



SIMPLE HEALTH

An abridged food guide to healthy
living for individuals with diabetes

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The Encompass Health team members listed below have created this diabetic-friendly food guide to better serve people with diabetes.

Through interdisciplinary collaboration, our hope is to help educate and empower individuals experiencing diabetes to live their healthiest lives.

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FOOD LABELS

How to Read and Understand Nutrition Labels

INTRODUCTION TO FOOD LABELS

1. Serving Information → 4 servings per container
Serving size 1 cup (227g)

2. Calories → **Amount per serving**
Calories 280

3. Nutrients →

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 Serving Information

Recommended serving sizes are located at the top of the nutrition label. Pay close attention to the serving size, especially how many servings are in a full package or container. For example, a full container often has more than 1 recommended serving; eating a whole package could increase your caloric and nutrient intake by multiple servings.

Below is a helpful visual resource for understanding common serving sizes (e.g. 1 teaspoon, 1 Tablespoon, 3 ounces, ½ cup, and 1 cup) using only your hand as a guide.



2 Calories

This section of the nutrition label indicates how many calories are in each recommended serving. To maintain your weight, calorie intake should be balanced with calorie output; 1,600-2,400 calories per day is often a good standard. In order to lose weight, however, calorie intake should be less than calorie output. Consult your doctor for more personalized recommendations.

3 Nutrients

The largest section on nutrition labels is often the nutrients section. Find a brief overview of each nutrient and recommended daily intake of each nutrient – in order of appearance on standard food labels – below. **Nutrients highlighted in *orange* are most important for individuals with diabetes to understand.**

TOTAL FAT

Fats provide energy for your body. However, not all fats are good fats. Eating too many saturated and trans fats increases risk for cardiovascular disease – therefore, try to avoid both whenever possible. (1 gram of fat = 9 calories)

CHOLESTEROL

Too much cholesterol in your blood can cause narrowing of arteries, thus increasing risk for cardiovascular disease. It is important to eat a balanced diet and get your cholesterol levels checked regularly.

SODIUM

Sodium adds flavor to food and helps preserve freshness. Of note, sodium tends to be higher in prepackaged, more processed foods. Reducing sodium intake helps lower blood pressure and decrease risk for heart attack, stroke, and other heart conditions.

TOTAL CARBOHYDRATES

There are 3 main types of carbohydrates: starches, sugars, and fiber. Carbohydrate consumption increases blood sugar levels. Therefore, keeping track of total carbohydrates eaten throughout your day is important for managing diabetes. Balancing carbohydrate intake is key in preventing blood sugar levels that are either too high or too low. (1 gram of carbohydrates = 4 calories)

DIETARY FIBER

Diets that are high in fiber can help normalize bowel movements and prevent constipation; control blood sugar levels; achieve a healthy weight; and lower the risk of heart disease and some forms of cancer.

TOTAL AND ADDED SUGARS

Sugar can occur naturally in foods or be added. Limit the amount of sugar you consume daily – *especially* added sugars. Too much sugar intake is related to weight gain, fatigue, high blood pressure, and heart disease among many other possible health risks.

PROTEIN

Protein provides energy for your body and helps build muscle. Therefore, it is important to get enough protein in your diet. (1 gram of protein = 4 calories)

Nutrient	Recommended Daily Intake for Adults <small>*Based on 2,000 calorie diet. Values differ depending on age, sex, and calorie goals.</small>
Total Fat	78 grams
Saturated Fat	20 grams
Cholesterol	300 mg
Sodium	2300 mg
Total Carbohydrates	275 grams
Dietary Fiber	28 grams
Added Sugars	50 grams
Protein	50 grams

Use the label to help you meet your personal dietary needs and goals – choose foods or drinks that have more of the nutrients you want and less of the nutrients you need to limit.

Overall, have LESS Saturated Fat, Sodium, and Added Sugars and MORE Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.

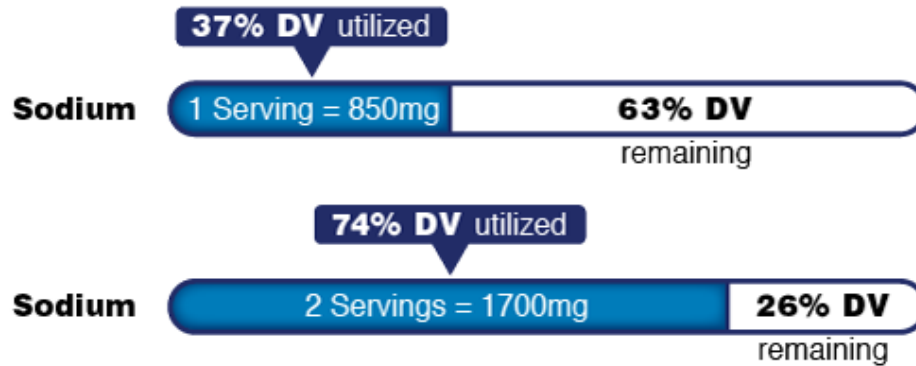
4 Percent Daily Value

Percent Daily Value, or %DV, is the percentage of nutrients in 1 serving of food when compared to the total number of each nutrient recommended per day. Percentages on food labels are based on a 2,000 calorie adult diet. Overall, 5% DV or less per serving for a nutrient is considered LOW while 20% DV or greater per serving is considered HIGH.

Remember to choose foods with higher %DV for Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium and lower %DV for Saturated Fat, Sodium, and Added Sugars. The totals for all nutrients consumed in a day should stay below 100% DV.

Use %DV to compare nutrient values of food/drink products to one another (when the serving size is the same). You can also use %DV to help make balanced food decisions throughout the day. For example, if you eat food that is high in saturated fat early in the day, you know to eat foods low in saturated fat for the rest of the day in order to stay below 100% DV for saturated fat. The same reasoning applies to all other nutrients.

Example: In the example food label above, the %DV for sodium is 37%. This indicates that this product is HIGH in sodium because it has a %DV of more than 20%. If two servings were consumed, you would be at 74% (almost three-quarters) of the DV recommendation for sodium intake.



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CARBOHYDRATE COUNTING

A How-To Guide for Tracking Carbohydrates

DIABETES AND COUNTING CARBOHYDRATES

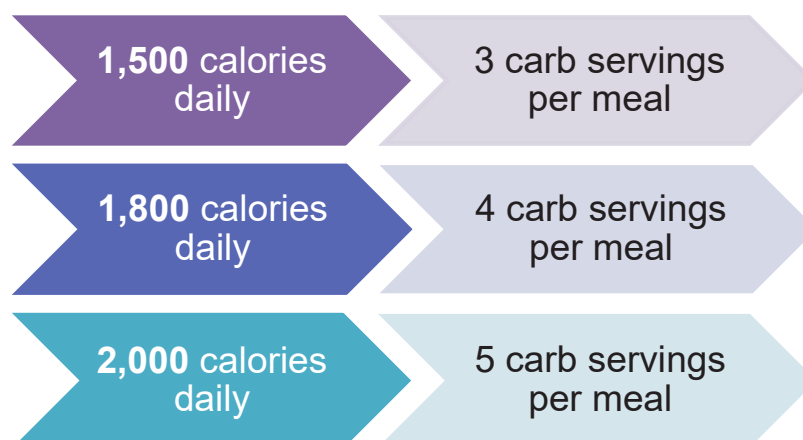
What is “carbohydrate counting”? It is a meal planning strategy that can help people manage their diabetes and control blood sugar levels. Whenever food or drinks with carbohydrates (carbs) are consumed, your body breaks them down into a type of sugar called glucose to use for energy throughout the day. Once broken down, glucose is released into the bloodstream, which then increases the level of glucose in your blood. This is known as “blood glucose” or “blood sugar.” In order to help your body use the increased glucose for energy, your pancreas releases insulin. Insulin is a hormone that controls the amount of glucose in the blood and prevents your blood sugar level from getting too high. Individuals with diabetes, however, do not use insulin correctly or do not produce enough insulin.

