# **Diabetes Care**

# Healthy eating to help manage diabetes

Did you know that some foods are better than others if you have diabetes, even in healthy food groups? It's best to choose foods lower in saturated fat, trans fat, added sugar and sodium. Let's break it down!

## **Fruits & Veggies**

Eggplant

Cauliflower

Broccoli

Mushrooms



- Asparagus
- Green beans
- Carrots
- Cabbage

#### Good choices for starchy vegetables are:

- Acorn or butternut squash
  Corn
- Green peas
- Pumpkin

- Tomatoes
- Spinach
- Onion
- Peppers
- Sweet potato
- Plantains

Canned veggies often contain more salt than fresh and frozen veggies. Simply rinse canned vegetables before eating to remove added sodium.

#### Fresh, frozen or canned fruits (without syrup/added sugar) are best:

- Apples
- **Blueberries**
- Orange

- Grapefruit
- Grapes
- Peaches

**Protein** 

Eqgs and cheese

free yogurt

Fat-free or low-fat milk

Plain, light or sugar-

- Cherries



### Plant-based foods, fish, chicken and lean meats are best:

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- Dried beans and lentils, chickpeas (hummus) and soybeans
- Nuts and seeds
- Fish/seafood







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- Pears Plums

Chicken, turkey or duck

Venison and rabbit

Lean cuts of beef,

lamb or pork

(skinless)

# Fats



#### Foods containing omega-3 fatty acids and unsaturated fats are best. Good fats include:

- Fish (albacore tuna, salmon, sardines and trout)
- Avocado, olives and seeds (flax, pumpkin or sesame)
- Nuts

 Olive, canola, flaxseed, safflower, soybean or sunflower oil



Items high in omega-3 fatty acids are also good for heart health!

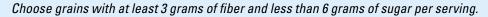
### Grains



#### Whole grain cereals, breads and grains are best:

- Whole wheat flour, rye and barley
- Whole oats/oatmeal and corn meal
- Popcorn
- Brown and wild rice
- Quinoa
- Sorghum

 Bulgur/cracked wheat, buckwheat/ buckwheat flour





### **Tips for choosing healthy**

- Avoid sugary drinks like regular soda, fruit punch, sports drinks and sweet tea. Choose calorie-free and sugar-free drinks instead like water and unsweet tea.
- Limit high-calorie snacks and desserts like chips, cakes, cookies and ice cream.
- Replace saturated fats and fatty meats, full-fat dairy, lard, butter and sour cream with "good" fats.
- Watch portion sizes. Use measuring cups and spoons to help. Avoid eating out of the bag or box.
- Keep healthy foods and snacks on hand. Shop the perimeter of the store and avoid processed foods.



Visit with your primary care provider (PCP) for more information about diabetes management. To find a provider or view your benefits, visit blueprintportal.com.

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Source: American Diabetes Association, diabetes.org