



United States Department of Agriculture

**10
tips**
Nutrition
Education Series



Based on the
Dietary
Guidelines
for Americans

Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.

Whole grains provide more nutrients, like fiber, than refined grains.



3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

CHOOSING SNACKS

Aim for no more than 15-20 grams of carbohydrate for snacks.

Choose one from each circle for a healthy, satisfying snack.

Tip: CHOOSE RAW VEGGIES ANYTIME

CARBOHYDRATES



Grains

- 1 mini bagel
- $\frac{1}{2}$ English muffin
- 20 pretzels sticks
- 2 4-in. rice cakes
- 6 crackers
- 12-15 veggie chips
- $\frac{1}{2}$ whole wheat pita
- $\frac{1}{4}$ cup low-fat granola
- 2 slices reduced calorie bread
- 1 whole wheat tortilla (6 in.)
- 3 graham cracker squares
- 3 cups light popcorn

Fruits

- 1 $\frac{1}{4}$ cup whole strawberries
- $\frac{1}{4}$ cup blackberries or blueberries
- 1 cup cantaloupe or honeydew
- 1 $\frac{1}{4}$ cup watermelon
- 1 small apple or pear
- $\frac{1}{2}$ cup cherries
- 1 medium peach
- 2 tbsp. raisins
- 17 grapes

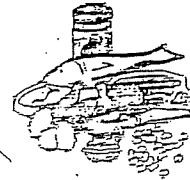


Dairy

- 8 oz. low fat or fat-free milk
- ~6-8 oz. lite yogurt
- $\frac{1}{2}$ cup ice cream
- $\frac{1}{2}$ cup sf pudding



PROTEIN



Meats

- 1-2 oz white meat, skinless, chicken, turkey
- 1 hard boiled egg
- $\frac{1}{2}$ cup egg whites
- 1-2 oz. deli meat
- 1-2 oz. turkey/tuna/egg salad made with light or fat-free mayo
- 1-2 oz. salmon

Cheese

- 1 oz. part-skim block cheese, soy cheese or string cheese
- $\frac{1}{4}$ cup part-skim grated cheese
- $\frac{1}{4}$ cup low fat or fat-free cottage cheese
- 2 tbsp fat-free cream cheese

Beans & Dip

- $\frac{1}{4}$ cup hummus
- $\frac{1}{2}$ cup tofu
- $\frac{1}{3}$ cup bean dip
- $\frac{1}{4}$ - $\frac{1}{2}$ cup edamame
- 1 oz soy nuts



$\frac{1}{4}$ cup Nuts & Seeds

- 1 oz. sunflower, pumpkin, or sesame seeds
- 1 oz. pecans, walnuts, almonds, cashews, or peanuts
- 1 oz. peanut, almond, or cashew butter

All About Carbohydrate Counting

What is carbohydrate counting?

Carbohydrate counting is a way to plan your meals. It can help you manage your blood glucose (sugar). Carbohydrates, or carbs, are one of the three main energy sources in food. The other two are protein and fat. It's the balance between insulin in your body and the carbohydrate you eat that determines how much your blood glucose levels rise after you eat. With the right balance of carbohydrate and insulin, your blood glucose level is more likely to stay in your target range.

Counting carbohydrate can help you reach your blood glucose goals and prevent diabetes complications. You can learn to count carbs to choose what and how much to eat. If you take insulin, you can count carbs to decide how much insulin to take.

Which foods have carbohydrate?

Starchy foods, sugars, fruits, milk, and yogurt are mostly carbs. See examples in the chart below. These foods affect your blood glucose much more than other foods, such as meat and meat substitutes, vegetables, or fats.

Carbohydrate foods (Carbs)	
• bread, bagels, biscuits, chapatti, muffins, crackers, matzoh, and tortillas	• beans (such as black, garbanzo, kidney, lima, navy, or pinto beans), lentils, and peas (such as black-eyed or split peas)
• ready-to-eat cereal or cooked cereal	
• barley, bulgur, couscous, grits, kasha, pasta, and rice	• fruit (canned, dried, fresh, and frozen) and fruit juice
• starchy vegetables such as cassava, corn, peas, plantains, potatoes, and winter squash, and sweet potatoes	• buttermilk, milk, soy milk, and yogurt
	• sweets, such as candy, cookies, cake, brownies, doughnuts, ice cream, frozen yogurt, honey, jam, jelly, pie, pudding, sugar, and syrup
• pancakes and waffles	
• popcorn, potato chips, pretzels, and rice cakes	



Carbohydrate counting can help you choose what and how much to eat.