When blood glucose – or blood sugar – is too high, it is called hyperglycemia. Hyperglycemia may be caused by a few things, such as not having enough insulin in your body or the body not effectively using insulin. On the other hand, low blood glucose is called hypoglycemia. Hypoglycemia can be caused by not consuming enough carbohydrates.

There are three main types of carbohydrates present in food and drinks – starch, sugar, and fiber. All three types are included in the “total carbohydrates” seen on food labels. It is important to understand that the carbs you eat play a significant role in managing diabetes.

The carbs you consume impact your blood sugar levels – BALANCE is key!

For individuals with diabetes, approximately 40% of your daily caloric intake should come from carbohydrates. This breaks down to 3-5 servings of carb foods or drinks per meal. An overview of carb servings per meal for specific calorie diets is included below. To make carb counting easier, refer to the tables provided under each section below – each shows examples of carbohydrate food choices and their associated serving sizes. All listed choices have the same amount of carbs per serving. The information in these tables can be used to help (1) plan meals, (2) prevent over-consumption of carbohydrates, and (3) better control blood sugar levels.



1 Starch

Of the three types of carbs, starches tend to be the most commonly consumed. Starches can be considered either healthy or unhealthy depending on how processed they are. As a general rule, increasing your intake of less processed foods is better for your health. Using the Diabetes Plate Method (refer to page 17), foods in this category should make up a quarter (25%) of your plate.

Foods that are **high in starch** include the following:

- Starchy vegetables (i.e. corn, peas, potatoes, sweet potatoes, yams, butternut squash)
- Lentils and beans (i.e. garbanzo/chickpeas, kidney, pinto, cannellini, black)
- Foods made from wheat (i.e. noodles, pasta, bread, tortillas, crackers)
- Grains (i.e. rice, barley, bulgur, quinoa, farro)
- Oats

Try to get as many whole, minimally processed starches into your diet as possible. When reading the ingredient list on nutrition labels, look for products that list “whole grain” or “whole wheat” as the first ingredient rather than products that have “enriched” ingredients.



****1 carbohydrate choice = 12-15 grams carbohydrate**

Carbohydrate Food Choice <i>(Bread, grains, pasta, starchy vegetables, crackers, snacks, beans)</i>	Serving Size <small>*Carb content may vary; always check food label</small>
Bread, reduced calorie, light	2 slices
Bagel	¼ large bagel
English muffin	½ muffin
Hot dog or hamburger bun	½ bun
Cornbread	1 ¾ inch cube
Tortilla, corn	1 small tortilla (6 inches across)
Tortilla, flour (<i>white or whole wheat</i>)	1 small tortilla (6 inches across) or ⅓ large tortilla (10 inches across)
Pita	½ pita (6 inches across)
Pancake or waffle	4 inches across
Barley, couscous, pasta (<i>white or whole wheat</i>), quinoa, rice (<i>all types</i>)	⅓ cup
Bran cereal, shredded wheat, sugar-coated cereal	½ cup
Bulgar, wild rice	½ cup
Granola cereal	¼ cup
Hot cereal (<i>oats, oatmeal, grits</i>)	½ cup
Corn, green peas, mixed vegetables	½ cup
Marinara, pasta, or spaghetti sauce	½ cup
Potato, baked with skin	¼ large (3 oz)
Squash (<i>acorn, butternut</i>)	1 cup
Yam or sweet potato	½ cup
Crackers	6-8 crackers
Granola or snack bar	1 bar
Popcorn	3 cups, popped
Pretzels	¾ oz
Pizza, thin crust	⅛ of 12-inch pizza
Rice cakes	2 cakes (4 inches across)
Snack chips (<i>baked, potato, tortilla</i>)	8-13 chips
Lentils, beans (<i>garbanzo/chickpeas, black, kidney, lima, pinto, white</i>)	½ cup
Baked beans	⅓ cup

2 Fiber

Foods high in fiber include plant-based foods (i.e. fruits and vegetables) as well as whole grains. Fiber helps to keep us full, improve digestion, lower cholesterol, manage blood sugar, and reduce risk for heart disease. If you are not currently eating foods high in fiber, it is recommended that you slowly increase your intake so your body can adjust. A sudden increase in fiber consumption can cause gas, bloating, or even constipation.



Foods that are **good sources of fiber** include the following:

- Lentils, peas, beans (i.e. garbanzo/chickpeas, white, pinto)
- Fruits and vegetables, especially ones with edible skin and/or edible seeds (i.e. pears, apples, berries)
- Nuts (i.e. pumpkin seeds, almonds, sunflower seeds, pistachios, peanuts)
- Whole grains (i.e. quinoa, barley, bulgur, oats, brown rice, farro, whole wheat pasta, whole grain cereals)

****1 carbohydrate choice = 12-15 grams carbohydrate**

Carbohydrate Food Choice <i>(Non-starchy vegetables, fruits, nuts, whole grains)</i>	Serving Size <small>*Carb content may vary; always check food label</small>
Non-starchy vegetables (<i>broccoli, cauliflower, bell peppers, leafy greens, mushrooms, carrots, asparagus, brussels sprouts</i>)	1 cup
Apple	1 small apple (4 oz)
Banana	½ medium banana (4 oz)
Nectarine, pear, orange	1 medium fruit (6 oz)
Nuts (<i>almonds, pistachios, cashews, peanuts, etc.</i>)	¼ cup
Cooked pasta or grains (<i>rice, barley, couscous, quinoa, farro, bulgur</i>)	⅓ cup
Lentils, beans (<i>garbanzo/chickpea, white, pinto</i>)	½ cup

3 Sugar

There are two main types of sugar – natural and added. As the name suggests, natural sugar is naturally found in food, whereas added sugar is added to foods or beverages during processing. Both types increase blood glucose levels. Consuming too many added sugars has also been linked to various health concerns, such as obesity, type 2 diabetes or prediabetes, and cardiovascular disease.

You always want to LIMIT your intake of added sugars.

Foods that are **sources of natural sugar** include the following:

- Milk
- Fruit (i.e. apples, blueberries, strawberries, grapes, oranges, bananas, watermelons, melons)



Foods that are **sources of added sugar** include the following:

- Sodas
- Juice, sweet tea, sport/energy drinks, flavored coffees
- Sweets (i.e. cookies, brownies, cake, pie, ice cream, candy, doughnuts)
- Packaged and processed foods (i.e. sugary cereal, chips, yogurt, granola)



****1 carbohydrate choice = 12-15 grams carbohydrate**

Carbohydrate Food Choice <i>(Fruits, milk, sweets, desserts)</i>	Serving Size <small>*Carb content may vary; always check food label</small>
Applesauce, unsweetened	½ cup
Banana	1 small banana, 4 inches long
Blueberries	¾ cup
Dried fruits (<i>blueberries, cherries, cranberries, raisins, mixed fruit</i>)	2 Tbsp
Fruit, canned	½ cup
Apple	1 small apple (4 oz)
Nectarine, orange, pear, tangerine	1 medium fruit (6 oz)
Fruit juice, unsweetened	½ cup
Grapes	17 small grapes
Melon, diced	1 cup
Strawberries, whole	1 ¼ cup
Milk (<i>nonfat, 1%, 2%, whole</i>)	1 cup
Rice drink, plain, fat-free	1 cup
Yogurt (regular and Greek), plain	⅔ cup (6 oz)
Brownie, small, unfrosted	1 ¼ inch square (1 oz)
Cake, unfrosted	2-inch square
Candy, hard	3 pieces
Ice cream, regular	½ cup
Pudding, sugar-free or sugar and fat-free	½ cup
Doughnut, glazed	½ doughnut
Cupcake, frosted	½ small cupcake

Refer to the following resources for further carbohydrate food choices:

- <http://glycemic.com/DiabeticExchange/The%20Diabetic%20Exchange%20List.pdf>
- <https://www.cdc.gov/diabetes/managing/eat-well/diabetes-and-carbs/carbohydrate-choice-lists.html>
- https://diabetesed.net/page/_files/THE-DIABETIC-EXCHANGE-LIST.pdf



Biggest Carb Counting Takeaways...

