

Diabetes Food Guide



PREVENT AND MANAGE DIABETES
WITH THESE DIETS, SPICES, AND
FOODS.





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FIGHT DIABETES

WITH THESE FOUR STEPS

BY ELISSA MIRSKY

According to the American Diabetes Association, over 30 million children and adults in the United States are affected with Diabetes, 84 million have pre-diabetes, and one in four adults are not even aware that they have diabetes. Today is Diabetes Alert Day, observed annually on the fourth Tuesday in March, bringing awareness to the seriousness of diabetes.

While it's the seventh leading cause of death in the United States, Type 2 diabetes is a serious condition in the black community. Diabetes is 60 percent more common in blacks than their white counterparts. Risk factors related to diabetes in blacks are high cholesterol, overweight and obesity, hypertension, and cigarette smoking.

In addition, complications associated with Diabetes include diabetic eye disease, kidney disease, amputation, and cardiovascular disease. Because of the seriousness of diabetes in the black community, it is important to be educated and aware of how you are affected. Knowing your family's history of diabetes and assessing your lifestyle is the start of knowing your risk. Because one and four Americans are unaware that they are living with diabetes, the American Diabetes Association has a Diabetes Risk Test to see if you are at risk for Type 2 diabetes.

So how can you lower your risk, prevent, or manage Type 2 diabetes? It can be as easy as making simple lifestyle changes.



FIGHTING DIABETES IN 4 STEPS

Get Active

As little as 30 minutes of physical activity or moving around can lower your risk of pre-diabetes and diabetes. Simple movement or walking works.. Being active can also lower your blood pressure and blood glucose; while also improving your blood circulation.

Eating Habits

Poor eating habits not only contribute to Type 2 diabetes, but cardiovascular disease, stroke, high blood pressure, and high cholesterol. Eating more nourishing food like fruits, vegetables, non-starchy vegetables, nuts, seeds, whole grains, and legumes will give your body the vitamins, minerals, fiber, and nutrients it needs to prevent and manage the disease.

Lower Weight

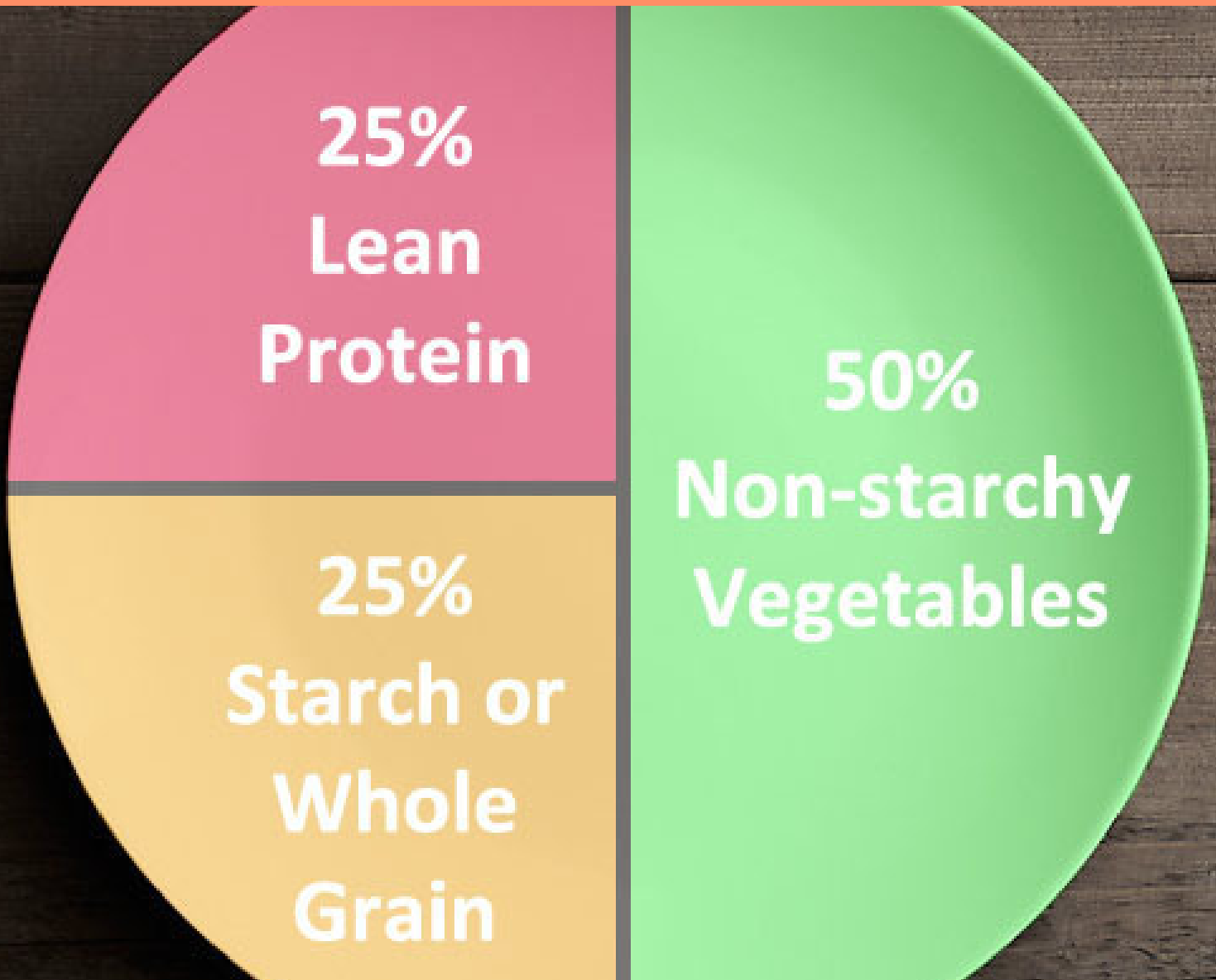
Being overweight can put you at risk for Type 2 diabetes and cardiovascular disease. Losing a mere 10-15 pounds can help prevent or manage health conditions associated with Type 2 diabetes. Always remember to start small because those small wins make bigger progress.