How many grams of carbohydrate are best for me?

The recommended number of servings is based on your weight, activity level, diabetes medicines, and goals for your blood glucose levels. Your dietitian or diabetes educator, can work with you to make a personalized plan. A general guideline is to have

- 45-60 grams of carbohydrate at each meal
- 15-20 grams of carbohydrate servings at each snack

What about other foods such as meats, vegetables, and fats?

To have a balanced meal plan, you'll want to include protein foods (such as meat, chicken, and fish), nonstarchy vegetables (such as salad and broccoli), and a small amount of healthy fats (such as olive oil and nuts). Talk with your health care team about what to eat for your meals and snacks.

Why should I pay attention to serving sizes for carbohydrate foods?

The amount of carbohydrate you eat can make a big difference in your blood glucose. If you eat more carbs than you normally do at a meal, your blood glucose level is likely to be higher than usual several hours afterward.

The chart at the bottom of this page shows the size of 1 serving for each food listed. One serving equals 15 grams of carbs. You can check serving sizes with measuring cups and spoons or a food scale, or by using the Nutrition Facts label on a food package.

How to use the Nutrition Facts on food labels

To decide on a serving size, check the label for the number of carbohydrate grams (g). One serving is equal to 15 grams of carbohydrates.

- **If the total carbohydrate is 15 grams**, as in the box on the left, then check the top of the food label for the serving size for 1 serving.

- **If the total carbohydrate is more than 15 grams**, as in the box in the middle, then divide the total by 15. For example, a food with 30 grams of carbohydrate contains 2 carbohydrate servings, because 30 divided by 15 equals 2.

- **If the total is less than 15**, as in the box on the right, then multiply the serving size so that your serving will have 15 grams of carbohydrate.

How do I get started with carbohydrate counting?

Ask your health care provider how you can learn more about carbohydrate counting. You can also get more information from the American Diabetes Association. Visit www.diabetes.org, call 1-800-DIABETES (342-2383), or email AskADA@diabetes.org.

Nutrition Facts
Serving Size: 6 crackers
Total Carbohydrate: 15g
One carbohydrate serving is 6 crackers.

Nutrition Facts
Serving Size: 4 cookies
Total Carbohydrate: 30g
One carbohydrate serving is 2 cookies.

Nutrition Facts
Serving Size: 1 graham cracker square
Total Carbohydrate: 5g
One carbohydrate serving is 3 graham cracker squares.

Serving sizes for some carbohydrate foods (each has about 15 grams of carbs)	
apple: 1 small (4 ounces)	milk, fat-free or reduced-fat: 1 cup
bagel: ¼ large (1 ounce)	orange juice: ½ cup
banana: 1 extra small (4 ounces)	pasta or rice (cooked): ⅓ cup
bread: 1 slice (1 ounce) or 2 slices reduced calorie bread (1½ ounces)	green peas: ½ cup
cake (unfrosted): 2-inch square	pinto beans or kidney beans (cooked): ½ cup
cereal, unsweetened (ready-to-eat): ¾ cup	popcorn (popped): 3 cups
cereal, cooked: ½ cup	potato, mashed: ½ cup
cookies: 2 small (2¼ inches across)	potato chips: ¾ ounce (about 9 to 13)
corn: ½ cup	pretzels: ¾ ounce
crackers (saltines): 6	rice: ⅓ cup
fruit, canned: ½ cup	sugar: 1 tablespoon
hamburger bun: ½ bun (1 ounce)	sweet potato: ½ cup
ice cream (light): ½ cup	taco shells: 2 (5 inches across)
jam or jelly: 1 tablespoon	tortilla, corn or flour: 1 (6 inches across)



Provided By

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Know the Symptoms and How to Help Prevent and Manage It

According to new survey findings, more than half (60%) of people living with diabetes have experienced hypoglycemia, or low blood sugar (glucose), and 81% view it as a significant health concern. In addition, the survey, conducted by the American Association of Diabetes Educators (AADE) and supported by Sanofi US, indicated that respondents were uncertain of how to prevent and manage the condition. Untreated, severe cases of hypoglycemia can have serious health consequences, such as seizure, a loss of consciousness or death.¹

IT'S IMPORTANT TO KNOW ABOUT HYPOGLYCEMIA, THE WARNING SIGNS AND HOW TO MANAGE IT.



What is Hypoglycemia?

