

# **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:

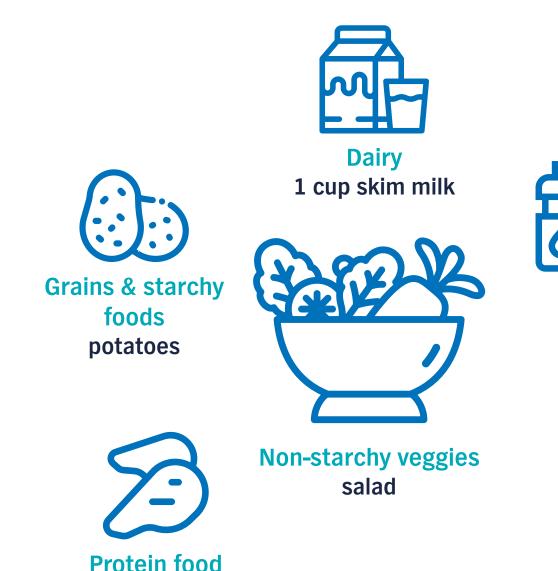
- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

#### Limit items that are:

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



## **A Healthy Meal**



**Drink** 

water

**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)

chicken

- ▶ 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: **Grains and starchy foods:** ▶ 100% corn tortillas Asparagus ▶ 100% whole grain cereal Broccoli Cabbage 100% whole wheat bread Carrots Black beans Brown rice Celery Cucumbers Corn Leafy greens Green peas Lentils Mushrooms Onions Oatmeal Peppers Popcorn Tomatoes Potatoes Pumpkin Your favorites: Yams Your favorites: Fruit: Apples **Protein foods:** Apricots Eggs (but limit yolks) Blueberries Fish and seafood Dates (catfish, cod, shrimp) Grapefruit Lean meat (lean ground) Grapes beef, chicken and turkey Oranges without skin, pork loin) Strawberries Nuts (limit because high in fat) Your favorites: Your favorites: **Dairy foods: Drinks:** Low-fat cheese Plain low-fat soy or almond milk Coffee without sugar Plain nonfat or low-fat yogurt Sparkling water Skim or low-fat milk Tea without sugar Water Your favorites: Your favorites:

Source: cdc.gov

#### **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

Other examples:

- Processed snack foods
- Sugar

## **How to Cope With Challenges**

It can be challenging to shop, cook, and eat well. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
Shopping this way costs too much.	<ul> <li>Use coupons.</li> <li>Buy in bulk.</li> <li>Buy things on sale.</li> <li>Grow your own veggies &amp; fruit.</li> <li>Buy frozen veggies and fruit.</li> <li>Buy veggies &amp; fruit in season.</li> </ul>	
Shopping and cooking this way takes up too much time.	To free up time in general:  □ Be more organized.  □ Ask friends or family to help you get things done.  □ Take your kids with you to the grocery store and turn it into a fun field trip.  To find time to shop for healthy food:  □ Shop on the weekend.  □ Shop in bulk.  □ Use a list to make sure you get everything you need.  □ Buy healthy convenience items, like prewashed salad.  To find time to cook healthy food:  □ Look for recipes for fast, healthy meals.  □ Do some prep work before work in the morning.	

# **How to Cope With Challenges**

Challenge	Ways to Cope	Other Ways to Cope
I don't like the way this food tastes.	<ul> <li>Change your favorite dishes to make them healthier.</li> <li>Choose cheeses that are strongtasting and fairly low in fat, such as Parmesan and feta.</li> <li>Choose good quality items.</li> <li>Choose items with a variety of flavors, textures, scents, and colors.</li> <li>Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.</li> <li>Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.</li> <li>Grill or roast veggies and meat to bring out the flavor.</li> </ul>	
It's unpleasant/ boring/hard to shop, cook, and eat this way.	<ul> <li>Shop, cook, and eat healthy with friends and family.</li> <li>Choose cheeses that are strongtasting and fairly low in fat, such as Parmesan and feta.</li> <li>Learn new cooking methods and recipes from books, articles, and videos. Or take a healthy cooking class.</li> <li>Try new ingredients.</li> </ul>	