Get Educated

Being educated is the first step to combating Type 2 diabetes and the American Diabetes Association has programs and initiatives targeted to the African American Community. The Choose to Live: Sisters Strong Together program is designed to help African American women learn ways to better take care of themselves.

THE PLATE METHOD

DR. JAMES GAVIN



The 'Plate Method' is essentially a tool that is used to help guide better nutrition for people with diabetes. It's a visual thing that can be used easily by people with diabetes. Essentially you do it by taking a 9-inch plate, not a 12-inch plate, not a 16-inch plate.

Draw a line through the 9-inch plate, and cut it in half. One half of that space now is the half that should be occupied by vegetables; this is where you have your plant fiber and the green leafy food. The remaining half should be divided in two. Now you have a half, and you have two quarters.

One quarter is the amount of space that should be occupied for lean meats or high-quality protein and the remaining quarter can be occupied by the carbohydrates. That would be your pasta, your potatoes, bread, or whatever carbohydrate you enjoy most.

At a glance, you can tell whether or not the distribution of your calories is healthy and appropriate for a person with diabetes.

One rule; don't pile it all up, so that it's six inches high. That is definitely a violation of the of the 'Plate Method'

HERBS & SPICES

8 FLAVORS TO LIVEN UP YOUR MEALS

By: Constance Brown-Riggs, MSED

Historically, alternative treatments—herbs, poultices, and other concoctions—were all we had to improve health and ward off disease. Once we gained better access to healthcare, our use of alternative treatments dropped. These days, however, studies show a steady increase in the use of alternative therapies among African Americans. And there are a number of herbs and spices that are being touted as ways to manage or treat diabetes.

Although there are a number of clinical studies in recent years showing potential health benefit of herbs and spices, and improved diabetes control, more definitive studies are needed. Medicinal herbs and spices such as chili peppers, cinnamon, cloves, coriander, ginger, mustard seed, turmeric, garlic, oregano, and fenugreek, should not be used in place of conventional medical care. Some herbal remedies—particularly in concentrated doses may have side effects, including interacting with your diabetes treatment or increasing your risk of kidney problems.

The safest way to reap all the health benefits of herbs and spices is to use them in cooking—here's how.

