



Module 4: Eat Well To Prevent Type 2

Participant Guide





Eating well can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- How the food you eat can help prevent or delay type 2 diabetes
- Using the plate method to balance the food groups
- Processed food and its role in your eating patterns
- Building on your strengths

You will also make a new action plan!

Tips:

- ✓ Choose foods that include fiber, vitamins, and minerals, which are found in vegetables, whole grains, and fruit.
- ✓ Make small changes to adjust the amount of processed foods in your diet.
- ✓ Work toward incorporating more nutrients and fewer calories in your diet.

Key Points to Remember:

- Use the “Diabetes Plate Method” as a guide to create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates.
- Make sure your meal has a good proportion of vegetables, not too much fat, and not too many starchy foods.
- Identify your strengths and find ways to build on them to make eating well a little easier.



Build a Healthy Meal

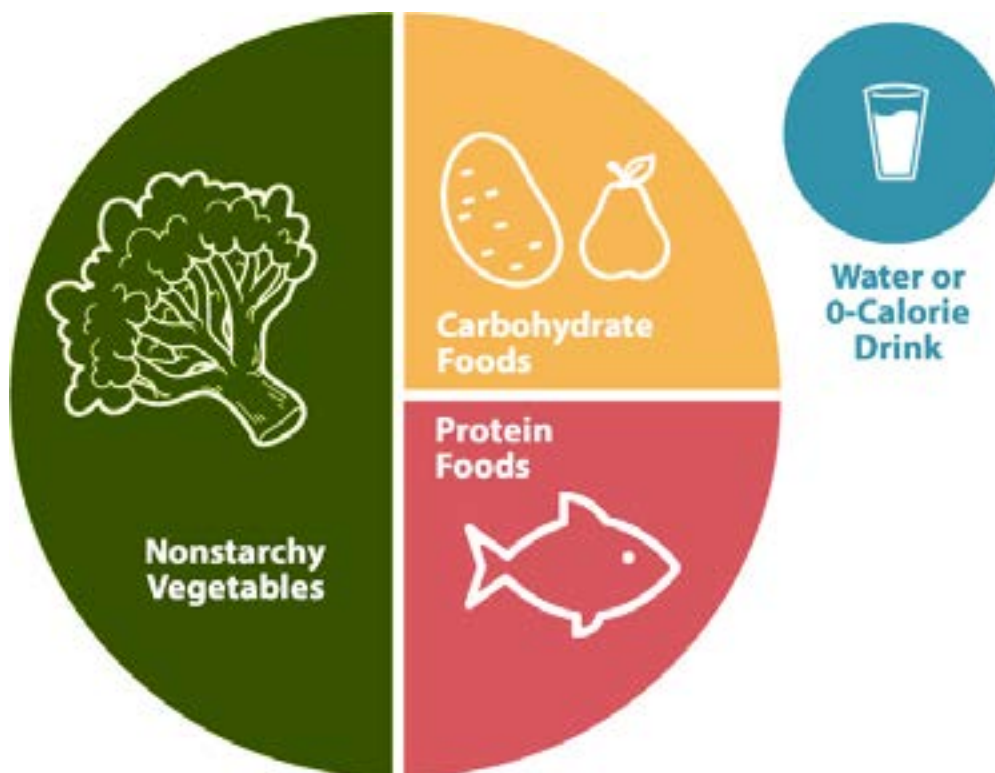
My Plate

What does your meal look like? Use the image below or a paper plate to illustrate your meal. Draw lines to separate how much protein, vegetables, starches/carbohydrates make up your plate. Label each section.



Diabetes Plate Method

The Diabetes Plate Method is a visual way to create a healthy meal. Using this method, you can serve up meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring.



*Plate Method by
the American
Diabetes Association







Here's a starting point:

- Aim to make half of your plate non-starchy veggies (such as broccoli, lettuce, peppers). Non-starchy veggies typically have fewer carbohydrates and calories than starchy veggies (such as corn, potatoes, sweet potatoes, peas).
- Keep your grains and starchy foods (such as potatoes, oatmeal) in one quarter of the plate.
- Protein foods (such as chicken, lean meat, fish) can go in the other quarter.

All of your eating might not be from a plate! Think about how other foods fit into your day.

