

Participant Guide

Eat Well to Prevent T2

Eating well can help you prevent or delay type 2 diabetes.

Tips:

- ▶ Use herbs, spices, lemon juice, and low-fat dressing to make veggies taste better.
- ▶ Fill up on fiber and water.
- ▶ Shop, cook, and eat healthy with friends and family.

Key points to remember:

Choose items that are:

- ▶ Low in calories, fat, and sugar
- ▶ High in fiber and water
- ▶ High in vitamins, minerals, and protein

Limit items that are:

- ▶ High in calories, fat, and sugar
- ▶ Low in fiber and water
- ▶ Low in vitamins, minerals, and protein

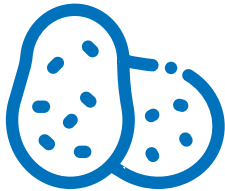


A Healthy Meal



Dairy

1 cup skim milk



**Grains & starchy
foods**
potatoes



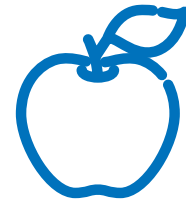
Non-starchy veggies
salad



Drink
water



Protein food
chicken



Fruit
1 apple

You'll want to make:

- ▶ Half of your plate non-starchy veggies (such as broccoli, lettuce, peppers)
- ▶ A quarter of your plate grains and starchy foods (such as potatoes, oatmeal)
- ▶ Another quarter of your plate protein foods (such as chicken, lean meat, fish)

You can also have:

- ▶ A small amount of dairy (1 cup skim milk)
- ▶ A small amount of fruit (one apple, half a banana, ½ cup berries)
- ▶ A drink that has low or no calories (water, sparkling water, coffee without sugar)

Foods to Choose

Non-starchy veggies:

- ▶ Asparagus
- ▶ Broccoli
- ▶ Cabbage
- ▶ Carrots
- ▶ Celery
- ▶ Cucumbers
- ▶ Leafy greens
- ▶ Mushrooms
- ▶ Onions
- ▶ Peppers
- ▶ Tomatoes

Your favorites:

Fruit:

- ▶ Apples
- ▶ Apricots
- ▶ Blueberries
- ▶ Dates
- ▶ Grapefruit
- ▶ Grapes
- ▶ Oranges
- ▶ Strawberries

Your favorites:

Dairy foods:

- ▶ Low-fat cheese
- ▶ Plain low-fat soy or almond milk
- ▶ Plain nonfat or low-fat yogurt
- ▶ Skim or low-fat milk

Your favorites:

Grains and starchy foods:

- ▶ 100% corn tortillas
- ▶ 100% whole grain cereal
- ▶ 100% whole wheat bread
- ▶ Black beans
- ▶ Brown rice
- ▶ Corn
- ▶ Green peas
- ▶ Lentils
- ▶ Oatmeal
- ▶ Popcorn
- ▶ Potatoes
- ▶ Pumpkin
- ▶ Yams

Your favorites:

Protein foods:

- ▶ Eggs (but limit yolks)
- ▶ Fish and seafood (catfish, cod, shrimp)
- ▶ Lean meat (lean ground beef, chicken and turkey without skin, pork loin)
- ▶ Nuts (limit because high in fat)

Your favorites:

Drinks:

- ▶ Coffee without sugar
- ▶ Sparkling water
- ▶ Tea without sugar
- ▶ Water

Your favorites:

Foods to Limit

Fatty foods:

- ▶ Butter
- ▶ Creamy salad dressing
- ▶ Deep fried foods (French fries)
- ▶ Fatty meat (bacon, bologna, regular ground beef)
- ▶ Full-fat cheese
- ▶ Lard
- ▶ Shortening
- ▶ Whole milk

Other examples:

Sweet foods:

- ▶ Candy
- ▶ Cookies
- ▶ Corn syrup
- ▶ Honey
- ▶ Ice cream
- ▶ Molasses
- ▶ Processed snack foods
- ▶ Sugar

Other examples:

How to Cope With Challenges

Challenge	Ways to Cope	Other Ways to Cope
<p>I don't like the way this food tastes.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Change your favorite dishes to make them healthier. <input type="checkbox"/> Choose cheeses that are strongtasting and fairly low in fat, such as Parmesan and feta. <input type="checkbox"/> Choose good quality items. <input type="checkbox"/> Choose items with a variety of flavors, textures, scents, and colors. <input type="checkbox"/> Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful. <input type="checkbox"/> Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa. <input type="checkbox"/> Grill or roast veggies and meat to bring out the flavor. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>It's unpleasant/boring/hard to shop, cook, and eat this way.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Shop, cook, and eat healthy with friends and family. <input type="checkbox"/> Choose cheeses that are strongtasting and fairly low in fat, such as Parmesan and feta. <input type="checkbox"/> Learn new cooking methods and recipes from books, articles, and videos. Or take a healthy cooking class. <input type="checkbox"/> Try new ingredients. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