HERBS & SPICES

1 CHILLI PEPPERS

Add a kick to store-bought or homemade hummus or guacamole by stirring in 1/4 teaspoon Ground Red Pepper or Crushed Red Pepper. Or, try sprinkling in a little Paprika.

2 CINNAMON

Perk up your morning coffee with Ground Cinnamon. Sprinkle 1/2 teaspoon overground coffee before brewing. Cinnamon is a great way to add extra flavor and sweetness without adding sugar. Add a dash of cinnamon to oatmeal, yogurt, milk, toast, baked apples or pears; quinoa, couscous or barley salad. Shape the dough into a disc and coat lightly with flour. Cover it in plastic wrap and set aside for 30 minutes to rest.

3 CLOVES

You can use ground clove wherever you use cinnamon or ginger. For example, stir ground clove into applesauce, stewed pears, or oatmeal. Clove is also a pleasant addition to muffins, cookies, whole grain pancakes, and sweet bread.

4 GINGER

Quench your thirst with Ginger Lemonade. Add 1/2 teaspoon Ground Ginger to 1 quart freshly squeezed lemonade. Ginger can also be added to fruit smoothies, cereals, yogurt, and sweet potatoes. For an Asian flair add ground ginger to sautéed vegetables, salad dressings, and marinades.

5 MUSTARD: Seeds & Powder

Mustard seed gives a sharp, zingy flavor to anything pickled—dill, sweet or bread and butter pickles, corn relish, green tomato relish, pickled green beans or cauliflower. Any spice blend, rub or marinade is a good home for mustard seed. Try grinding it with cumin seed, oregano, and garlic as a rub for roast beef.

HERBS & SPICES

6 TURMERIC

For a great pick-me-up beverage in the morning try a modern-day version of golden milk made with coconut milk, honey, turmeric, and vanilla. Toss green salad with a turmeric vinaigrette made with apple cider vinegar, ginger, and shallots or dip vegetables in a creamy turmeric yogurt dip made with turmeric, sea salt, cinnamon and lemon juice mixed with yogurt.

7 GARLIC

Garlic is a versatile ingredient that can be added—raw, roasted, grilled or sautéed—to any dish for an additional flavor boost. Roasted garlic brings a rich, deeper flavor to Spanish dishes such as the rice dish paella and the beef, chicken and chorizo stew with chickpeas called cocido Madrileño. Use roasted garlic in any dish that calls for raw, powdered or minced garlic. When substituting for raw garlic, start with 1/8 teaspoon for each clove and season to taste. Perk up your morning coffee with Ground Cinnamon. Sprinkle 1/2 teaspoon overground coffee before brewing. Cinnamon is a great way to add extra flavor and sweetness without adding sugar. Add a dash of cinnamon to oatmeal, yogurt, milk, toast, baked apples or pears; quinoa, couscous or barley salad. Shape the dough into a disc and coat lightly with flour. Cover it in plastic wrap and set aside for 30 minutes to rest.

8 OREGANO

For a twist on the typical grilled cheese, prepare the sandwich with sliced mozzarella cheese, sliced tomato, and 1/4 teaspoon Oregano leaves. For Italian flare add oregano to pizza, spaghetti sauces, and other tomato-based sauces. Use Mexican oregano – found in chili powders to add flavor to chili con carne and other Mexican dishes.

Keep in mind:

There is no clear evidence that herbs and spices will help manage diabetes. Talk to your diabetes healthcare provider about any herbs or supplements you are taking. You want to make sure that any supplement you take doesn't interact negatively with your medication. Using herbs and spices in cooking is the safest way to benefit from all their health potential.

TOP 7 DIABETES DIETS

01

Mediterranean Diet

The Mediterranean Diet is a plant-based eating pattern that features fruit, vegetables, fish, beans, nuts, and whole grains, as well as other ingredients such as olive oil and wine that has been shown to promote good health. The principles of the Mediterranean diet are easy to follow.

02

DASH

The DASH (Dietary Approaches to Stop Hypertension) diet has been shown to help control high blood pressure, which is prevalent in people with diabetes. DASH emphasizes potassium, calcium, fiber, and protein-rich foods such as fruits, veggies, whole grains, lean protein and low-fat dairy while limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy foods and tropical oils, and sugar-sweetened beverages and sweets.

