

## Participant Guide

### Have Healthy Food You Enjoy

Eating healthy food can be enjoyable and can help prevent or delay type 2 diabetes.

#### Tips:

- ▶ When you're hungry, start with some nonstarchy veggies or a broth-based soup.
- ▶ Try changing your favorite dishes to make them healthier.

### Anthony's Story

On Wednesday, Anthony was on the go all day at work. He didn't eat lunch, or even have a snack. While driving home, Anthony started feeling very, very hungry.

#### When you get very hungry, you may feel:

- ▶ Anxious
- ▶ Confused
- ▶ Greedy
- ▶ Grumpy
- ▶ Light-headed
- ▶ Rumbling stomach
- ▶ Shaky
- ▶ Weak

Because Anthony was feeling this way, he stopped at a store on his way home. He bought a bag of potato chips. Then he ate half the bag while sitting in the car. Sometimes Anthony eats even when he's not hungry.

#### When you're not hungry, you may eat because you:

- ▶ Feel bored, sad, or anxious
- ▶ Have happy memories of a certain item
- ▶ Just like the way the food tastes
- ▶ Don't want to waste food
- ▶ Don't even know you're eating because you're focused on watching TV, working, driving, etc.

These days, Anthony tries to eat only when he's hungry. And he keeps cut-up veggies handy at home and at work. That way, he never gets very hungry.

How do you feel when you get very hungry?

Why do you eat when you're not hungry?

## Eat the Right Amount

Eating the right amount is part of a healthy approach to eating. Try these tips.

- ▶ Eat only when you feel hungry. Pay attention to your hunger cues. Try not to eat for other reasons, such as feeling bored or sad. Find other ways to cope with those feelings.
- ▶ But don't wait until you're very hungry. If you do, you're likely to make unhealthy choices or eat too much.
- ▶ Don't eat out of a large bag or bowl. Instead, portion out your food. This will help you control how much you eat.
- ▶ Use small plates and single-serving packs. They make you feel more satisfied.
- ▶ Focus on your food—the way it tastes, smells, looks, and sounds. Try not to read, drive, or watch TV while you eat. You'll enjoy your food more.
- ▶ Eat slowly. This gives your brain a chance to get the message that you are full.
- ▶ Stop when you feel full. Pay attention to your fullness cues. Don't stuff yourself.

## Healthy Choices to Prevent T2

Making healthy choices is part of a healthy approach to eating. Choose items that:

- ▶ Are low in calories, fat, and sugar
- ▶ Are high in fiber and water
- ▶ Are high in vitamins, minerals, and protein

Instead of ...	Choose ...
½ cup chocolate pudding (153 calories)	½ cup plain nonfat yogurt with 1 teaspoon jam (85 calories)
1 cup oil-roasted almonds (953 calories)	1 cup air-popped popcorn (31 calories)
1 medium serving of deep-fried French fries (378 calories)	1 side salad (17 calories)
1 slice of pepperoni pizza (338 calories)	1 cup minestrone soup (127 calories)
½ cup salsa con queso (179 calories)	½ cup plain salsa (38 calories)
1 cup orange juice (122 calories)	1 medium orange (69 calories)

## Healthy Choices to Prevent T2

Write your ideas for healthy choices. In the left column of the chart below, write the food you want to change. In the right column, write a healthy swap.

Instead of ...	Choose ...
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

## Recipe Makeover

Ever since Anthony's doctor told him that he's at risk for type 2 diabetes, he has been worried that his new diet will take all the joy out of food for him. He loves to cook, but he doesn't know much about healthy cooking. He imagines that he'll be eating lots of raw spinach. Here are some ways to make healthy choices enjoyable.

- ▶ Change your favorite dishes to make them healthier.
- ▶ Choose cheeses that are strong-tasting 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 dressings, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.
- ▶ Grill or roast veggies and meat to bring out the flavor.
- ▶ Learn new cooking techniques and recipes from books, articles, and videos.  
Or take a healthy cooking class.
- ▶ Share ideas and cooking with friends and family.
- ▶ Try new cuisines and ingredients.