LIMIT CARBOHYDRATE INTAKE TO 3-5 CARB SERVINGS PER MEAL – CHOOSE WISELY!!

Eat MORE...

- Whole, unprocessed, non-starchy vegetables.

Eat SOME...

- Whole, minimally processed carbohydrate foods, such as starchy vegetables, fruits, and whole grains.

Eat LESS...

- Refined, highly processed carbohydrates like white bread, white rice, sugary cereal, and sweets.
- Foods or drinks with added sugar, such as soda, sweet tea, and juice.

American Diabetes Association. (n.d.). Get Smart on Carbs. Retrieved from <https://www.diabetes.org/nutrition/understanding-carbs>

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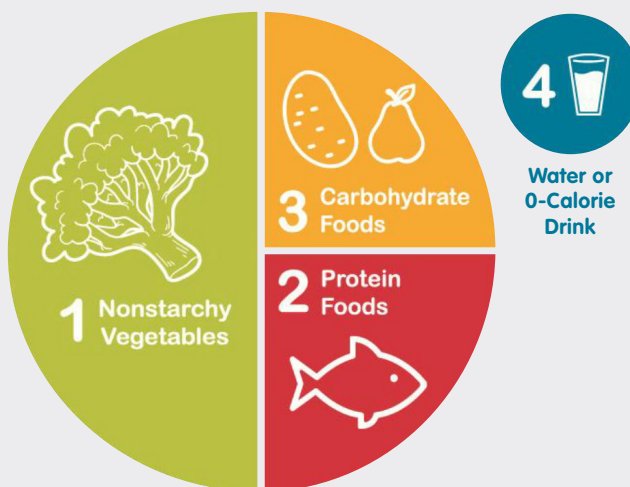


DIABETIC MEAL PLANNING

An Overview of the Diabetes Plate Method

DIABETES PLATE METHOD

The Diabetes Plate Method is a simple tool that can be used to create perfectly portioned meals that balance non-starchy vegetables, proteins, and carbohydrates. Imagine organizing your plate – 9 inches across is recommended - into three sections. Then fill your plate using the following 4 steps and the information you have learned so far:

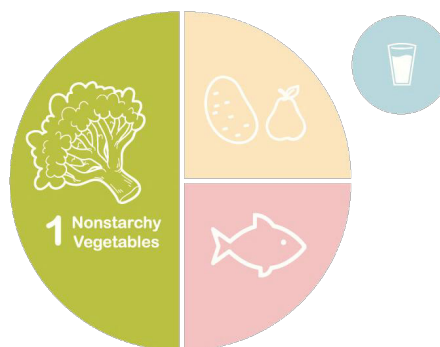


1 Fill half (50%) of plate with non-starchy vegetables

Non-starchy vegetables are low in carbohydrates and, therefore, do not increase blood sugar as much. They are also high in vitamins and dietary fiber – nutrients you want to consume more of.

Examples of non-starchy vegetables:

asparagus, broccoli, cauliflower, brussels sprouts, cabbage, carrots, celery, cucumber, leafy greens, salad greens, mushrooms, green beans, tomatoes, spaghetti or zucchini squash.



2 Fill one quarter (25%) of plate with lean protein foods

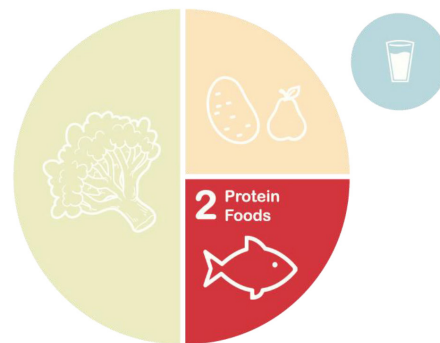
Protein is important for building muscle and helping to stay full. Foods high in protein are considered “protein foods.” Lean protein foods usually contain less saturated fat, which may decrease your risk of heart disease.

Examples of lean protein foods:

chicken, turkey, eggs, salmon, tuna, tilapia, cod, shrimp, scallops, clams, lobster, lean beef cuts (i.e. chuck, round, sirloin, flank, tenderloin), lean pork cuts (i.e. center loin chop, tenderloin), lean deli meats, cheese, or cottage cheese.

Examples of plant-based proteins:

beans, lentils, hummus, falafel, nuts, nut butters, edamame, tofu, tempeh, or plant-based meat substitutes.

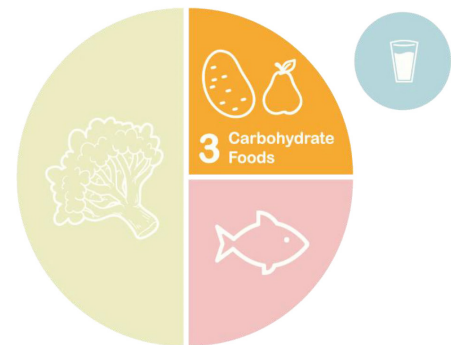


3 Fill one quarter (25%) of plate with carbohydrate foods

Carbohydrate foods have the greatest impact on blood sugar. Therefore, limiting how many carbohydrate foods you eat can help prevent blood sugar levels from rising too high after meals. Foods higher in carbohydrates include grains, starchy vegetables, beans, fruit, yogurt, and milk. **See Carb Counting section for further information (page 9).**

Examples of healthy carbohydrate foods:

brown rice, quinoa, wheat bread, whole grain pasta, tortillas, starchy vegetables (i.e. butternut squash, peas, plantain, potato, sweet potato, yam), beans (i.e. black, kidney, pinto, garbanzo/chickpeas), fruits, dried fruits, or dairy products (i.e. milk, plain yogurt, milk substitutes).

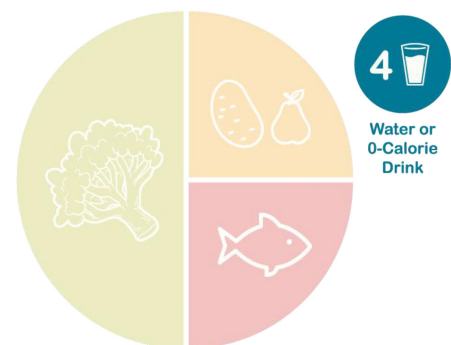


4 Choose water or low-calorie drink

Choosing low calorie drinks will help prevent increased blood sugar levels. Water is the best choice because it contains no calories and no carbohydrates – therefore, having no effect on blood sugar.

Examples of other zero or low-calorie drink options:

unsweetened tea, unsweetened coffee, sparkling water, club soda, and flavored water or sparkling water without added sugar.



American Diabetes Association. (2020 February). *What is the Diabetes Plate Method?* Diabetes Food Hub. Retrieved from <https://www.diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method.html#:~:text=The%20Diabetes%20Plate%20Method%20is,you%20need%20is%20a%20plate!>



RECIPES

Simple, Diabetic-Friendly Recipes for Breakfast,
Lunch, Dinner, and Snacking

Pay close attention to portion size
and total carbohydrates!

All nutritional facts are estimates

OVERNIGHT OATS

Recipe Makes 1 Serving

- Combine oats, milk, and flaxseed meal in a mason jar or bowl.
- Cover and refrigerate for at least 1 hour or overnight.
- Top with berries, almonds, and cinnamon when ready to eat.

