American Diabetes Association. Diet Guidelines

Best Foods for You: Healthy Food Choices for People with Diabetes

Making Choices

Managing diabetes from day to day is up to you. A large part of it is making choices about the foods you eat. Everyone knows that vegetables are healthier than cookies. But there are also best choices within each food group.

A best choice is a food that is better for you than other foods in the same group. Best choices are lower in saturated fat, trans fat, added sugar and sodium than similar foods.

Nonstarchy Vegetables

- The best choices are fresh, frozen and canned vegetables and vegetable juices without added salt (sodium), fat or sugar such as:
- AsparagusGreen beans
- CarrotsCabbage
- EggplantCauliflower
- BroccoliMushrooms
- Tomatoes
- SpinachOnion
- Peppers
- If using canned veggies, drain and rinse them with water to wash away about 40% of the sodium.

Best Choices of Starchy Vegetables

- Acorn squash
- Butternut squash Green peas
- Corn
- Parsnip
 Pumpkin
 Sweet potato
 Plantain

Protein

- The best choices are plant-based protein foods, fish, chicken, and lean meats such as:
- Beans and lentils

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 Nuts and seeds
 Fish and seafood
 Eggs and cheese
 Chicken, turkey, and duck without the skin
- out the skin

 Buffalo, rabbit and venison

 Lean cuts of beef, lamb, and pork
 such as chuck, rump roast, round,
 sirloin, T-bone steak and tender-

A great protein choice. Dried beans, hummus, lentils, nuts, soy-based nuggets and burgers are examples of plant based protein foods. Use them in your meals instead of beef, poultry or fish.

- The best choices are fresh, frozen and canned fruits without added sugars such as:
- Apple
 Blueberries
 Orange
 Grapefruit
 Grapes
 Peaches
 Pear
 Plums
 Cherries

- If you use canned fruit in syrup, drain and rinse the fruit with water to wash away the extra syrup.

- The best choices are milk and yogurt without added sugars such as:
- Unflavored soy milk Plain, nonfat yogurt
- Plain, nome
 light yogurt

Grains and Starchy Vegetables

 The best choices are whole grain The best choices are whole grain foods, beans, peas and lentils and starchy vegetables without added fats, sugars or sodium.

Best choices or good fats are unsaturated fats like omega-3, monounsaturated and polyunsatu-rated fats:

- Avocado, olives and seeds such as flax, pumpkin or sesame Nuts such as almonds, brazil, cashews, hazelnuts, peanuts, pine, pecans, pistachios and walnuts Oils such as olive, canola, corn, flaxseed, safflower, soybean and sunflower
- sunflower
 Salad dressings and mayonnaise

Omega-3 Fatty acids are good for your Heart. When picking your fat sources, consider these foods:

Albacore tuna, mackerel, halibut, herring, salmon, sardines and trout Flaxseeds and English walnuts Oils such as canola, soybean, flaxseed and walnut

Grain Foods

- Look for cereals, breads, and grains with these whole grains as the first ingredient:

- Mole wheat flour
 Whole oats/oatmeal
 Whole-grain
 corn/corn meal
 Popcorn
 Brown rice
 Whole-grain rye
 Whole-grain barley
 Wild rice
- Buckwheat/buckwheat flour
- Triticale
- Bulgur (cracked wheat) Millet

- Quinoa
- · Sorghum
- Choose cereals with at least 3 grams of fiber and less than 6 grams of sugar per serving.

Best Choices of Legumes and Lentils

- Beans such as black, pinto and
- heans such as black, pinto kidney Lentils and dried peas Fat-free refried beans and vegetarian baked beans

Go Easy

- Avoid regular soda, fruit punch, sports drinks, sweet tea, and other sugary drinks. Choose water and calorie free drinks instead.
- Cut back on high calorie snack foods and desserts such as chips, cookies, cakes and ice cream.
- Replace bad fats from fatty meats, full fat dairy, lard, butter and sour cream with good fats.
- Keep portions small.

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Foods I Like																																								
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