

The background of the entire page is a collage of various healthy foods. At the top, there are fresh vegetables like red and yellow bell peppers, carrots, a whole corn cob, a green cucumber, and a purple eggplant. A large green circle is superimposed over the center of the image, containing the main title. Below the circle, on the right side, is a large portion of cooked, golden-brown chicken wings. On the left side, below the circle, are several small bowls containing black olives, dark beans, chickpeas, and sliced banana chips. The entire composition is set against a dark, rustic wooden background.

Healthy Eating

and Physical Activity

FOR PEOPLE WITH
DIABETES



HealthPartners Institute

Contents

- 1 Healthy Eating
- 2 How Much to Eat
- 8 Meals, Menus, Snacks and Beverages
- 14 My Menus
- 17 Physical Activity and Exercise
- 19 My Care Team



Contributors: Tara M. Ettestad, RDN, LD, CDCES, Holly J. Willis, PhD, RDN, CDCES, Libby Johnson, RDN, LD, CDCES, Katrina Flaskerud, MS, RDN, LD, CDCES, Dana C. Gershenoff, MS, RDN, CDCES; Nancy Waldbillig, RDN, LD, CDCES

Graphic Designer: Jeenee Lee

Illustrations and other graphics are copyrighted and used with permission, including: akulamati, Aleksandr Belugin, alexshyripa, andreykuzmin, Anna Pustynnikova, Baiba Opule, belchonock, Dima Sobko, Dmytro Kobeza, Елена Ерѐменко, Ian Yefimkin, jreika, karandae, Khoon Lay Gan, kitamin, magone, Maya Kovacheva, Mr.maroot Sudchinda, natika, Natthapon Ngamnithiporn, povareshka3, Roman Iegoshyn, Ronnarong Thanuthattaphong, Sergei Vinogradov, srapsar38, tobi, Valeria Aksakova, voltan1, yelenayemchuk © 123RF; anna1311, AnnaPustynnikova, Basilios1, buyit, Coprid, DebbiSmirnoff, Diana Talium, Dzevoniiia, Elena_Danileiko, Evgeniy Skripnichenko, FotografiaBasica, gbh007, Hyrma, Iseo Yang, jenifoto, kaanates, Lilechka75, Magone, Mihrzn, OksanaKiian, pamela_d_mcadams, ProArtWork, Sezeryadigar, Sonja Rachbauer, SStajic, VeselovaElena, wmaster890 © iStock.com; and Tamara Peterson. Please contact International Diabetes Center for copyright information.

© 1997, 2003, 2008, 2018, 2020, 2024 by HealthPartners Institute International Diabetes Center

This publication is for informational purposes only. The information cannot serve as a substitute for the care a licensed medical doctor or health care professional provides. We advise readers to seek medical guidance before making changes in self-care practices or medical therapies.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means (electronic, photocopying, recording or otherwise) without prior permission of International Diabetes Center, 3800 Park Nicollet Boulevard, Minneapolis, MN 55416-2699.

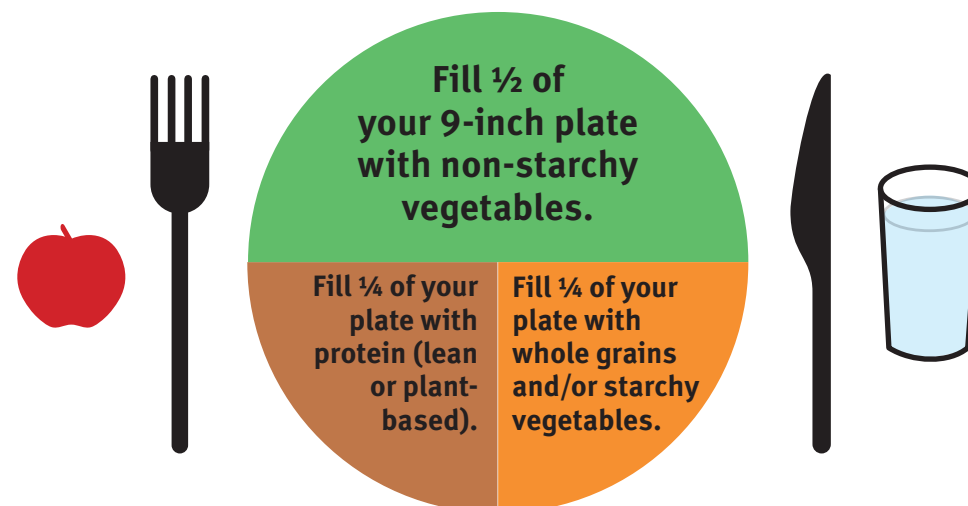
internationaldiabetescenter.com

Healthy Eating

Healthy eating helps keep your glucose (blood sugar) from going too high or too low. Healthy eating also helps with weight management.