Ingredients / Grocery List

- ¼ cup of oats (quick cooking or old fashioned)
- ½ cup of low-fat dairy milk or almond milk (unsweetened)
- 1 Tbsp flaxseed meal
- ½ cup mixed berries (frozen or fresh)
- Sprinkle of cinnamon
- 8 almonds (unsalted)



Nutrition Facts

Serving size

Calories per serving

220

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 11g	14%	Total Carbohydrate 26g	9%
Saturated Fat 1g	5%	Dietary Fiber 8g	29%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 85mg	4%	Protein 7g	14%
Vitamin D 0mcg	0%	Calcium 0mg	0%
Potassium 0mg	0%	Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SUPERFOOD SMOOTHIE

Recipe	Ingredients / Grocery List
Serving Size: 1 cup (makes 2)	
<ul style="list-style-type: none"> ■ Place all ingredients in a blender and blend until smooth and thick. ■ Add a tablespoon of ground flaxseed meal to get even more fiber! 	<ul style="list-style-type: none"> ■ 1 cup unsweetened almond milk ■ 1 cup frozen blueberries ■ 2 cups fresh spinach ■ 1 banana (frozen for a thicker smoothie)



Nutrition Facts Serving size 1 cup Calories per serving	Amount/serving		% Daily Value*	
	120	Total Fat 2g	3%	Total Carbohydrate 26g
	Saturated Fat 0g	0%	Dietary Fiber 5g	18%
	Trans Fat 0g		Total Sugars 14g	
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
	Sodium 135mg	6%	Protein 3g	6%
	Vitamin D 0mcg	0%	Calcium 0mg	0%
	Potassium 0mg	0%	Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Diabetes Food Hub. (n.d.) Superfood Smoothie. Retrieved from <https://www.diabetesfoodhub.org/recipes/superfood-smoothie.html>

VEGETABLE SCRAMBLED EGGS

Recipe Makes 1 Serving

- In a medium pan or skillet, heat 1 Tbsp oil over medium heat.
- Add broccoli, bell peppers, and spinach to pan. Sauté for 5 minutes, or until vegetables become crisp and tender.
- While the vegetables cook, whisk eggs in a separate bowl. Add garlic powder and black pepper to taste.
- Once vegetables are tender, turn heat to medium-low and pour in whisked eggs. Slowly begin to fold the eggs and vegetables, allowing time for eggs to cook. Continue to fold until eggs are set.
- Serve immediately!

Ingredients / Grocery List

- ¼ cup broccoli
- ¼ cup bell pepper
- ½ cup fresh or frozen spinach
- 2 eggs, whisked (*use egg whites to decrease cholesterol intake*)
- 1 Tbsp olive oil
- Sprinkle of garlic powder
- Sprinkle of black pepper



Nutrition Facts

Serving size

Calories per serving

300

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 23g	29%	Total Carbohydrate 10g	4%
Saturated Fat 5.1g	26%	Dietary Fiber 4g	14%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 430mg	143%	Includes 0g Added Sugars	0%
Sodium 210mg	9%	Protein 16g	32%
Vitamin D 0mcg	0%	Calcium 0mg	0%
Potassium 0mg	0%	Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Everyday Eileen. (2018, January 23). Healthy Veggie Egg Scramble. Retrieved from <https://www.everydayeileen.com/healthy-veggie-egg-scramble/>

FRIED RICE

Recipe	Ingredients / Grocery List
Serving Size: 1 cup (makes 10)	
<ul style="list-style-type: none"> ■ Cook rice according to package instructions. ■ In a large skillet or wok, heat 1 Tbsp of olive oil over medium-high heat. Once oil is hot, add chicken breast(s) to skillet. Cook 5-7 minutes per side. ■ Once cooked, remove chicken breasts from pan and place to side. Cut into 1-inch pieces. ■ Reduce heat to medium. Add remaining 1 Tbsp oil to skillet. Then add minced garlic to skillet. Sauté 1-2 minutes. ■ Add fresh or frozen vegetables to pan. Sauté until crisp and tender, 5-7 minutes. ■ Move vegetables to one side of skillet, add whisked eggs. Scramble eggs, breaking into small pieces. ■ Mix eggs and vegetables. ■ Add cooked rice to skillet. Combine with vegetables and egg mixture. Sauté 2-3 minutes, stirring occasionally. ■ Add cooked chicken pieces to skillet. Combine. ■ Add soy sauce. Mix well. ■ Remove from heat and serve. 	<ul style="list-style-type: none"> ■ 3 cups cooked brown rice <ul style="list-style-type: none"> • Substitute cauliflower rice to decrease carbohydrate & calories ■ 4 cups fresh or frozen vegetables of choice (e.g. onion, peas, carrots, broccoli) ■ 1 lb chicken breast (add preferred spices) ■ 3 Tbsp low sodium soy sauce ■ 3 eggs, whisked ■ 2 Tbsp olive oil ■ 2-3 garlic cloves, minced (optional)
	

Nutrition Facts Serving size 1 cup Calories per serving	Amount/serving		% Daily Value*			
	340	Total Fat 7g		9%	Total Carbohydrate 51g	19%
Saturated Fat 1.2g			6%	Dietary Fiber 6g	21%	
Trans Fat 0g				Total Sugars 0g		
Cholesterol 80mg			27%	Includes 0g Added Sugars	0%	
Sodium 440mg			19%	Protein 17g	34%	
Vitamin D 0mcg		0%	• Calcium 0mg	0%	• Iron 0mg	0%
Potassium 0mg		0%				

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CHICKEN AND VEGETABLE STIR FRY

Recipe Serving Size: 1 cup (makes 10)	Ingredients / Grocery List
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Sauce:

- In a small bowl, whisk together the low sodium soy sauce, honey, and cornstarch.

Stir Fry:

- Cook rice according to package instructions.
- Add 1 Tbsp olive oil to large skillet over medium-high heat.
- Add 1-inch chicken breast pieces to pan. Cook until brown and no longer pink, stirring occasionally. 5-7 minutes.
- Once chicken cooked, remove from skillet. Set aside on plate.
- Add remaining 1 Tbsp olive oil to skillet. Keep at medium-high heat.
- If using garlic, add minced cloves to skillet. Sauté for 1-2 minutes.
- Add fresh or frozen vegetables to skillet. Cook until crisp and tender. Lower heat if needed to prevent burning.
- Once vegetables are cooked, add cooked chicken back to pan. Mix to combine.
- Add sauce of choice.*
- Once food and sauce are combined, remove skillet from heat.
- Serve over rice. Sprinkle with cashews (optional). Enjoy!

- 2 cups brown rice
 - Substitute cauliflower rice to decrease carbohydrate & calories
- 1 lb chicken breast, cut into 1-inch pieces
- 4-5 cups fresh or frozen vegetables of choice (e.g. broccoli, onions, carrots, pea pods, green beans, mushrooms, cauliflower)
- 2-3 cloves garlic, minced (optional)
- 2 Tbsp olive oil
- ¼ - ½ cup chopped unsalted cashews (optional)
- *Sauce of choice
 - ⅓ cup low sodium soy sauce, 2 Tbsp honey, 1 Tbsp cornstarch
 - Store bought sauces tend to be higher in sodium
 - Search “stir fry sauce” on internet



Nutrition Facts Serving size 1 cup Calories per serving	310	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
		Total Fat 7g Saturated Fat 1.1g Trans Fat 0g Cholesterol 30mg Sodium 340mg Vitamin D 0mcg Potassium 0mg	9% 6% 10% 15% 0% 0%	• Calcium 0mg	Total Carbohydrate 46g Dietary Fiber 5g Total Sugars 6g Includes 0g Added Sugars Protein 16g Iron 0mg	

Mattison, L. (2020, May 15). *3-ingredient stir fry sauce that improves every dish*. Mashed. Retrieved from <https://www.mashed.com/209776/the-best-3-ingredient-stir-fry-sauce/>

PESTO PASTA

Recipe	Ingredients / Grocery List
Serving Size: 1 cup (makes 5)	
<ul style="list-style-type: none"> ■ Cook pasta according to package instructions. ■ Heat oil in pan or skillet over medium heat. ■ Once oil is hot, add fresh or frozen vegetables to pan. Sauté until vegetables are crisp and tender, 5-7 minutes. ■ Add cooked pasta and pesto to pan. Stir to combine, 2-3 minutes. ■ Add cooked meat of choice (optional). ■ Serve and sprinkle with Parmesan cheese (optional). 	<ul style="list-style-type: none"> ■ 2 Tbsp olive oil ■ 3 cups whole wheat pasta of choice, cooked ■ 2 cups of fresh or frozen vegetables (squash, peas, carrots, green beans, broccoli) ■ ½ cup pesto (can purchase pre-made or make fresh) ■ ¼ cup shredded Parmesan cheese (optional) ■ 1 lb lean meat of choice, cooked and cut into 1-inch pieces (optional; meat not included in nutritional values)