People living with type 1 or type 2 diabetes may experience **HYPOGLYCEMIA** when their **BLOOD SUGAR** reaches an abnormally low level, usually 70mg/dL or below. Hypoglycemia can be due to meals or snacks that are too small, delayed or skipped, increased physical activity, drinking alcoholic beverages and/or certain medications.²

Symptoms of Hypoglycemia

Common symptoms of hypoglycemia can include:



Shakiness



Sweating,
chills and
clamminess



Confusion



Rapid/fast
heartbeat



Hunger and
nausea



Sleepiness



Headaches

Hypoglycemia can happen even while you sleep. Look out for signs like crying out or nightmares, sweating excessively, and feeling tired, confused or irritable when you wake up.³

Know How to Prevent It

- ☒ Take your diabetes medication as prescribed
- ☒ Eat regular meals and snacks
- ☒ Monitor your blood sugar as directed by your healthcare professional
- ☒ Limit your alcohol intake⁴

¹ <http://www.mayoclinic.org/diseases-conditions/hypoglycemia/basics/complications/con-20021103>

² <http://diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/index.aspx>

³ <http://diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/#symptoms>

⁴ <http://diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/#prevention>

⁵ <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html#sthash.eHLD6Gce.dpuf>

Know How to Treat It

Consult with your doctor or diabetes educator to determine the best steps to manage your hypoglycemia. Treatment may include:

- ☒ Consume 15-20 grams of glucose tablets or simple carbohydrates such as fruit juice, soda or hard candy
- ☒ Recheck your blood sugar after 15 minutes; repeat as needed
- ☒ Once blood sugar returns to normal, eat a small snack if your next planned meal or snack is more than an hour or two away
- ☒ Call your healthcare provider if low blood sugar continues⁵
- ☒ Keep your glucose tablets or glucagon injection kit on hand in case needed



For more information about how a diabetes educator can help you manage your diabetes, or to learn more about the survey results, visit www.diabeteseducator.org

American Association
of Diabetes Educators

HYPOGLYCEMIA

What causes it? And how can I prevent it?

Hypoglycemia, or **low blood sugar**, can happen to anyone who takes insulin or any of the medications listed in the box to the right. If you don't take insulin or any of the medications listed, you have very little chance of having low blood sugar.

Why does low blood sugar occur? When there are too many things lowering blood sugar and not enough raising it, low blood sugar can take place.

It is common for people with diabetes to have low blood sugar once in a while. However, it can be dangerous to have low blood sugar more than a few times a week or to be so low that self-treatment becomes difficult. Frequent or severe lows (when blood sugar dips below 54 mg/dl or when you need the assistance of another person) can be dangerous and lead to accidents, weight gain, poor performance at work or school, loss of consciousness, seizures, and even death.

IMPORTANT INFORMATION FOR THOSE WHO TAKE:

- Insulin of any kind
- Glyburide
- Glipizide
- Glimeperide
- Chlorpropamide
- Repaglinide
- Nateglinide
- Combination medications that contain any of these

THINGS THAT CAN RAISE BLOOD SUGAR

- + Simple carbohydrates (sugar)
- + Complex carbohydrates (starch)
- + Stress
- + Infection/illness

THINGS THAT CAN LOWER BLOOD SUGAR

- Insulin & diabetes medications
- Physical activity
- Alcohol
- Nausea/vomiting

EASY TIPS FOR AVOIDING LOW BLOOD SUGAR

Instead of this...

Try this

Delaying a meal	Have a snack such as a handful of crackers or a piece of fruit at your usual meal time to keep you satisfied until you can have your meal.
Skipping a meal entirely	Drink something that has sugar or carbs in it at your usual mealtime, such as milk, juice or regular (non-diet) soda.
Sudden physical activity (remember: housework, yardwork and shopping count)	Plan your activity for after a meal or have a carb-containing snack beforehand, such as a sandwich or a sports drink. Talk to your healthcare provider about reducing your insulin/medication.
Having more than a couple of drinks	After one or two alcoholic drinks, switch to seltzer, diet soda, or non-alcohol beer.
Dealing with illness on your own	Call your healthcare provider for instructions if you vomit or are too nauseous to eat, then work with them to develop strategies for the next time you're sick.
Guessing your carb counts (especially for those who match insulin doses to carb intake)	Check the nutrition facts on the food label. If there is no label, you can usually still find carb counts in online resources, apps or in books.
Taking insulin doses too close together	Try to space your mealtime insulin doses at least three hours apart. If you forget to take your long-acting insulin or travel across time zones, ask your healthcare provider for instructions on when/how much to take.
Not knowing what your blood sugar is	Check your blood sugar regularly and often, or use a continuous glucose monitor (CGM) with the low alert turned on.