03

Flexitarian

The Flexitarian Diet is a vegetarian diet with the flexibility to occasionally include meat and poultry. Research suggests that people who eat more plants tend to consume fewer calories and more nutrients such as fiber and a wide variety of disease-fighting phytonutrients that are only available in plants. Because the diet is balanced and flexible, it can be easily followed by anyone. But of course, portions matter as much as food choice – particularly when it comes to carbohydrate and managing blood sugar.

The Flexitarian diet is a good choice to prevent and manage diabetes. It tied for 3rd place in the best diabetes diet category.

04

Mayo Clinic

The Mayo Clinic Diet has two phases. The first “lose it” phase helps you change habits and the second “live it!” phase focuses on food groups and portion sizes. The Mayo Clinic Diet is a well-balanced, healthful diet that incorporates nutrient-rich foods and reduces or eliminates excess fat, sugar, and calorie intake from less nutritious food.

05

Vegan

The vegan diet excludes eggs, dairy, and all other animal products. Because it is more of an eating pattern than a diet, there are no guidelines regarding calories or recommendations for carbohydrate levels. It can also be challenging when it comes to shopping, cooking and eating meals out. To get the most benefit from this healthy way of eating you should consider a consultation with a registered dietitian nutritionist before attempting to follow a vegan diet.

06

Volumetrics

Categories range from very low-density foods such as fruits, nonstarchy vegetables, nonfat milk and broth-based soup to high-density foods like crackers, chips, chocolate candies and cookies. The goal is that most of your food choices will come from low and medium-density foods and keep high-density foods to a minimum. The Volumetrics Diet categorizes foods based on their calories and nutritional content. The four

07

Weight Watchers

The Weight Watcher program assigns every food and beverage a point value, based on its nutritional content. Unhealthy choices have a higher point value. Healthy food choices have a lower point value. Overall the Weight Watcher plan—known as the SmartPoints food plan guides members toward an overall eating pattern that is lower in calories, saturated fat and sugar, and higher in protein.

When it comes to food and diabetes, most people think bland and boring. Those little extras like salad dressing, ketchup, mayo, mustard, relish and salsa that make our taste buds dance are mistakenly banned from the diet. It's true if you're not careful and using them mindlessly; those little flavor enhancers can bankrupt your calorie, carbohydrate, fat and sodium budgets. The good news is, it doesn't have to be that way—it's really a matter of quantity and quality. The following tips will help you put condiments back on your table.

Control Portions

Many condiments, when used sparingly, provide so few calories, fat, and carbohydrate, that the American Diabetes Association (ADA) list them as "free food." According to the ADA, free food is one that contains less than 20 calories or less than 5 grams of carbohydrate per serving. For example, one tablespoon yellow mustard, salsa, horseradish or ketchup is considered free.

Go For Natural

When you are shopping for condiments, look for natural or organic varieties. Typically, organic condiments don't have artificial colors or high fructose corn syrup added to them. But, they may have added sugar and be high in fat and sodium. So be sure to read the ingredient list and nutrition facts panel.

ORANGE GINGER DRESSING INGREDIENTS

- 1/2 CUP CASHEWS SOAKED IN HOT WATER FOR 2 HOURS
- 2 NAVEL ORANGES, ZESTED, PEELED AND CUT INTO CHUNKS
- 2" PIECE OF FRESH GINGER ROOT, PEELED
- 1/3 CUP WHITE WINE OR CHAMPAGNE VINEGAR
- 2 MEDJOO DATES SOAKED IN 1/4 CUP HOT WATER
- 1/4 CUP FORTIFIED NUTRITIONAL YEAST (OPTIONAL)
- DASH OF SEA SALT & GROUND BLACK PEPPER (OPTIONAL)

PROCEDURE

1. Place cashews in a bowl and pour enough HOT water over them to cover by 1/2". Set aside for two hours, occasionally stirring to submerge those floating on the surface.
 2. Zest the oranges. Cover the zest and refrigerate until needed. Peel the oranges, chop into chunks and put them in your freezer while waiting for the cashews to soak.
 3. Remove the seeds from the dates, place in a small bowl and pour 1/4 cup HOT water over them. Set aside.
 4. Keep the ginger and vinegar cold until needed.
 5. Add the partially frozen orange chunks, 2/3 of the zest, the soaked and drained cashews, the dates AND their soaking liquid, the nutritional yeast, ginger, vinegar, and S&P to your high-speed blender. Blend until completely smooth, scraping down sides if necessary.
- This recipe has been tested for deliciousness.
6. Refrigerate until needed (can be stored up to 1 week).

