





# Healthy Eating

## THROUGH THE SEASONS

Food seems to be the center of almost any large gathering. Whether a potluck, birthday party BBQ or family get together, there are plenty of opportunities to indulge. Just because you have diabetes, prediabetes or another chronic condition, doesn't mean you can't enjoy the foods you want in moderation. Here are some tips to keep you healthy while still enjoying friends, fun and food.



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|--|--|
| <p><b>Manage Your Plate</b></p>             | <ul style="list-style-type: none"> <li>• Use a smaller plate to avoid overeating.</li> <li>• Fill half your plate with non-starchy veggies such as salad. These veggies have a lot of fiber to keep you full but are low in calories and carbohydrates.</li> </ul>   |
| <p><b>Find the Healthier Options</b></p>  | <ul style="list-style-type: none"> <li>• Bowls of candy, chips, nuts, breads, or other appetizers are delicious but the calories and carbs will add up quickly. Try snacking on non-starchy veggies like carrots or tomatoes to make sure you save your calories for the main meal.</li> <li>• Skip the dip or take a small spoonful. Use veggies such as broccoli, baby carrots, cauliflower and tomatoes to enjoy your dip rather than reaching for chips or crackers.</li> <li>• Choose calorie free drinks such as water, tea, seltzer water, or diet sodas instead of punch or mixed drinks. Remember that alcohol has calories and may impact your blood sugar. Be sure to talk with your health care provider about whether it is safe for you to drink.</li> </ul> |
| <p><b>Plan Ahead</b></p>                  | <ul style="list-style-type: none"> <li>• Don't go hungry. Eat breakfast or snacks earlier in the day. Skipping meals can make it more difficult to manage your blood sugar and will make it more challenging to avoid overeating. Plus, no one wants to be hangry!</li> </ul>  |
| <p><b>Enjoy Yourself</b></p>              | <ul style="list-style-type: none"> <li>• If you taste something that you don't enjoy, leave it on your plate—don't feel pressure to eat something you don't like!</li> <li>• Savor the flavor. Eat slowly to make sure you can enjoy what you are eating.</li> <li>• Don't graze. Eating foods slowly and constantly can make your blood sugar steadily rise. Wait for the main meal to eat and choose to socialize away from the food.</li> <li>• Take a walk and invite friends and family. Keep the party going while getting exercise!</li> </ul>  |

# Cold Weather Foods

Stay warm during the cold months with a nutritious soup. Use the following guide to create your own tasty and nutritious soup to share.

## Basic instructions

1. Heat large soup pot over medium heat.
2. Sauté vegetables in 1-2 tablespoons of olive oil or canola oil until tender.
3. Stir in your proteins (cook meat through).
4. Add in base and spices.
5. Simmer for 1-2 hours or until desired flavor is reached.



| Pick 1 base                            | Seasonings<br>(as many as desired) | Add Protein<br>(as many as desired) | Add vegetables<br>(the more the better) |
|--|------------------------------------|-------------------------------------|---|
| 4-6 Cups of Low Sodium Chicken Broth   | 1-2 Tbsp Basil                     | 1-2 lbs Chicken                     | 1.5-2 Cups Onion                        |
| 4-6 Cups of Low Sodium Vegetable Broth | 1/2-1 Tbsp Marjoram                | 1-2 lbs Turkey                      | 1-2 Cups Carrots                        |
| 4-6 Cups of Low Sodium Beef Broth      | 1.5-2 Tsp Rosemary                 | 1 Can Black beans                   | 1-2 Cups Celery                         |
|  | 1.5-2 Tsp Thyme                    | 1 Can White beans                   | 1 Cup Potatoes                          |
|  | 1-2 Tsp Oregano                    | 1 Can Pinto beans                   | 1/2-1 Cups Peas                         |
|  | 1-2 Bay Leaves                     | 1 Can Garbanzo beans                | 6-8 Cups Spinach                        |
|  | 1/4-1/2 Tsp Pepper                 | 1-2 Cups Lentils                    | 1.5-2 Cups Tomatoes                     |
|  | 1/2-1 Tsp Sage                     |                                     | 1-2 Cloves Garlic                       |



### Notes

- Cut all vegetables roughly the same size to help them cook evenly.
- The more veggies and proteins you choose to add, the more broth you will need. Don't hesitate to taste and add seasonings throughout the cooking process. Be creative and have fun!

## Hot Weather Foods

Salads are often a healthy side option or main course for a hot day. Depending on vegetables available in your area, they can be enjoyed all year long!

