



## Support and Education: Lesson 2

Introduction: At each follow-up visit the D2d study will provide you with a handout on the lifestyle changes you can make to reduce your risk for diabetes. Research shows that losing 5% to 7% of your body weight (about 10 to 14 pounds for a 200-pound person) and getting at least 150 minutes each week of physical activity can help you prevent or delay type 2 diabetes. We hope you find the information in these handouts helpful.

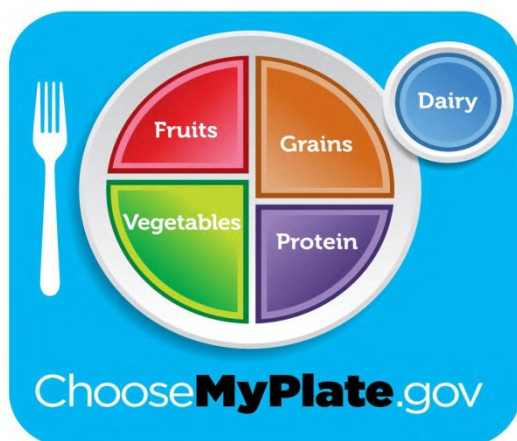
### Healthy Eating

Healthy eating is determined both by *what* we eat and *the way* we eat. To eat healthier, try to eat at regular times. Eating slowly also can make you more aware of what you are eating. And, don't worry about cleaning your plate. These are just a few of the many tricks for changing how you eat. Continue reading to find out more!

### MyPlate

MyPlate is a general guide to healthy eating, developed by the U.S. Department of Agriculture. It is based on the latest nutrition and health research and has suggestions for how much people should eat, depending on their sex, age, and level of physical activity.

The plate image shows the amount we need of each food group. Go to [choosemyplate.gov](http://choosemyplate.gov) to learn more about this useful tool. The suggestions offered can help you make better food choices. It gives ideas for changing the way we eat.



#### To prevent type 2 diabetes, should I avoid eating starchy foods such as bread, potatoes, and pasta?

No. Starchy foods are part of a healthy meal plan for people with or without diabetes. What is important is the **amount** you eat. *Whole grain* breads, cereals, pasta, rice, and starchy vegetables like potatoes, yams, peas, and corn can be part of your meals and snacks.

The key is the amount. For most people, having 3 or 4 servings of bread, fruit, or starchy foods is about right. *Whole grain* starchy foods are also a good source of fiber. They help keep your gut healthy.

- ✓ **Grains** – Make at least half of the grains you eat *whole* grains.
- ✓ **Vegetables** – Vary your veggies.
- ✓ **Fruits** – Fruits are sweet *and* nutritious.
- ✓ **Dairy** – Get your calcium-rich foods.
- ✓ **Proteins** – Go lean with protein.

## *Ways to Eat Healthy*

Eating less fat and fewer calories is an important part of losing weight. But that is only one important part of healthy eating. Another part of healthy eating is changing the way you eat and what you eat. Here are a few tips to help.

### *Set up a regular pattern of eating.*

- ✓ Spread your calories out through the day. Doing so helps keep you from getting too hungry and losing control. Eat 3 meals each day and 1 or 2 healthy snacks.
- ✓ Do not skip meals.
- ✓ Try to eat at the same time each day. Regular meals will also keep you from getting too hungry and losing control.



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### *Eat slowly.*

Try pausing between bites. Put down your fork and take a break between bites. Drink water with meals and enjoy the taste of your food. Eating slowly will help you:

- ✓ Digest your food better.
- ✓ Be more aware of what you are eating.
- ✓ Be more aware of when you are full.

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### *Change your eating environment.*

- ✓ Eat with others.
- ✓ Do not eat while watching television or doing anything else that can take your attention away from your meal.
- ✓ Use tools like MyPlate to help you choose healthier foods in amounts that you need.



# MyPlate: Food Choices

This table shows examples of low-fat and high-fat/high-calorie foods for each group. It's important to pay attention to serving size!