- A small amount of dairy (1 cup of skim milk)
 - Remember:
 - Dairy provides protein and calcium.
 - Dairy provides carbohydrates (milk, yogurt).
- A small amount of fruit (one apple, half a banana, half cup of berries)
 - Remember:
 - Fruit provides carbohydrates.
- A drink that has low or no calories (water, sparkling water, coffee without sugar)

Other Healthy Plates

Breakfast	Lunch	Dinner
		
<p>Acai fruit smoothie bowl with berries and fresh fruits</p>	<p>Two chicken salad wraps</p>	<p>Shrimp with mixed vegetables</p>
		
<p>Oatmeal with apple slices, almonds, honey, and cinnamon</p>	<p>Black beans crust pizza with corn, spinach, tomatoes, black beans and red onion</p>	<p>Pan roasted Cajun seasoned salmon, served with organic steamed vegetables, bell peppers, squash, carrots, and zucchini</p>

Eating Well

Understanding Processed Foods

What's the difference?











A processed food is one that's been altered from its original form.

Less Processed











More Processed

Apple 	Peeled Apple 	Applesauce 	Apple Juice 
Steak 	Ground Beef 	Beef Chili in a Can 	Packaged Lunch Meat 

Less Processed



More Processed

<p>Whole Chicken</p> 	<p>Chicken Pieces</p> 	<p>Canned Chicken</p> 	<p>Chicken Nuggets</p> 
<p>Steel Cut Oats</p> 	<p>Old Fashioned Oats</p> 	<p>1-Minute Oats</p> 	<p>Instant Oatmeal Packets</p> 



Eating Well Strategies

Tips:

- Know what foods are high in sugar, fat, and salt—often found in processed foods.
- Know what foods to eat more, and which ones to limit.
- Choose foods that include fiber, vitamins, and minerals, found in vegetables, whole grains, and fruit.
- Choose less processed meat, chicken, fish, and dairy more often.
- Choose leaner cuts of meat and chicken.



Smart Swaps:

You can make small changes to adjust the amount of processed foods in your diet. Here's a chart to help you choose smart swaps:

Less Processed



More Processed

Whole Grain Crackers and Cheese Slices



Cheese-Flavored Crackers















Cheese Puffs



Less Processed



More Processed

<p>Piece of Fruit</p> 	<p>Canned Fruit</p> 	<p>Fruit Juice</p> 
<p>Coffee Brewed at Home</p> 	<p>Mocha Latte at Coffee Shop</p> 	<p>Can of Mocha Latte</p> 
<p>Scrambled Eggs with Vegetables and Herbs</p> 	<p>Cheese and Veggie Frittata</p> 	<p>Frozen Egg and Cheese Sandwich</p> 
<p>Tap Water with a Lime Wedge</p> 	<p>Sparkling or Fizzy Lime-Flavored Soda Water from Can/Bottle</p> 	<p>Sugar-Sweetened Soda/Pop with Lime Flavoring</p> 

Here is one strategy I can try this week: _____

Foods To Choose

Non-Starchy Veggies	Grains and Starchy Foods	Protein Foods	Dairy Foods	Fruit	Drinks
<ul style="list-style-type: none"> • Asparagus • Broccoli • Cabbages like green cabbage or bok choy • Carrots • Celery • Cucumbers • Leafy greens like collard greens, kale, and mustard greens • Lettuces • Mushrooms • Okra • Onions • Peppers • Tomatoes • Radishes, including daikon • Squash like bitter melon, spaghetti squash, and zucchini • Water chestnuts 	<ul style="list-style-type: none"> • 100% corn tortillas • 100% whole grain cereal • 100% whole wheat bread • Black beans • Black-eyed peas • Pinto beans • Kidney beans • Garbanzo beans • Lima beans • Brown rice • Dried peas • Lentils • Oatmeal • Popcorn • Potatoes • Pumpkin • Yams 	<ul style="list-style-type: none"> • Eggs • Fish and seafood such as salmon, cod, mackerel, sardines, tuna, shrimp, and so on • Lean meat (lean ground beef, chicken and turkey without skin, pork loin) • Nuts (moderate portion) 	<ul style="list-style-type: none"> • Cheese (moderate portion) • Milk • Yogurt • Milk substitutes such as soy, almond, rice, oat, and so on 	<ul style="list-style-type: none"> • Apples • Bananas • Pears • Peaches • Apricots • Oranges • Grapefruit • Blueberries • Strawberries • Cherries • Grapes • Mangoes • Papayas • Plantains 	<ul style="list-style-type: none"> • Coffee without sugar • Sparkling water • Tea without sugar • Water



Foods To Choose

Non-Starchy Veggies	Grains and Starchy Foods	Protein Foods	Dairy Foods	Fruit	Drinks
<ul style="list-style-type: none"> • Low in calories, fat, and sugar • High in fiber 	<ul style="list-style-type: none"> • Vary in calories, fat, sugar, and fiber 	<ul style="list-style-type: none"> • High in protein • Vary in calories • Low in sugar • Low in fiber 	<ul style="list-style-type: none"> • Vary in calories • Provide vitamins, minerals, and protein • Low in fiber • Vary in fat content • Provide carbohydrates (milk, yogurt), protein, and calcium 	<ul style="list-style-type: none"> • Fairly low in calories • Provides vitamins and minerals • Full of fiber and water • Higher in sugar than veggies • Provides carbohydrates 	<ul style="list-style-type: none"> • High in water • Vary in calories, protein, vitamins, minerals, and sugar • Rarely contain fiber