Nutrition Facts Serving size 1 cup Calories per serving	Amount/serving		% Daily Value*	
	320	Total Fat 18g	23%	Total Carbohydrate 34g
	Saturated Fat 3.6g	18%	Dietary Fiber 7g	25%
	Trans Fat 0g		Total Sugars 5g	
	Cholesterol 10mg	3%	Includes 0g Added Sugars	0%
	Sodium 250mg	11%	Protein 10g	20%
	Vitamin D 0mcg	0%	• Calcium 0mg	0%
	Potassium 0mg	0%	• Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SIMPLE CHILI

Recipe

Serving Size: 1 ½ cups (makes 7)

- Place chopped onions and ground turkey in a large pot.
- Begin cooking over medium heat, stirring to break up the turkey meat. Cook until turkey is browned and onions are softened.
- Pour in canned diced tomatoes and green chilis with liquid.
- Add canned beans.
- Add cumin and chili powder.
- Bring dish to a simmer and cook for 20-30 minutes, stirring occasionally.
- Serve!

Ingredients / Grocery List

- 1 cup yellow onion, chopped (small/medium onion)
- 1 lb lean ground turkey
- 28 oz (or two 14 oz cans) canned diced tomatoes with green chilis
- 28 oz (or two 14 oz cans) beans of choice - kidney, black, or garbanzo beans
- 1 cup non-starchy vegetables of choice (optional)
- 2 tsp cumin
- 1 Tbsp chili powder



Nutrition Facts

Serving size
1 1/2 cups
Calories
per serving

220

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	8%	Total Carbohydrate 25g	9%
Saturated Fat 1.6g	8%	Dietary Fiber 7g	25%
<i>Trans</i> Fat 0g		Total Sugars 3g	
Cholesterol 45mg	15%	Includes 0g Added Sugars	0%
Sodium 760mg	33%	Protein 20g	40%
Vitamin D 0mcg	0%	• Calcium 0mg	0%
Potassium 0mg	0%	• Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GROUND TURKEY TACOS

Recipe	Ingredients / Grocery List
Serving Size: 1 Cup (makes 2 tacos)	
<ul style="list-style-type: none"> ■ Stir together chili powder (optional), cumin, and oregano in a small bowl. ■ In a nonstick frying pan, cook the ground turkey and chopped onion over medium heat until the turkey is browned and the onions are see-through. ■ Drain extra liquid from pan. ■ Add spices to the turkey mixture and stir. Once mixed, remove from heat. ■ Place ¼ cup of the turkey mixture into a tortilla. ■ Top with 1 Tbsp cheese, ¼ cup tomatoes, ½ cup shredded lettuce, and 2 Tbsp of salsa. ■ Add avocado for extra flavor! ■ Serve immediately. 	<ul style="list-style-type: none"> ■ 2 tsp chili powder (optional) ■ ½ tsp cumin ■ ¼ tsp oregano ■ 6 oz extra-lean ground turkey ■ ½ cup chopped onion ■ 4 whole wheat, low-fat tortillas (6 inches in diameter) ■ ¼ cup shredded cheese (low-fat if possible) ■ 2 cups shredded lettuce ■ 2 medium tomatoes ■ ¼ cup green salsa (or salsa of choice)



Nutrition Facts Serving size 2 tacos Calories per serving	Amount/serving		% Daily Value*			
	340	Total Fat 7g		9%	Total Carbohydrate 39g	14%
Saturated Fat 3g			15%	Dietary Fiber 22g	79%	
Trans Fat 0g				Total Sugars 0g		
Cholesterol 55mg			18%	Includes 0g Added Sugars	0%	
Sodium 720mg			31%	Protein 30g	60%	
Vitamin D 0mcg		0%	• Calcium 0mg	0%	• Iron 0mg	0%
Potassium 0mg		0%				

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Mayo Clinic Staff (2015, July 10). *Spicy Ground Turkey Tacos*. Mayo Clinic. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/recipes/spicy-ground-turkey-tacos/rcp-20049740>

MEAT AND FISH DISHES

Choose a meat or fish:

- Chicken
- Lean beef
- Lean pork - pork tenderloin is the leanest cut of pork
- Fish high in omega-3 fatty acids – salmon, tuna, mackerel, rainbow trout
- Other fish – catfish, cod, halibut, tilapia

Choose a method to prepare meat or fish:

SAUTÉ

- Add desired seasonings to meat or fish. Examples: rosemary, garlic powder, pepper, basil, oregano, Mrs. Dash (no-salt seasoning).
- Heat 1-2 Tbsp olive oil in a skillet over medium/medium-high heat.
- Add meat or fish to skillet.
- Cook times will differ depending on type and thickness of meat or fish. Flip halfway through suggested cook times.
- Cook until the center is no longer pink or raw. Cut through thickest part of meat or fish to check.

BAKE

- Preheat oven to 350°F.
- Add desired seasonings. Examples: rosemary, garlic powder, pepper, basil, oregano, Mrs. Dash (no-salt seasoning).
- Place meat or fish in a baking dish.
- Put in oven. Baking times differ depending on type and thickness of meat or fish. Approximate baking time is 10-15 minutes for fish and 25-35 minutes for meats.
- Cook until the center is no longer pink or raw. Cut through thickest part of meat or fish to check.

GRILL

- Preheat grill.
- Grease grill; dip paper towel in oil, brush towel across grill rack using tongs.
- Add desired seasonings. Examples: rosemary, garlic powder, pepper, basil, oregano, Mrs. Dash (no-salt seasoning).
- Place directly on grill rack over direct heat.
- Grill times differ depending on type and thickness of meat or fish. Generally, fish takes less time to cook than meat.
- Cook until the center is no longer pink or raw. Cut through thickest part of meat or fish to check.



VEGETABLE SIDES

Choose a fresh vegetable (choose one or a few):

- Broccoli
- Carrots
- Peas
- Asparagus
- Cauliflower
- Bell peppers
- Green beans
- Brussels sprouts
- Leafy greens



Choose a method to prepare vegetable(s):

ROAST IN THE OVEN

- Preheat oven to 400°F.
- Wash and chop vegetables to desired size.
- Transfer vegetables to a bowl. Add 1-2 Tbsp of olive oil and season as desired. Examples: pepper, garlic powder, basil, oregano, Mrs. Dash (no-salt seasoning).
- Place in roasting pan, casserole dish, or on a cookie sheet. Line with aluminum foil or drizzle with olive oil to prevent food from sticking.
- Place in oven. Check on vegetables every ~10 minutes, turning vegetables with spatula occasionally.
- Cooking time will vary depending on the vegetable and amount being cooked. Remove when golden brown and tender.

COOK ON THE STOVE

- Wash and chop vegetables to desired size.
- Fill a medium or large pot with a few (3-4 inches) of water. Place over high heat on stovetop with lid on. Bring water to a boil.
- Once water is boiling, add the vegetables to the pot.
- Cover the pot and reduce the heat to medium.
- Let steam. Cooking times will vary depending on the type of vegetable.
- Cook until vegetables are crisp and tender.
- Remove from heat, strain water, and serve.

SAUTÉ

- Wash and chop vegetables to desired size.
- Heat 1-2 Tbsp olive oil and 2-3 gloves minced garlic in a skillet over medium/medium-high heat.
- Add vegetables to skillet. Season as desired. Examples: pepper, garlic powder, basil, oregano, Mrs. Dash (no-salt seasoning).
- Cook vegetables, stirring occasionally, until they are soft and caramelized. Avoid constant stirring to allow vegetables to get lightly browned and caramelized. Cook approximately 4-10 minutes depending on the vegetable.