Food group	<i>~Eat more of these ~</i> <b>Low-fat and low-calorie foods</b> (in ounce or cups)	<i>~And less of these ~</i> <b>High-fat, high-calorie, or</b> <b>high-sugar foods</b>
Grains	<ul style="list-style-type: none"> <li>• 1 slice whole wheat bread or 6" tortilla</li> <li>• ½ bagel, English muffin, pita bread</li> <li>• 4 to 6 low-fat crackers</li> <li>• ½ cup cooked cereal, whole wheat pasta, bulgur, or brown rice</li> <li>• 1 cup dry, whole wheat cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Croissants, sweet rolls, doughnuts, muffins, Danish pastries, biscuits, high-fat crackers, regular tortilla chips, fried tortillas</li> <li>• Granola-type cereals or sugar-coated cereals</li> </ul>
Vegetables	<p>½ cup serving equals —</p> <ul style="list-style-type: none"> <li>• 1 cup raw leafy vegetables</li> <li>• ½ cup cooked vegetables</li> <li>• ½ cup vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables with butter or margarine, cream, or cheese sauces</li> <li>• Fried vegetables</li> </ul>
Fruits	<p>½ cup serving equals —</p> <ul style="list-style-type: none"> <li>• 1 small fresh fruit (2.5" diameter)</li> <li>• ½ cup fruit canned in juice or 100% fruit juice</li> <li>• ¼ cup dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits in pastry (example: fruit pies)</li> <li>• Coconuts</li> <li>• Dried fruit (i.e. larger portions)</li> <li>• Juices or drinks sweetened with sugar</li> <li>• Fruit canned in syrup</li> <li>• Large amounts of any fruit juice</li> </ul>
Dairy	<ul style="list-style-type: none"> <li>• 1 cup skim or 1% milk</li> <li>• 1 cup low-fat soy milk or lactose-free milk</li> <li>• 8 fluid ounce low-fat or nonfat yogurt</li> <li>• 1½ ounce low-fat or nonfat cheese (less than 2 grams fat per ounce)</li> </ul>	<ul style="list-style-type: none"> <li>• 2% or whole milk</li> <li>• Regular cheese (more than 2 grams fat per ounce)</li> <li>• Yogurt with sugar</li> </ul>
Proteins	<ul style="list-style-type: none"> <li>• 1 ounce cooked lean meat, poultry (without skin) or fish</li> <li>• ½ cup tuna canned in water</li> <li>• ¼ cup cooked dry beans, lentils, or peas</li> <li>• 1 egg or ¼ cup egg substitute</li> <li>• 1 tablespoon peanut butter</li> <li>• ½ ounce nuts or seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts)</li> <li>• Chicken or turkey <u>with</u> skin</li> <li>• Tuna canned in oil</li> <li>• Beans cooked in lard or salt pork</li> </ul>

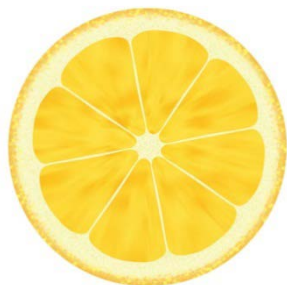
### *Make healthy food substitutions:*

- ✓ Choose fresh fruit and vegetables for snacks.
- ✓ Serve vegetarian dinners several times a week.
- ✓ Eat fruit for dessert.
- ✓ Choose bread that lists whole wheat (not just wheat flour) as its first ingredient



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### *Use low-fat versions of foods:*



- ✓ Use low-fat or fat-free margarine, mayonnaise, cheese, cream cheese, salad dressing, frozen yogurt, sour cream
- ✓ Use skim or 1% milk
- ✓ Use low-fat flavorings such as broth, herbs, mustard, lemon juice, or vinegar

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### *Cook in healthier ways:*

- ✓ Poach or boil eggs or egg whites, or scramble them with vegetable cooking spray.
- ✓ Use two egg whites instead of a whole egg.
- ✓ Microwave, steam, or boil vegetables in a small amount of water.
- ✓ Cook meats without adding fat.
- ✓ Buy leaner cuts of meat, and trim all the fat you can see before cooking.
- ✓ Bake, roast, broil, barbecue, or grill instead of frying.
- ✓ Stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or fat-free broth. Add thinly sliced meat. Stir until cooked well.