Healthy eating includes:

- Choosing balanced meals with whole foods most of the time.
- Aiming for the recommended portions on a nine-inch plate (see below).
- Eating more vegetables.
- Drinking water or other calorie-free beverages.
- Minimizing highly processed foods with added sugar, salt, and fat.



How Much to Eat



There is no one-size fits all eating pattern that works for everyone with diabetes. Many different eating patterns can work.



When choosing meals and snacks, consider your portion sizes and remember that everyone's body has different needs depending on things like age, sex, body size, and activity level.



Work with a registered dietitian nutritionist to learn more about what types and amounts of foods may work best for you.

Non-Starchy Vegetables



Fill $\frac{1}{2}$ of your plate with non-starchy vegetables, like peppers, carrots, or salad greens.

Aim for at least 3 servings per day. A serving is:

- 1 cup raw vegetables
- 1 cup cooked vegetables
- 2 cups leafy greens

My Ideas



Whole Grains and Starchy Vegetables



Fill $\frac{1}{4}$ of your plate with whole grains and/or starchy vegetables.

Ideas:

- Black beans or chickpeas
- Lentils or dal
- Corn, peas, or potatoes
- Whole-grain bread or small whole-grain tortilla
- Whole-wheat pasta
- Quinoa, farro, brown rice



My Ideas

Protein



Fill $\frac{1}{4}$ of your plate with protein.

Ideas:

- Broiled fish or chicken breast
- Beans, lentils, or other plant-based protein
- Hard boiled, scrambled, or poached egg
- Raw, baked, grilled tofu
- 2 tablespoons peanut butter (not $\frac{1}{4}$ of plate)



My Ideas



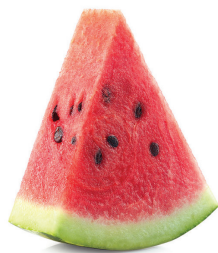
Fruit

Choose fruit often and consider pairing it with foods that contain protein, like a small handful of nuts or seeds, a scoop of cottage cheese, or plain yogurt.

Ideas:

- 1 piece of whole fruit
- 1 cup melon or berries
- ½ cup frozen or canned fruit (without added sugar or juice)
- 1-2 tablespoons dried fruit

My Ideas



Fats and Oils

The type of fat is more important than the quantity of fat.

Choose heart-healthy fats, such as:

- 1 tablespoon olive or canola oil
- 1-2 tablespoons nuts or nut butter
- 1 tablespoon oil and vinegar salad dressing
- ¼ avocado

Choose butter, margarine, or mayo less often.



Dairy

Choose low-fat dairy or foods that contain calcium and vitamin D.

Ideas:

- 1 cup plain or ½ cup fruited yogurt
- 1 cup cottage cheese
- 1.5 ounces of hard cheese
- 1 cup milk, soymilk, or dairy alternative



Meals, Menus, Snacks and Beverages

Morning Meals



Midday Meals



Evening Meals



Menu Ideas

	Morning Meal	Midday Meal	Evening Meal
1			
2			
3			

Snacks

Snacks are not needed unless you are hungry. If you need a snack, choose small portions of healthy foods:



Beverages

Water



Bubbly Water



Plain



My Menus

Morning Meal

Time _____

Non-Starchy Vegetables _____ _____ _____	
Protein _____ _____	Grains and/or Starchy Vegetables _____ _____

Beverage

Fruit

Midday Meal

Time _____

Non-Starchy Vegetables _____ _____ _____	
Protein _____ _____	Grains and/or Starchy Vegetables _____ _____

Beverage

Fruit

Evening Meal

Time _____

Non-Starchy Vegetables	

Protein	Grains and/or Starchy Vegetables
_____	_____
_____	_____

Beverage

Fruit

Physical Activity and Exercise

Moving your body every day can improve your glucose (blood sugar) and may also help with weight management.

Check with your doctor if you have questions about whether it is safe for you to begin moving more.

Physical Activity

- Be active. All forms of movement count (e.g., walking, housework, gardening, or dancing).
- Interrupt sitting every 30 minutes; take short movement breaks like standing up and sitting down 10 times.
- Move often every day. As little as 5 or 6 minutes of brisk walking per day can improve your health.



Exercise

- Purposeful exercise can improve glucose levels, reduce heart disease risk, contribute to weight loss, and improve well-being.
- Work up to at least 150 minutes or more of moderate or vigorous activity each week.
- Aim for 2 or 3 strength training sessions each week (e.g., body weight exercises, weight machines, or lifting weights).
- Continue to increase the intensity, frequency, and/or duration of your exercise for greater benefits.



My Care Team

Call your care team between visits if you have any concerns.

Care team member name

Phone number





HealthPartners Institute International Diabetes Center
internationaldiabetescenter.com