STEAM IN THE MICROWAVE

- Wash and chop vegetables to desired size.
- Place vegetables in a microwave safe bowl.
- Add 2-3 Tbsp of water per 1 pound of vegetables.
- Cover bowl with lid or plate in order to trap steam.
- Place in microwave. Cook for 2-5 minutes, checking every 1 ½ to 2 minutes.
- Remove vegetables once crisp and tender. When removing the plate and bowl, be careful as plate will be hot.

MAKE A SALAD

- Chop all desired vegetables, toss with leafy greens, add desired proteins, drizzle with low-fat/low calorie dressing.

Durand, F. (2020, August 2). *How to Steam Broccoli in the Microwave*. The Kitchen. Retrieved from <https://www.thekitchn.com/how-to-steam-broccoli-in-the-m-47176> Sacks, K. (2016, April 26). *How to Steam without a Steaming Basket*. Epicurious. Retrieved from <https://www.epicurious.com/expert-advice/how-to-steam-without-a-steaming-basket-article>

The New Baguette (2020, September 12). *How to Sauté Any Vegetable*. The New Baguette. Retrieved from <https://thenewbaguette.com/how-to-saute-vegetables/>

NO BAKE ENERGY BITES

Recipe	Ingredients / Grocery List
Serving Size: 2 energy bites	
<ul style="list-style-type: none"> ■ Stir all ingredients together in a large mixing bowl. ■ Cover mixing bowl and chill in refrigerator for 1-2 hours. ■ Remove from refrigerator and roll mixture into 1-inch balls. You should have 20-25 balls. ■ Serve. Enjoy or refrigerate in a sealed container for up to 1 week. Freeze up to 3 months. 	<ul style="list-style-type: none"> ■ 1 cup old fashioned oats ■ 2/3 cup shredded coconut, unsweetened (optional) ■ 1/2 cup creamy peanut butter (or nut butter of choice) ■ 1/2 cup ground flaxseed ■ 1/2 cup semi-sweet chocolate chips ■ 1/3 cup honey ■ 1 tsp vanilla extract (optional) ■ 1 Tbsp chia seeds (optional) ■ 1 tsp ground cinnamon (optional)



Nutrition Facts Serving size 2 energy bites Calories per serving	Amount/serving		% Daily Value*	
	210	Total Fat 12g	15%	Total Carbohydrate 23g
	Saturated Fat 4.3g	22%	Dietary Fiber 4g	14%
	Trans Fat 0g		Total Sugars 14g	
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
	Sodium 55mg	2%	Protein 6g	12%
	Vitamin D 0mcg	0%	Calcium 0mg	0%
	Potassium 0mg	0%	Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Gimme Some Oven (n.d.) No-Bake Energy Bites. Retrieved from <https://www.gimmesomeoven.com/no-bake-energy-bites/>

NO BAKE ENERGY BALLS

Recipe Serving Size: 1 energy ball	Ingredients / Grocery List
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- Add all ingredients together in a large mixing bowl. Stir to combine.
- Cover mixing bowl and chill in refrigerator for 30 minutes.
- Remove from refrigerator and roll mixture into 1-inch balls.
- Serve and enjoy!
- Refrigerate in a sealed container for up to 2 weeks. Freeze up to 3 months.

- 1 ¼ cups oats
- 2 Tbsp chia seeds, flaxseeds, and/or hemp seeds
- ½ cup nut butter of choice
- ⅓ cup honey or maple syrup
- 1 tsp vanilla extract
- ¼ tsp kosher salt
- 1 of the following mix-ins:
 - ½ cup chocolate chips
 - 3 Tbsp chocolate chips, 3 Tbsp chopped nuts, 2 Tbsp raisins
 - ¼ cup dried cranberries, ¼ cup white chocolate chips
 - ½ cup unsweetened coconut flakes, ¼ cup chocolate chips, ¼ cup chopped almonds
 - ½ cup raisins, ¼ tsp cinnamon



Nutrition Facts Serving size 1 energy ball Calories per serving	130	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 5g	6%	Total Carbohydrate 18g	7%
		Saturated Fat 1g	5%	Dietary Fiber 3g	11%
		Trans Fat 0g		Total Sugars 6g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 0mg	0%	Protein 4g	8%
		Vitamin D 0mcg	0%	• Calcium 0mg	0%
		Potassium 0mg	0%	• Iron 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Clarke, E. (2020, September 28). *Energy Balls*. Well Plated by Erin. Retrieved from <https://www.wellplated.com/energy-balls/>

TRAIL MIX

Recipe

Serving Size: ¼ Cup

Combine all ingredients together in large bag or bowl and mix well.

Nuts are high in fat and dried fruits are high in sugar. Make sure you portion out the correct serving size and limit how much dry fruit you add.

Ingredients / Grocery List

- 1 ½ cups each desired unsalted nuts (i.e. almonds, walnuts, cashews, pistachios, peanuts)
- 1 cup each of desired seeds (i.e. sunflower, pumpkin)
- ½ - 1 cup unsweetened dried fruit (i.e. prunes, raisins, apricots, dates, cherries, blueberries)



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Serving size 1/4 cup Calories per serving	140	Total Fat 10g	13%	Total Carbohydrate 12g	4%
		Saturated Fat 1g	5%	Dietary Fiber 2g	7%
		Trans Fat 0g		Total Sugars 7g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 25mg	1%	Protein 4g	8%
		Vitamin D 0mcg	0%	Calcium 0mg	0%
		Potassium 0mg	0%	Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CHOCOLATE CHIP COOKIES (SUGAR-FREE)

Recipe Serving Size: 1 cookie	Ingredients / Grocery List
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- Preheat oven to 350°F. Place parchment paper or nonstick baking mat in cookie sheet.
- In a medium sized bowl, whisk the flour and baking soda together. Set bowl aside.
- In a separate mixing bowl, cream together the butter, white sugar alternative, and brown sugar alternative using a hand or stand mixer.
- SLOWLY add the dry ingredients in the first bowl to the ingredients in the second bowl. Add half of dry ingredients, stir gently, add remaining dry ingredients, stir gently again.
- Add the eggs and vanilla extract. Mix.
- Fold chocolate chips into dough.
- Form dough into small 1-inch balls. Place onto cookie sheet ~2 inches apart. You should have ~40 cookies.
- Place in oven. Bake for 10-12 minutes OR until cookies begin to brown.

- 2 ¼ cups flour (regular, gluten free, low carb, or keto)
- 1 tsp baking soda
- 2 and ⅛ sticks butter (aka 2 sticks + 1 Tbsp OR 1 cup + 1 Tbsp)
- 2 eggs
- 1 tsp vanilla extract
- 8 oz (1 cup) sugar free chocolate chips
- 1 cup granular white sugar alternative
 - Truvia Baking Blend
 - Swerve Sugar Replacement
 - SweetLeaf, Better than Sugar!
 - Splenda Allulose
- ½ cup brown sugar alternative
 - Sukrin Gold
 - Truvia Brown Sugar Blend
 - Splenda Brown Sugar Blend



Nutrition Facts Serving size 1 cookie Calories per serving	70	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
		Total Fat 5g	6%	Total Carbohydrate 5g	2%	
Saturated Fat 3g	15%	Dietary Fiber 1g	4%			
<i>Trans</i> Fat 0g		Total Sugars 1g				
Cholesterol 10mg	3%	Includes 0g Added Sugars	0%			
Sodium 70mg	3%	Protein 1g	2%			
Vitamin D 0mcg	0%	Calcium 0mg	0%			
Potassium 0mg	0%	Iron 0mg	0%			

The Sugar Free Diva. (2016). Retrieved from <https://thesugareediva.com/sugar-free-chocolate-chip-cookies/>



DIABETIC-FRIENDLY SNACKS

Healthy Snacks to Get You Through the Day

HARD BOILED EGGS

- 1 Place eggs in a single layer at the bottom of a saucepan.
- 2 Cover with water. Eggs should be covered by 1-2 inches of water.
- 3 Put saucepan on a stove burner. Heat over high heat, bringing water to a full boil.
- 4 Let water boil for 1 minute.
- 5 Turn off the heat, keeping the saucepan on the burner with the lid on. Let sit for 15 minutes.
- 6 Drain the water from the saucepan.
- 7 Run cold water over eggs to cool.
- 8 Store in refrigerator.