About Whole Grains and Fiber

- Many whole grains are good sources of dietary fiber.
- We all need fiber.
- Most refined grains contain little or no fiber.
- Fiber can help you feel full, so you'll be satisfied with fewer calories.
- The key to regular healthy bowel movements is through fiber in your diet.
- Dietary fiber can help you improve blood cholesterol levels and lower your risk of heart disease, stroke, obesity, and even type 2 diabetes.



Foods To Limit

Sweet, salty, and fatty foods are high in calories. Most of them are low in vitamins, minerals, and protein. And they're often low in fiber. Plus, sweet foods are high in sugar.

Sweet Foods

- Sweetened beverages like sodas, sweet tea, sports drinks, and fruit-flavored drinks
- Candy
- Cookies, cakes, and other baked desserts
- Honey
- Ice cream, milkshakes, and coffee drinks
- Maple syrup
- Sugar



Salty Foods



- Processed snack foods like chips, pretzels, snack mixes, and crackers
- French fries
- Processed foods like bread, pizza, tacos, canned soups, and sauces often have “hidden” salt
- Processed meat like bacon, sausage, and ham
- Salt you add at the table

Fatty Foods

- Butter
- Creamy salad dressing
- Deep fried foods (French fries)
- Fatty meat (bacon, bologna, regular ground beef)
- Full-fat dairy like ice cream, cheese, whole milk, and cream
- Processed foods like lard, shortening, or palm oils often have “hidden” fats



Make Your Plate



Directions: Using what you learned today, build a dinner plate for yourself based on your favorite meal. Include foods that you would really enjoy eating! Draw lines to separate your portion sizes. Then, write what foods will be included in each portion.

When you have completed your own plate, share your ideas with your partner. Discuss the changes you will be making from your usual meal, and what you may not be willing to change.



How To Build on Strengths

Strength	Ways to Build on Strength	Why? How will this help me?
I like raw vegetables better than cooked vegetables.	<ul style="list-style-type: none"> • Grow your own veggies and fruit. • Buy veggies and fruit in season. • Get creative with salads. 	Eating vegetables gives you vitamins, minerals, and fiber that keep you healthy. They also give you fiber to keep you regular and reduce risk of several health conditions.
I like to cook healthy meals for my family, but I don't have a lot of time for planning.	<ul style="list-style-type: none"> • Get help. Include your family in meal preparation such as cleaning, prepping, or cutting up produce. • Plan your weekly meals so you can cook a meal that works based on the time you have and what you have on hand. • Consider prepared vegetables from salad bars or the frozen section, which can be reasonable options. 	Healthy eating to prevent diabetes is healthy for the whole family!
I do pretty good all day except for _____ [breakfast, lunch, dinner, snacks].	<ul style="list-style-type: none"> • Think about what makes certain parts of the day and certain food choices easier. • Think about what makes certain meals or parts of the day harder for you. • Try to be especially mindful of what is going on during and around this meal and time of day. • Consider if you're waiting too long between meals or snacks to eat. • Observe if you're feeling rushed and finding it easier to choose something quick. • Notice if you're eating out of boredom. • Think about whether the meal options or the environment you are in are influencing your choices 	Paying attention to your daily routines and patterns can give you insights that make it easier for you to decide what changes to make and how.
I like to cook, but I'm not sure how to cook healthy.	<ul style="list-style-type: none"> • Learn new cooking methods and recipes from websites, shows, and videos. • Cut down on added salt, sugar, and fat (like butter or oil) in cooking, and limit/measure salt. • Try preparing your favorite foods in new ways — roasting vegetables, grilling fish, or baking potatoes. • Get cooking tips from friends. 	You can eat healthier when you cook at home.

Strength	Ways to Build on Strength	Why? How will this help me?
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Plan for Success

Eat Well Module

This “Eat Well” module includes reminders of steps to adopt better eating habits, responses to participants’ excuses for not eating healthier, and tips for choosing healthier food at home or out.

PREVENT T2
A PREVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Eat well, live well.

Eating well is a crucial component to creating a healthier you. Each healthy choice you make brings you one step closer to your goal of preventing type 2 diabetes!

Are you ready to discover new ways to eat well?

Let's go!

www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=4