ Pomegranete

LOW-FAT OR NON-FAT DAIRY (aim for ≥8g PROTEIN/serving)

- ☐ Reduced-fat cheese
- ☐ Reduced-fat milk
- ☐ Yogurt or Greek yogurt
- ☐ Fortified, unsweetened dairy alternative