Nutrition Facts	
Serving size	1 egg
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Cholesterol 210mg	70%
Sodium 0mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Berkheiser, K. (2018, October 9). *Hard-Boiled Egg Nutrition Facts: Calories, Protein, and More*. HealthLine. Retrieved from <https://www.healthline.com/nutrition/boiled-egg-nutrition#nutrition>

LOW FAT (2% MILK FAT) COTTAGE CHEESE



Nutrition Facts	
Serving size	1/2 cup
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	22%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Frey, M. (2020, July 28). *Cottage Cheese Nutrition: Calories, Carbs, and Health Benefits of Cottage Cheese*. Verywell Fit. Retrieved from <https://www.verywellfit.com/cottage-cheese-nutrition-facts-calories-and-health-benefits-4109409>

UNSALTED ALMONDS



Cervoni, B. (2020, March 6). *Almond Nutrition Facts: Calories, Carbs, and Health Benefits of Almonds*. Verywell Fit. Retrieved from <https://www.verywellfit.com/almond-nutrition-facts-calories-and-health-benefits-4108974>

Nutrition Facts	
Serving size	24 unsalted almonds
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

SABRA® CLASSIC HUMMUS*



Nutrition Facts	
Serving size	2 Tbsp
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

***Values differ depending on hummus flavors and brands – be sure to check the label.
Serve with fresh vegetables!**

Frey, M. (2020, January 26). *Hummus Nutrition Facts: Hummus Calories and Health Benefits*. Verywell Fit. Retrieved from <https://www.verywellfit.com/hummus-nutrition-facts-calories-and-health-benefits-4111290>. Sabra (n.d.) Classic Hummus. Retrieved from <https://sabra.com/dips/hummus/classic-hummus.html>

POPCORN (without added butter, salt, or oil)



Nutrition Facts	
Serving size	3 cups air popped
Amount Per Serving	
Calories	90
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Frey, M. (2020, August 16). *Popcorn Nutrition Facts: 3 Health Benefits You May Not Know About*. Verywell Fit. Retrieved from <https://www.verywellfit.com/popcorn-nutrition-facts-calories-and-health-benefits-4111296>

PLAIN GREEK YOGURT*



Nutrition Facts	
Serving size	6 oz Light and Fit Nonfat container
Amount Per Serving	
Calories	90
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 17g	34%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
Serving size	5.3 oz Oikos Nonfat container
Amount Per Serving	
Calories	80
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	30%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Values differ depending on flavors and brands. Flavor will increase sugars.
Be sure to check the label.

**Add almonds and some fruit for added flavor.

APPLES WITH NUT BUTTER (JIF® BRAND)*



*Values differ depending on brand. Be sure to check the label. Try to find nut butters without added sugar or salt.

Nutrition Facts	
Serving size	1 medium apple
Amount Per Serving	
Calories	50
	<small>% Daily Value*</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	0%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
Serving size	2 Tbsp almond butter
Amount Per Serving	
Calories	190
	<small>% Daily Value*</small>
Total Fat 16g	21%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	14%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
Serving size	2 Tbsp peanut butter
Amount Per Serving	
Calories	190
	<small>% Daily Value*</small>
Total Fat 16g	21%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 7g	14%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Arnarson, A. (2019, May 8). *Apples 101: Nutrition Facts and Health Benefits*. Healthline. Retrieved from <https://www.healthline.com/nutrition/foods/apples>

Hill, A. (2019, July 9). *Is Apple and Peanut Butter a Healthy Snack?* Healthline. Retrieved from <https://www.healthline.com/nutrition/apple-and-peanut-butter>

CHEESE STICKS (KRAFT® BRAND)



MyFitnessPal (n.d.). Retrieved from <https://www.myfitnesspal.com/food/calories/cheese-stick-188862773>

Kraft. Retrieved from <http://www.kraftbrands.com/kraftstringcheese/index.html#&panel1-1>

Nutrition Facts	
Serving size	1 cheese stick
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

CANNED TUNA (STARKIST® CHUNK LIGHT TUNA IN WATER)



Frey, M. (2020, August 25). *Tuna Nutrition Facts and Health Benefits*. Verywell Fit. Retrieved from <https://www.verywellfit.com/tuna-nutrition-facts-calories-and-health-benefits-4114019>

Starkist (n.d.). Retrieved from <https://starkist.com/products/chunk-light-tuna-in-water-can>

Nutrition Facts	
Serving size	3 oz can
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 320mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	32%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

EDAMAME (Fresh or Frozen)



Anderson, J. (2020, January 30). *Edamame Nutrition Facts: Calories, Carbs, and Health Benefits of Edamame*. Verywell Fit. Retrieved from <https://www.verywellfit.com/edamame-nutrition-facts-4583022>

Nutrition Facts	
Serving size	1 cup shelled beans
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 18g	36%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

KIND® NUT BAR (average nutritional values)



*Flavors to try: Fruit & Nut Delight, Almond Cashew with Flax, Apple Cinnamon & Pecan, Almond & Apricot

*Avoid bars covered in yogurt and chocolate

Cervoni, B. (2020, September 17). *Top Snack Bars for Diabetes*. Verywell Fit. Retrieved from <https://www.verywellhealth.com/top-snack-bars-for-diabetes-1087505>

KIND. Retrieved from <https://www.kindsnacks.com/media-center/media-assets.html>

Nutrition Facts	
Serving size	1 bar
Amount Per Serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 7g	14%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

QUEST® SNACK BAR (average nutritional values)



*Flavors to try: Mixed Berry Bliss, Vanilla Almond Crunch, Peanut Butter Supreme

Cervoni, B. (2020, September 17). *Top Snack Bars for Diabetes*. Verywell Fit. Retrieved from <https://www.verywellhealth.com/top-snack-bars-for-diabetes-1087505>

Quest Nutrition. Retrieved from <https://www.questnutrition.com/>

Nutrition Facts	
Serving size	1 bar
Amount Per Serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 18g	64%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 20g	40%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

RXBAR® (average nutritional values)



*Flavors to try: Blueberry, Chocolate Sea Salt, Peanut Butter, Coconut Chocolate

Cervoni, B. (2020, September 17). *Top Snack Bars for Diabetes*. Verywell Fit. Retrieved from <https://www.verywellhealth.com/top-snack-bars-for-diabetes-1087505>

RXBAR. Retrieved from <https://www.rxbar.com/>

Nutrition Facts	
Serving size	1 bar
Amount Per Serving	
Calories	220
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 12g	24%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

KASHI® CHEWY GRANOLA BAR



*Flavors to try: Honey Almond Flax, Trail Mix

Cervoni, B. (2020, September 17). *Top Snack Bars for Diabetes*. Verywell Fit. Retrieved from <https://www.verywellhealth.com/top-snack-bars-for-diabetes-1087505>

Kashi. Retrieved from https://www.kashi.com/en_US/home.html

Nutrition Facts	
Serving size	1 bar
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	12%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

THINKTHIN® BAR

*Flavors to try: Caramel Chocolate Dipped, Dark Chocolate, Blueberry, Mixed Nuts

think!

