Are you at risk for getting diabetes? There is much you can do to reduce your risk. Ask yourself these questions:

* Is at least half my plate filled with colorful vegetables?
* Is about a quarter of the plate filled with whole grains, legumes or starchy vegetables?
* And another quarter filled with a source of lean protein?

***Tips for Healthy Eating to Reduce Diabetes Risk: The Plate Method***

*Don’t forget to look at the side dishes – aim for 3 servings per day of fruit, dairy, and healthy oil/fat*

**Fruit**–Aim for 3/day

**Oils/Fats**–Aim for 3/day

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![C:\Users\McNamaraM\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PXMN1AJF\yogurt[1].jpg]()![C:\Users\McNamaraM\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5Z4B21FS\16180-illustration-of-a-cup-of-coffee-pv[1].png]()

**Dairy**–Aim for 3/day

**Beverages**–Aim for 8 cups of fluid/day

Use a plate about the width of this paper (8-9 inches) for a main meal.

|  |  |
| --- | --- |
| **Eat more of this:**  | **Instead of this:**  |
| ***Whole grains:*** oats\*, whole grain bread, brown rice & quinoa ***Dairy\*:*** yogurt\*, milk, cheese; choose low-fat if losing weight***Beans and legumes:*** lentils, chickpeas, beans of any color***Fruits and Vegetables:*** fresh or frozen; apples\*, red grapes\*, blueberries\*, green leafy vegetables\*, steamed or roasted vegetables with olive or canola oil***Meats, protein foods:*** fish\*, chicken, eggs, legumes, tofu***Nut\* and seeds:*** walnuts\*, almonds, sunflower seeds***Healthy fats:*** olive and corn oil, avocado, fish***Beverages:*** Water, coffee\*, tea\*, milk, seltzer | ***Whole grains:*** refined, white, breads/cereals and grains (white rice, white pasta)***Dairy:*** sweetened, flavored milks ***Fruits and Vegetables:*** Iceberg lettuce, fried vegetables/potatoes, white potatoes***Meats, protein foods:*** Red meats, processed and salted meats***Saturated fats:*** fatty and processed meats, butter, lard***Beverages:*** Sugar-sweetened beverages  |

*\*Some studies have found that the foods marked with \* are associated with reduced risk of developing type 2 diabetes.*

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| **Other Healthy Habits to Prevent Diabetes** | Lose weight if you are overweight.C:\Users\MaryniukM\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O3GRC4YA\large-Bathroom-scale-0-14186[1].gif | Get enough sleep.7-8 hours is ideal.C:\Users\MaryniukM\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OJU6ZJWQ\sleepyhead_zzz_sleeping_sticker-p217605557908976893qjcl_400[1].jpg | Be more active. Walking works! Walking Feet Clipart   Clipart Panda   Free Clipart Images |

***Set an Action Plan:*** Talk with your doctor and ask about your A1C. Meet with a Registered Dietitian Nutritionist (RDN) for an individualized meal plan. Set small goals with your health care team! What is your action plan?