

## Planning for Healthy Eating

FirstName A. LastName, [Professional Designation] -----X

[Practice Name] -----X

[Practice Address]-----X

[AnyCity], [State] [Zip]-----X

[OfficePhone]-----X

[OfficeEmail] -----X

[OfficeWebsite]-----X



## Planning for Healthy Eating

The thought of a diet can feel overwhelming. However, diet is not solely about eating less of the foods you love or losing weight—it is also about making some simple lifestyle modifications that you can enjoy and maintain. It may surprise you to find that you can still enjoy many of the foods you currently eat.

### The ADA offers the following recommendations from each food group:

#### **Breads, grains, and other starches**

The foods in this group contain mostly carbohydrates. Choose 6 to 11 servings/day.

#### **Vegetables**

Vegetables are low in fat and full of vitamins, minerals, and fiber. Choose 3 to 5 servings/day.

#### **Fruits**

Fruits contain carbohydrates and have plenty of vitamins, minerals, and fiber. Choose 2 to 4 servings/day.

#### **Milk**

Milk products contain plenty of protein, calcium, and vitamins. Select non-fat or low-fat dairy products. Choose 2 to 3 servings/day.

#### **Meat, meat substitutes, and other proteins**

Proteins are full of vitamins and minerals. Choose 4 to 6 ounces/day divided between meals.

#### **Fats, oils, and sweets**

Try to keep servings small.



For more information, go to [www.diabetes.org](http://www.diabetes.org).

You should discuss your specific dietary needs with your health care provider. Eating a variety of foods from the basic food groups as directed by a health care provider may help manage your diabetes.

Also, remember that you don't have to accept weight gain (a side effect of some diabetes medications) as part of the process of controlling diabetes. Discuss with your health care team all the things that could be affecting your weight, including your medication, the foods you eat, and your exercise program.