Cervoni, B. (2020, September 17). *Top Snack Bars for Diabetes*. Verywell Fit. Retrieved from <https://www.verywellhealth.com/top-snack-bars-for-diabetes-1087505>
 think! Retrieved from <https://thinkproducts.com/en-us/>

Nutrition Facts	
Serving size	1 bar
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 19g	38%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NATURE VALLEY SOFT-BAKED OATMEAL SQUARES



Diabetic Living Editors. (2018, September 28). *Best Diabetic Snack Bar Brands*. EatingWell. Retrieved from <http://www.eatingwell.com/article/290895/best-diabetic-snack-bar-brands/>

Nutrition Facts	
Serving size	1 bar
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 130mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NATURE VALLEY OATS 'N HONEY CRUNCHY GRANOLA BAR



Diabetic Living Editors. (2018, September 28). *Best Diabetic Snack Bar Brands*. EatingWell. Retrieved from <http://www.eatingwell.com/article/290895/best-diabetic-snack-bar-brands/>

Nutrition Facts	
Serving size	2 bars
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 4g	8%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



DIABETIC NUTRITION TIPS

Tips for Incorporating Healthy Foods into Daily Life

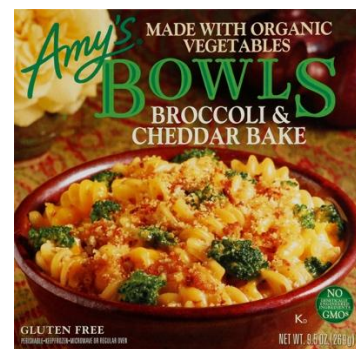
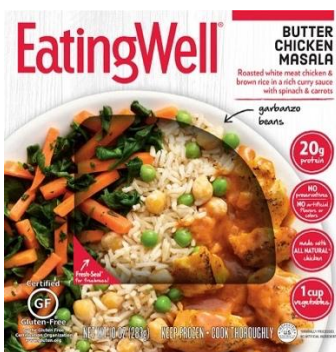
MICROWAVABLE MEALS

Tips when looking for frozen, microwavable meals:

- Look for items that have WHOLE foods. This includes vegetables, grains, and beans. Avoid processed carbs such as pasta, bread, and fried meat.
- Look at the label! Frozen meals tend to be high in sodium (i.e. salt). Try to stay under 400 calories, 600 milligrams of sodium, and 5 grams of saturated fat. Also try to eat items that have more than 10 grams of protein.
- Do not be deceived by the words “light” or “lean” on labels. Be sure to check the nutrition values to see what you are getting.

Frozen meal brands:

- Healthy Choice Power Bowls
- Lean Cuisine
- Smart Ones SmartMade
- EatingWell
- Kashi
- Amy’s



Campbell, A. (2019, December 4). *Choosing Frozen Meals for Diabetics*. Diabetes Self-Management. Retrieved from <https://www.diabetesselfmanagement.com/blog/choosing-a-better-frozen-dinner/>

McCulloch, M. (2018, September 12). *Best Frozen Meals for Diabetes*. Eating Well. Retrieved from <http://www.eatingwell.com/article/291178/best-frozen-meals-for-diabetes/>

DIABETIC FRIENDLY ITEMS AT FAST FOOD RESTAURANTS:

General Tips:

- Limit portion size.
- Choose grilled meats over fried meats.
- Choose salad over french fries.
- Choose whole-wheat versus white.
- Choose water instead of soda or iced tea.
- Choose low-fat dressing – make sure added sugar is not increased.
- Avoid items with a lot of sauce and/or cheese.
- Add extra vegetables to sandwiches.
- Avoid cheese, bacon, mayonnaise.
- Avoid macaroni, potato, tuna salad (*salads with mayonnaise should be avoided*).



McQuillan, S. (2017, October 12). *How to Eat Healthy at 10 Top Fast-Food Chains*. Retrieved from <https://www.ontrackdiabetes.com/live-well/eat-well/how-eat-healthy-10-top-fast-food-chains>

American Diabetes Association (2015, March). *What Can I Eat? Fast Food Tips*. Retrieved from http://main.diabetes.org/dorg/PDFs/awareness-programs/hhm/what_can_i_eat-fast_food_tips-American_Diabetes_Association.pdf

OVERVIEW OF HEALTHY FOODS:

Try to incorporate the following foods into your diet...

- Fatty fish (*salmon, sardines, mackerel, cod, trout, canned light tuna*)
- Leafy greens (*spinach, kale, cabbage greens, romaine, arugula*)
- Avocados
- Eggs
- Chia seeds
- Flax meal
- Beans
- Greek yogurt
- Nuts (*almonds, cashews, walnuts, pecans, pistachios*)
- Broccoli
- Extra virgin olive oil
- Flaxseeds
- Apple cider vinegar
- Strawberries
- Garlic
- Squash



Enloe, A. (2018, July 1). *The 13 Healthiest Leafy Green Vegetables*. Healthline. Retrieved from <https://www.healthline.com/nutrition/leafy-green-vegetables>

Fuhrmand, J. (2018, April 6). *How to Eat to Reverse and Prevent Diabetes (5 Foods to Eat and 6 to Avoid)*. Retrieved from <https://foodrevolution.org/blog/how-to-eat-to-prevent-diabetes/>

Mayo Clinic Staff. (2019, September 28). *Omega-3 in fish: How eating fish helps your heart*. Mayo Clinic. Retrieved from <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/omega-3/art-20045614>

Spritzler, F. & Kelly, E. (2020, September 21). *The 16 Best Foods to Control Diabetes*. Healthline. Retrieved from <https://www.healthline.com/nutrition/16-best-foods-for-diabetics>

GENERAL EATING TIPS AND TRICKS

- Eat the rainbow! Try to get as many colorful vegetables and fruits in your diet and on your plate.
- Avoid white foods. Replace white potatoes with sweet potatoes; white rice with brown rice; white bread with whole grain bread. Try lentils, barley, and spaghetti squash instead of eating white rice and pasta.
- Drink lots of water and avoid juices and sodas that have increased sugar.
- Season your food with herbs and spices. It will make your food more flavorful without having to add salt.
- Practice portion control. Do not go back for seconds.
- Use the 80/20 rule - when you feel 80% full, stop eating.

Diabetic Resources – Recipes & Healthy Eating:

- Allrecipes – Diabetic Recipes
 - www.allrecipes.com
 - Specific Link: <https://www.allrecipes.com/recipes/739/healthy-recipes/diabetic/>
- American Diabetes Association
 - www.diabetes.org
- Centers for Disease Control & Prevention (CDC)
 - Specific Link: https://www.cdc.gov/diabetes/pdfs/managing/Tasty_Recipes_for_People_with_Diabetes-508.pdf
- Cooking Light – Diabetic Recipes
 - www.cookinglight.com
 - Specific Link: <https://www.cookinglight.com/eating-smart/nutrition-101/diabetic-recipes>
- Diabetes Food Hub
 - www.diabetesfoodhub.org
- Diabetes Self-Management – Diabetes Friendly Recipes
 - www.diabetesselfmanagement.com
 - Specific Link: <https://www.diabetesselfmanagement.com/recipes/>
- Eat Right – Academy of Nutrition and Dietetics
 - www.eatright.org
- EatingWell – Healthy Diabetic Recipes
 - www.eatingwell.com
 - Specific Link: <https://www.eatingwell.com/recipes/17899/health-condition/diabetic/>
- Mayo Clinic – Diabetes Meal Plan Recipes
 - www.mayoclinic.org
 - Specific Link: <https://www.mayoclinic.org/healthy-lifestyle/recipes/diabetes-meal-plan-recipes/rcs-20077150>

- MyPlate
 - www.choosemyplate.gov
- Taste of Home – Healthy Diabetic Recipes
 - www.tasteofhome.com
 - Specific Link: <https://www.tasteofhome.com/health-wellness/diabetic/>
- U.S. Department of Agriculture – Diabetes
 - www.usda.gov
 - Specific Link: <https://www.nal.usda.gov/fnic/diabetes-0>

Encompass Health is the nation’s largest provider of inpatient rehabilitation, treating patients recovering from serious illnesses and injuries such as stroke, amputation, brain injury and more. At Encompass Health, we serve our patients and communities through customized rehabilitation that exceeds expectations. Our care teams are committed to achieving the best possible outcomes and getting patients back to what matters most. If you or a loved one experience complications from diabetes, our multi-disciplinary team will design a care plan to not only help you recover, but also manage your diabetes and prevent further complications. Learn more about our [rehabilitation programs](#) or [find a location](#) near you.



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