One tablespoon of Orange Ginger Dressing without added salt or pepper provides approximately 40 calories, 1.5 g fat, and 7 g carbohydrate.

CONDI MENTS:

HOW TO INCLUDE
THEM IN YOUR
DIABETES MEAL PLAN

BY CONSTANCE BROWN-RIGGS, MSED





Read the Label

Reading the ingredient list on the food label is key to finding out what might be lurking in your condiments. Ingredients used in the greatest amounts are listed first, followed by those used in smaller quantities. Added sugar in the form of high fructose corn syrup can be found—often as the first ingredient, in ketchup, honey mustard, sweet relish and many salad dressings. You may also see artificial color in salad dressings, honey mustard, and other condiments. Always refer to the actual package for the most complete and accurate ingredient information.

Reduce It

To save on fat calories, choose “light,” “reduced-fat,” “low calorie,” or “fat-free salad dressings and mayonnaise. These dressings have up to 5 grams of carbohydrate per tablespoon compared to their regular counterparts with zero carbohydrates. The calorie difference is significant too. Regular salad dressing has 94 calories per tablespoon compared to just 13 calories in fat-free dressing. Condiments such as soy sauce, teriyaki sauce, chili sauce, and marinades are notoriously high in sodium. Look for the “reduced-sodium” varieties.

Have It Your Way

When eating out don't hesitate to make a special request. Ask for condiments such as salad dressing and barbecue sauce on the side. This way you can control how much you use. Cut down on calories, carbs, fat and sodium even more by only using half the portion and adding vinegar to taste. Vinegar is a “free food” you can use in unlimited quantities.

Do It Yourself

Save money and worry by making your condiments. Chef Catherine Brown, Organic Grower, Culinary Nutritionist at A Seat at My Table says making your condiments can not only be more economical but also puts you in complete control of the ingredients. “Those you make yourself will be more flavorful and can be tailored to your tastes and dietary needs,” says Chef Brown.

THE DO'S & DON'TS OF Protein

Protein is one of the nutrition essentials needed to maintain a healthy diet. It is used to build and repair body tissue and keep your hair, nails, and skin healthy. It also helps to boost your immune system. Beyond those benefits, research indicates eating lean, high-quality protein can help people with type 2 diabetes lose or maintain weight and manage blood glucose.

In a recent study, participants consumed either a high animal protein diet – including lean meat and dairy foods or a high-plant protein diet for six weeks. The composition of both diets was 30% protein, 40% carbohydrate and 30% fat. At the end of the study, A1C percentage decreased in both groups (the A1C test reflects your average blood glucose level over the past three months). Moreover, insulin sensitivity improved (how sensitive the body is to the effects of insulin) in only the animal-protein diet group.

Maintaining a healthy body weight is important to help prevent and manage type 2 diabetes. Findings from researchers at Duke University show that when obese women consumed a high protein low-calorie diet, including lean pork, as part of a six-month weight-loss diet they lost weight.

While most Americans eat the majority of their protein at dinner, this study demonstrates benefits of spreading protein equally throughout the day. The women in the study received 30 grams of protein (about 4 ounces) at each meal with two of the meals including pork.

Choose Your Protein Wisely

Choose protein sources that are low in saturated fat and cholesterol. These include poultry, fish, legumes, and beans. Many people with diabetes mistakenly avoid pork because they think it is high in fat. Choices like tenderloin, low-sodium ham, chops and lean ground pork are low-fat choices that can also be included. These cuts of pork meet the U.S. Department of Agriculture (USDA) guidelines for “lean” by containing less than:

- 10 grams of fat,
- 4.5 grams of saturated fat and,
- 95 milligrams of cholesterol per 3 ½ ounces of meat.

