TOP 5 TIPS FOR
Diabetes Prevention

While type 1 diabetes is not preventable, many type 2 diabetes **risk factors are modifiable**. Reduce your likelihood with these tips:

Prepare meals at home more often.

Bake, broil, steam, roast or grill; Choose high-fiber sources of carbohydrate; Use salt sparingly.

Make half your plate non-starchy vegetables.

Choose a variety of colors.

Aim for 25-30g protein at every meal.

Eat protein with every meal and snack.

Move your body.

Pick activities you enjoy that increase your heart rate.

Maintain a healthy weight.

Even modest weight loss can significantly improve blood sugar levels.

Eat protein with all meals and snacks to help stabilize blood sugar.

High fiber foods can limit blood sugar spikes.

References: 1. Center for Disease and Prevention, 2017. Fast facts: Data and statistics about diabetes. Retrieved from National Diabetes Statistic Report, 2017.

Confetti Beef Taco Salad

1 pound **Ground Beef** (96% lean)
⅔ cup **salsa**
½ cup shredded low-fat **Cheddar cheese**
1 medium **tomato**, chopped (about 1 cup)
8 cups **mixed salad greens**
½ cup diced **bell pepper**
¼ cup thinly sliced **red onion**
– **black olives** and **dressing** as desired

30 MINUTES

MAKES 4 SERVINGS

7 INGREDIENTS

1 Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8–10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes.

2 Remove skillet from heat; keep warm. Line 4 plates with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, pepper and onion. Garnish with olives and dressing, as desired.

Nutrition information per serving: **Calories 221; Total fat** 6.7g (Sat. fat 3.2g; Trans fat 0g); **Cholest.** 79mg; **Sodium** 571mg; **Total Carb.** 10g; Fiber 2g; Total Sugars 7g; **Protein** 31g; Vit D (0% DV); Calcium (20% DV); Iron (20% DV); Potas. (14%DV)

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AN INTRODUCTION TO
Diabetes

What is Diabetes?

Diabetes is a disease that makes blood sugar levels high. In **type 1 diabetes**, the body doesn't make enough insulin, the hormone that helps control blood sugar. In **type 2 diabetes**, the body can't use insulin properly.

High blood sugar can cause vision loss, kidney failure, heart disease, stroke, foot complications and more. If you have diabetes, it is important to plan your meals and control the amount of carbohydrates you eat to keep blood sugar normalized.

Foods with **carbohydrate** turn into **sugar** in your body:

- **STARCHES & GRAINS:** bread, pasta, rice
- **STARCHY VEGETABLES:** potatoes, peas, corn, winter squash
- **FRUIT**
- **MILK & YOGURT**
- **CONCENTRATED SWEETS:** regular soda, juice, cookies, cakes, etc. *Eat sparingly and in small amounts!*

DID YOU KNOW?

- 30.3 million Americans (9.3% of the total population) have diabetes[1]
- Nearly 18,000 youth diagnosed each year in 2011 and 2012[1]
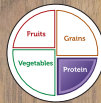- 84.1 million American adults have prediabetes[1]

Meal Planning With Diabetes

**Balance carbohydrate-rich foods** to keep blood sugar levels in check.

Fill half your plate with non-starchy vegetables. Non-starchy vegetables are rich in nutrients and low in carbohydrates. More colors equal more nutrients.

Make a quarter of your plate lean protein. Lean protein helps control hunger and stabilize blood sugar levels. Include 25g protein per meal (3oz lean beef).
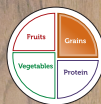
Make a quarter of your plate starches or whole grains. Starches and whole grains are sources of carbohydrate. Choose products with ≥ 3g fiber per serving to limit blood sugar spikes.

*Add fruit and low-fat or non-fat dairy as your plan allows. Fruit and dairy have carbohydrates. You can include these in place of starches or whole grains at meals.

Grocery Shopping Ideas

NON-STARCHY VEGETABLES

- ☐ Asparagus
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Celery
- ☐ Cauliflower
- ☐ Cucumber
- ☐ Eggplant
- ☐ Green Beans
- ☐ Mushrooms
- ☐ Okra
- ☐ Onions
- ☐ Tomatoes
- ☐ Yellow squash
- ☐ Zucchini squash
- ☐ Salad greens (arugula, kale, lettuce, spinach)

LEAN PROTEINS (25-30g PROTEIN PER MEAL)

- ☐ Beef (choose round or loin)
- ☐ Chicken (choose white, skinless)
- ☐ Fish (choose unbreaded)
- ☐ Pork (choose round or loin)
- ☐ Eggs
- ☐ Non-starchy plant proteins (tofu, tempeh)

STARCHES AND WHOLE GRAINS (> 3g FIBER PER SERVING)

- ☐ Acorn squash
- ☐ Beans
- ☐ Brown rice
- ☐ Butternut squash
- ☐ Corn
- ☐ Popcorn
- ☐ Potatoes
- ☐ Quinoa
- ☐ Whole grain bread
- ☐ Whole grain pasta

FRUITS

- ☐ Apple
- ☐ Banana
- ☐ Berries
- ☐ Grapes
- ☐ Mango
- ☐ Melon
- ☐ Oranges
- ☐ Peaches
- ☐ Pomegranate

LOW-FAT OR NON-FAT DAIRY (≥ 8g PROTEIN PER SERVING)

- ☐ Reduced-fat cheese
- ☐ Reduced-fat milk
- ☐ Yogurt or Greek Yogurt
- ☐ Fortified, unsweetened dairy alternative