DON'T LET EXERCISE STOP YOU IN YOUR TRACKS

AADE American Association
of Diabetes Educators
www.diabeteseducator.org

THERE ARE MANY WAYS TO BE ACTIVE, MANAGE DIABETES

Depending on the person (and the day), "exercise" can either be a welcome activity – or a dreaded task. Either way, it's essential for good health – especially for people with diabetes.

"Being active provides huge benefits, from lowering blood glucose (sugar), cholesterol and

blood pressure to helping with weight loss and improving mood," said Karen Kemmis, a certified diabetes educator with SUNY Upstate Medical University, Syracuse. "The good news is that even for people who are not passionate about 'exercise,' there are many ways to be active."

AADE suggests the following strategies for becoming more active and being as fit as you can.

- **Find your motivation** – Figure out what you want to achieve by staying active. Would you like to be able to play with your nephew or grandchild without losing your breath? Or do you want to lose weight, improve your blood glucose level or have less pain? Whatever your goals, write them down. Make a note of things that are challenging for you now (getting out of a chair, climbing the stairs, running for the train or riding your bike to the store). After several weeks of being active, try that challenging activity again and it should be easier, proof that practice pays off. And don't get discouraged when you get out of a routine – it happens – just pull out your list of goals to remind yourself why you're doing this, and start again.
- **Be prepared** – As you get ready to become more active, be sure you wear supportive and comfortable shoes and socks, keep your medical identification with you if you leave the house and carry water. Because activity can affect your blood glucose, check it regularly and be prepared to manage low blood glucose by taking food – such as granola bars and glucose tablets. A diabetes educator can help you figure out how to manage these issues, as well as what type of activity fits your lifestyle and how to best reach your goal.
- **Build over time** – If you're new to being active, or reluctant to do so, ease in to increased activity so you don't overdo it and get overwhelmed. Start by doing five or 10 minutes of activity at a time. Then try to add another five or 10 minutes every once in a while, working toward a goal of 150 minutes a week. That's less than 22 minutes a day! If following specific directions motivates you, ask your doctor, diabetes educator or another health professional for a prescription for activity.
- **Think outside the box** – If you like to run, walk on a treadmill or participate in spinning class, great. Find working out boring? Watch television, read or listen to music while you do so to help pass the time. If using equipment doesn't do it for you, there are many other possibilities. Garden, clean your house, walk the dog, go canoeing, go dancing, play a game with family or friends, walk in place while you're watching television or take a class (Zumba, weightlifting, water aerobics, etc.). Think about things you like to do, or something you want to try. Mix it up so you don't get bored.
- **Sneak in more activity** – In addition to committing to regular exercise or activity, moving more whenever and wherever you can is a big help. Instead of trying to carry everything upstairs at once, make several trips. Park your car at the farthest end of the lot when going shopping. Get off the bus one stop early. Walk through all of the aisles at the discount store, even if you only need a few items. Instead of calling or emailing a coworker, get up and walk over to her desk. You get the idea.
- **Track your progress** – Use a calendar to keep track of when you are active and how long you spend each time. You could also try wearing a monitor or pedometer to keep track of your activity. Either way, it really feels good to see what you've accomplished. Turn it into a game by challenging yourself to squeeze in more activity, whether spending an extra five minutes on the elliptical or taking more steps every day. When you accomplish a goal, treat yourself to a non-food reward such as picking out a new piece of fitness clothing.
- **Partner up** – One of the most effective ways to stay on track is to recruit a buddy. Fitness is more fun, time goes faster and you can encourage each other when you're working in a pair or group. If you can't find someone to work out with you, ask a family member or friend to check in with you regularly to see how you're doing to keep you accountable.
- **Avoid pain** – If an activity causes pain, try something else. If walking hurts your back or knee, ride a stationary bike, or consider water aerobics. A diabetes educator, physical therapist or other health professional can help you find activities that help you get in shape without pain.

In addition to a balanced diet, regular activity is one of the most important things you can do to stay healthy and help keep your diabetes in check. For more information about how a diabetes educator can help you create a plan to get and stay active, visit www.diabeteseducator.org.

100 Ways to Cut 100 Calories

Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and food consumed in your day.