In fact, pork tenderloin has the same amount of fat as a skinless chicken breast.

Limit protein sources such as fatty cuts of beef, pork, and lamb; regular (75% to 85% lean) ground beef; regular sausages, hot dogs, and bacon; some luncheon meats such as regular bologna and salami; and some poultry such as duck. These choices are high in saturated fat and can increase your cholesterol.

Diets high in cholesterol can raise LDL “bad” cholesterol levels in the blood. Cholesterol is only found in foods from animal sources. Some foods from this group are high in cholesterol. These include egg yolks (egg whites are cholesterol-free) and organ meats such as liver and giblets. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.

TIPS TO ENJOY lean pork

Control temperature: To ensure lean pork is flavorful and juicy it shouldn't be overcooked. In fact, the USDA recommends cooking pork chops, roasts, and tenderloin to an internal temperature between 145° F and 160° F, followed by a three-minute rest period. Since large cuts increase approximately 10° F while resting, the National Pork Board recommends removing them from the heat at 150° F followed by a 10-minute rest.



"Protein is one of the nutrition essentials needed to maintain a healthy diet."



Pair It

Pork pairs well with a variety of flavors and foods, especially fruits and vegetables. Use pre-cut fruits and vegetables to make stir-fries and quick snacks.

Marinate It

Use spice rubs or low-fat marinades – such as fat-free dressing, to add extra flavor to meat, without adding fat.

Use Low-Fat Cooking Methods

Try low-fat cooking methods like broiling, grilling, and roasting.

POWER FOODS FOR DIABETES

Believe it or not, controlling blood sugar levels and preventing complications associated with diabetes may be as simple as eating the right foods. In fact, according to research, foods such as beans, greens, and certain fish – all which are packed with nutrients -- can do just that and more: protect your heart, vision, and decrease the risk of other damaging effects of diabetes. Get the scoop on 5 power foods that can give you an extra edge up on diabetes and its complications below.

BEANS

Not only are beans boasting with fiber. But, they're high in calcium and protein too. To top it off, they're low in saturated fat – that mess that clogs up your arteries, in turn leading to heart disease – unlike other popular forms of protein (like red meat). By consuming just one ½ cup of white beans, you'll get almost 100 mg of calcium—about 10 percent of your daily intake.

BERRIES

Unlike sugary confections, berries are packed with fiber and antioxidants called polyphenols. Per one study published in the American Journal of Clinical Nutrition, participants with heart disease found that after eating berries for 8 weeks, risk factors had dropped in blood pressure and they experienced a boost in "good" HDL cholesterol.

FISH

Not only are fish like salmon, mackerel, herring, lake trout, halibut, and albacore tuna friendly on your waistline, but they also contain a form of fat that helps curb inflammation. In fact, countless studies have shown that consuming high levels of omega-3 fatty acids reduce body-wide inflammation – which leads to diabetes – and lessens your risk of developing health disease.

The 2010 Dietary Guidelines for Americans recommends eating fish twice a week.

Per the American Heart Association (AHA), omega-3 fatty acids also lower the risk of arrhythmias (abnormal heartbeats), which can lead to sudden death. Omega-3s also decrease triglyceride levels, slow the growth rate of atherosclerotic plaque, lower blood pressure, and curb inflammation.

GREENS

We're not talking lettuce. Think southern comfort greens like turnip, mustard, and beet greens, chard or even kale. Each is an outstanding source of fiber and calcium. Thanks to a little nutrient called folate, dark greens are also good for your heart; as they lower levels of homocysteine, an amino acid, that can raise your risk of cardiovascular disease. Experts advise aiming for 400 mcg of folate a day to lower levels of homocysteine by 25 percent.

WHOLE GRAINS

According to the AHA, whole grains like oatmeal, barley, brown rice, whole grain pasta, whole wheat, and corn can help lower LDL (bad) cholesterol and decrease the risk of heart disease. Research also shows that those consuming 48-80g of whole grains (3-5 servings a day) had about a 25 percent lower risk of Type 2 diabetes.