**Use the following guide as ideas to create a delicious and creative salad.**



| Pick 1 base     | Add protein            | Vegetables       | Fruits            | Dressing               |
|-----------------|------------------------|------------------|-------------------|------------------------|
| Mixed greens    | Grilled chicken breast | Tomato           | Mango             | Avocado                |
| Arugula         | Salmon                 | Cucumber         | Grape             | Extra virgin olive oil |
| Baby spinach    | Tuna                   | Red Onion        | Berries           | Pumpkin seed oil       |
| Kale            | Low fat cheese         | Mushrooms        | Pomegranate seeds | Plain greek yogurt     |
| Bibb lettuce    | Beans                  | Beets            | Apples            | Lime juice             |
| Romaine lettuce | Hardboiled egg         | Peas             | Pineapple         | Lemon juice            |
| Beet greens     | Nuts                   | Asparagus        | Orange            | Balsamic vinegar       |
| Radicchio       | Quinoa                 | Artichoke hearts | Pear              | Red wine vinegar       |
| Frisée          |                        | Radish           |                   |                        |
| Endive          |                        | Bell pepper      |                   |                        |

Smoothies are cool and refreshing during hotter months but delicious all year long. Use the following ideas to blend up a healthy drinkable meal!



### Tips:

- If you are not using frozen fruit add 1/2-1 cup of ice cubes to make your smoothie more refreshing.
- If the smoothie is too thick, add a tablespoon of water at a time to help thin it out.
- Add rolled oats for a higher fiber smoothie.
- Be creative!
- While delicious and packed full of healthy nutrients, remember that smoothies can also be very high in carbohydrates and calories. Consider a smoothie as a meal replacement to make sure it fits within your healthy eating pattern.

| Pick your fruit. Aim for 1 cup fresh or frozen. | Add 1 cup of greens and veggies for some hidden nutrients! | Add 1 cup liquid        | Add a healthy fat (only 1 fat source needed)      |
|---|--|-------------------------|---|
| Blueberries                                     | Kale   | Low fat milk            | 1/4 cup of nuts or seeds                          |
| Strawberries                                    | Spinach  | Low fat yogurt          | 1/4 avocado                                       |
| Pineapple                                       | Swiss chard  | Unsweetened almond milk | 1-2 tbsp nut or seed butter such as peanut butter |
| Mango   | Beet greens  | Unsweetened soy milk    |   |
| Mixed berries                                   | Collard greens   |                         |   |
| Apple   | Celery   |                         |   |
| Melon   | Carrots  |                         |   |
| Banana  |  |                         |   |
| Raspberries                                     |  |                         |   |

## Keep A Log

Tracking your activity will help you remember how often you are actually able to be active and can act as a motivator. For example:

| Week of: | Sunday  | Monday | Tuesday  | Wednesday | Thursday | Friday | Saturday |
|----------|---------|--------|----------|-----------|----------|--------|----------|
| 3/10/24  | ✓       |        | ✓        |           | ✓        |        | ✓        |
| Activity | Walking |        | Swimming |           | Walking  |        | Biking   |
| Minutes  | 15      |        | 30       |           | 20       |        | 40       |

## Setting a goal is as easy as 1-2-3

Living with a chronic condition means that you have the opportunity to manage it in the way that works best for you. Goal setting is key to successful self-management of diabetes and prediabetes. Setting goals helps you to identify something you need or want and then set realistic steps to make it happen.

**1. Take small steps.** Often you will need to set several small goals in order to achieve a larger goal. For example, if you want to walk 1 mile without stopping, start by focusing on how much you can walk in 5 minutes or walking as long as you can.

**2. Make your goals SMART to keep you on track.**

**Specific**—Be detailed in what you're planning to do.

**Measurable**—Give yourself a target number of times to meet the steps to accomplishing your goal. Make it trackable.

**Achievable**—Pick something that you're pretty confident you will be able to do.

**Realistic**—Make sure you are ready to work towards your goal.

**Timely**—What is your deadline? When will you meet your goal?

**3. Understand that life happens** and you might encounter setbacks to meeting your goals. That is ok! The thing to keep in mind is not that you experience ups and downs but that you keep moving toward your goals. Keep trying and don't give up!



# Goal Setting Worksheet

**What do you want to achieve?**

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**What is your SMART goal to work towards that?** Answer these questions:

Specific (What will you do?)

Measurable (How much will you do?)

Achievable (When?)

Realistic (How often?)

Timebound (How long?)

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**How important is this goal for you?**



Not Important

Very Important

**How confident are you that you will be able to achieve your goal?**



Not Confident

Very Confident

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**What might get in your way?**

**What can you do about it?**

**Remember: You can do it—one step at a time!**