To stop weight gain, most Americans need to do just two simple things:

- Add 2,000 more steps each day
- Eat 100 fewer calories daily

Small changes in the foods you eat and the portion sizes you choose will quickly add up to 100 reduced calories or more! Make small changes each day and you'll see how easy it can be to achieve energy balance. No one tip by itself will equal 100 calories exactly, but selecting a few of your favorites each day will get you well on your way!

BREAKFAST Give your day a healthy start

- 1 Select nonfat or 1% milk instead of whole milk
- 2 Use a small glass for juice and a small bowl for cereal
- 3 Savor a bowl of bananas, berries, low-fat milk, and sugar substitute
- 4 Substitute no-calorie sweetener for sugar in your coffee, tea, and cereal
- 5 Choose light yogurt made with no-calorie sweetener
- 6 Substitute no-sugar-added jelly or jam for the sugar-rich varieties
- 7 Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular

- 8 Split a bagel with someone or wrap up the other half for tomorrow

- 9 Use a nonstick skillet and cooking spray in place of butter to prepare your eggs

- 10 Select lean ham or Canadian bacon

- 11 Fill omelets with mushrooms, onions, peppers, and spinach instead of cheese and meat

- 12 Lighten up omelets and scrambled eggs with four egg whites or 1/2 cup egg substitute

- 13 Trade regular butter for light whipped or low-calorie butter substitute

LUNCH AND DINNER: Try lighter lunches and dinners

- 14 Try a veggie burger

- 15 Prepare tuna or chicken salad with fat-free mayonnaise

- 16 Grill your sandwich using nonstick cooking spray instead of butter

- 17 Stuff a pita pocket with more fresh vegetables, less meat, and less cheese

- 18 Pick water-packed tuna instead of tuna packed in oil

- 19 Wrap romaine and sprouts with smoked ham or turkey in a tortilla

- 20 Make your sandwich with light, whole-wheat bread

- 21 Skim the fat off soups, stews, and sauces before serving

- 22 Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese

- 23 Select soft taco size (6-8") flour tortillas instead of the larger burrito size

- 24 Choose 1% cottage cheese in place of regular

- 25 Substitute fat-free sour cream in recipes

- 26 Enjoy your salad without the croutons

- 27 Substitute 2 tablespoons reduced-calorie salad dressing for regular

- 28 Use low-fat margarine

- 29 Trim all fat from beef, pork, and chicken (also remove the skin from chicken)

- 30 Bake, broil, or grill chicken and fish rather than frying

- 31 Limit meat portions to 3-4 ounces (the size of a deck of cards)

- 32 Customize spaghetti sauce with fresh green peppers, zucchini, mushrooms, and onions instead of adding meat

- 33 Turn a mixed green or spinach salad into a main dish with grilled chicken, almonds, and blueberries, apples, or strawberries

- 34 Reduce cooked rice and pasta by 1/2 cup

- 35 Grill portabella mushrooms as a main or side dish in place of meat

- 36 Use 1 tablespoon less butter, oil, or margarine in your recipes

- 37 Reduce the amount of cheese in casseroles and appetizers

- 38 Season steamed veggies with fresh lemon and herbs

- 39 Use vegetable

cooking spray and nonstick cookware instead of butter, margarine, or oil

- 40 Omit or use half the amount of butter, margarine, or oil in macaroni and cheese, rice, pasta, and stuffing

- 41 Leave three or four bites on your plate

- 42 Eat slowly to make your meal last and reduce your urge for second helpings

DESSERTS: No need to eliminate desserts to cut calories

- 43 Satisfy your sweet tooth with a sliver, bite, or taste of dessert instead of a full portion

- 44 Make your own root beer float with sugar-free root beer and sugar-free, fat-free ice cream

100 Ways to Cut 100 Calories continued...

45 Have a single dip of ice cream in a cup instead of on a cone

46 Choose your piece of cake from the middle where there's less icing

47 Top angel food cake with berries instead of icing or chocolate sauce

48 Freeze blended fresh fruit into a sorbet

49 Select a cupcake rather than a standard slice of cake

50 Dish up slow-churned reduced calorie ice cream in place of regular

51 Enjoy seasonal fresh fruit instead of custard or pudding

52 Choose apple, blueberry, or peach over pecan or cream pie

53 Follow the low-fat directions when preparing brownie, cake, and cookie mixes

54 Share your dessert with someone else

55 Cut a half slice of cake or pie

56 Substitute half the oil in baking recipes with applesauce

SNACKS: Curb hunger with healthy snacks

57 Freeze grapes or watermelon wedges for a popsicle-like treat

58 Blend a smoothie made from no fat yogurt, skim milk, and fresh fruit

59 Choose 4 ounces of sugar-free yogurt in place of an 8 ounce container

60 Control your portions by pouring one serving of pretzels or chips in a bowl instead of eating from the bag

61 For a colorful snack, mix fruit in a no-sugar gelatin

62 Try hummus with pita wedges

63 Enjoy canned fruit packed in water or natural juices instead of heavy syrup

64 Pick a small piece of fruit (apple, peach, orange) the size of a tennis ball or eat half a bigger piece of fruit

65 Make kabobs with fresh fruit and reduced-fat cheese

66 Dip celery in lite cream cheese, apples in low-fat caramel, fruit in a yogurt/orange juice mix, or veggies in low fat dressing

67 Try 1/2 cup fresh fruit in place of 1/2 cup dried fruit

68 Eat just one of the granola/snack bars and share the other or save it for later

69 Have one less handful of mixed nuts

70 Satisfy your chocolate craving by opting for one small fun size candy bar

71 Munch on a small bag of microwave popcorn with no added butter

72 Replace cookies with cubed and whole fresh fruit kabobs

BEVERAGES: Look for lower calorie thirst quenchers

73 Substitute diet soda for regular

74 Pay attention to serving sizes, some cans and bottles contain two or more servings

75 Select diet flavored iced tea

76 Quench your thirst with bottled water instead of soda from the vending machine

77 Opt for small or medium drinks instead of large

78 Have 1 cup of low-fat (1%) chocolate milk instead of whole milk with chocolate syrup

79 Lighten up your favorite coffee drink by requesting nonfat milk and using half the sugar or flavored syrup

80 Choose no sugar added fruit juices

81 Replace just 8 ounces of soft drink, fruit juice, or fruit beverage with water

82 Drink light beer instead of regular and limit yourself to one or two

83 Request diet mixers (cola, tonic water, and ginger ale) for drinks

84 Choose light beer or wine instead of frozen or fruit-based alcoholic drinks

DINING OUT: Cut calories at the drive-thru and on special occasions

85 Request the bread basket be removed from the table as you sit down

86 Ask for a cup of soup rather than a bowl

87 Select minestrone or other broth-based soups over cream-based soups

88 Ask for salad dressing and sauce on the side—dip to enjoy the flavor but leave most of it behind

89 Order a vinaigrette dressing rather than a mayonnaise-based dressing

90 Request your salad without croutons and cheese

91 Substitute steamed veggies for potato, rice, or pasta side dishes

92 Select an appetizer as your main dish—add a soup, salad, or vegetable side dish

93 Choose a healthy option designated by a symbol on the menu

94 Use fresh lemon to season fish instead of tartar sauce

95 Choose a side salad instead of fries when ordering fast food

96 Skip the super-size promotions

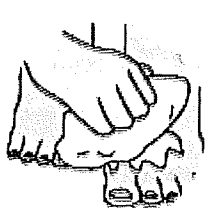
97 Select grilled chicken in place of breaded and fried

98 Try a low calorie frozen pizza instead of your usual take-out

98 Skip the free chips with your sandwich or sub order

100 Select grilled chicken in place of breaded and fried

Taking care of your feet in diabetes



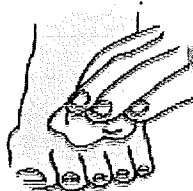
1

Wash your feet daily with lukewarm water and soap.



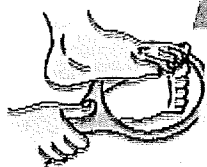
2

Dry your feet well especially between the toes.



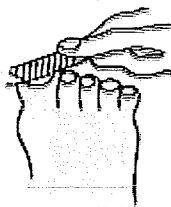
3

Apply moisturising lotion, but do not apply between the toes.



4

Check your feet for blisters, cuts, redness, etc. If present, consult your doctor.



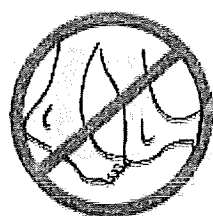
5

Trim your nails straight across and file the edge with a nail file.



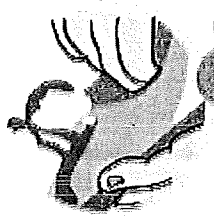
6

Change socks daily; avoid dirty and tight socks.



7

Never walk barefoot either indoors or outdoors.



8

Examine your shoes daily for cracks, stones, nails which may irritate feet.