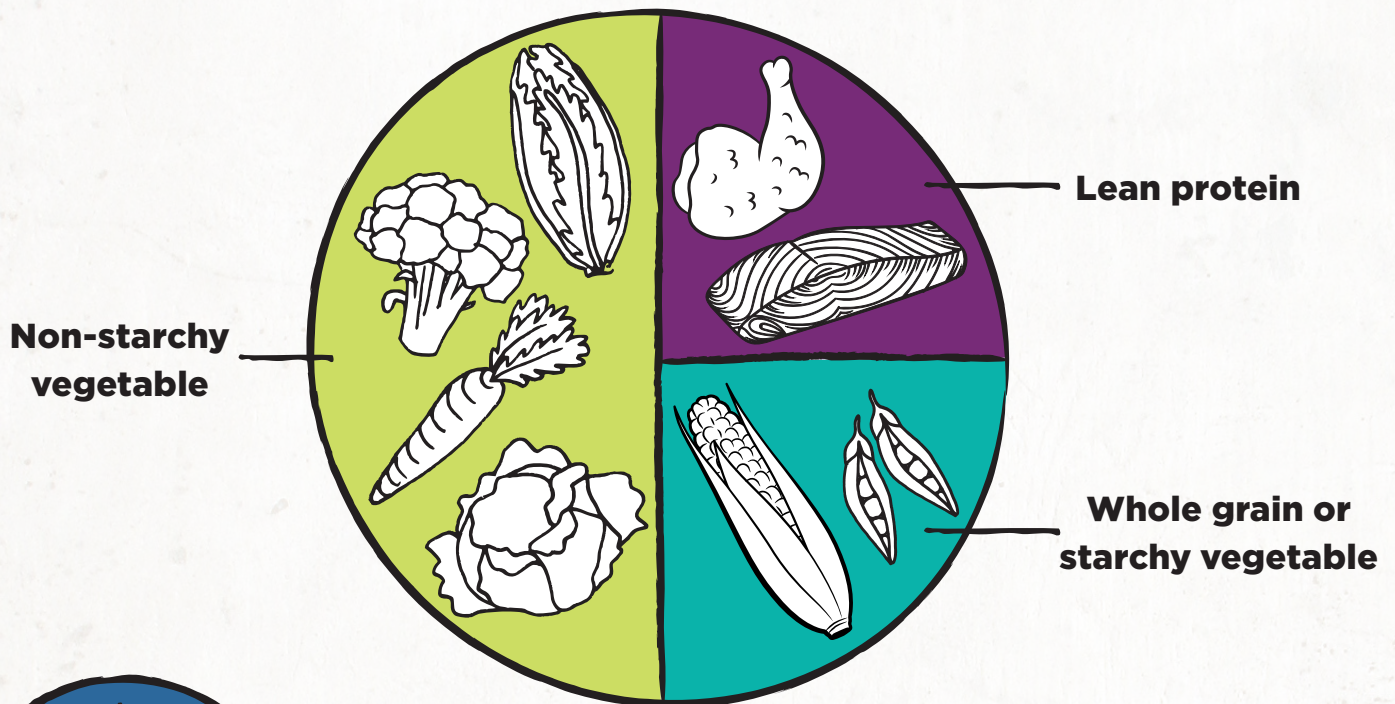


Your quick diabetes diet guide

A healthy diet is key for Type 2 diabetes prevention, treatment and management. There are some basic principles, but there's also not one perfect diet. Direct your clients to healthy eating patterns that they can individualize for their taste preferences and lifestyle.

Focus on Building a Healthy Plate 3 Times Each Day



With each meal, add:

- A small amount of heart-healthy fat
- A small piece of fruit
- A serving of dairy



Diabetes Diet

Keep this handy graphic for the basics and find more healthy eating resources to share with your patients at DairyMAX.org/health/printables

Easy Tips for Healthy Eating

Start with a foundation diet to get the nutrients you need, then find ways to adjust your plate for flavor.

1 Best base

Healthy eating patterns – such as the Dietary Approaches to Stop Hypertension (DASH), Mediterranean and vegetarian diets – are associated with a lower risk of chronic diseases, including Type 2 diabetes. They're a great foundation to ensure you're getting the nutrients you need, including healthy fats, fiber and high-quality protein.

2 Count your carbohydrates

Knowing which foods have carbohydrates and which don't is key to managing your blood sugar and giving you more flexibility with your diet. The American Diabetes Association can help: search "carbs" at Diabetes.org to learn the basics. Seek out a registered dietitian nutritionist or certified diabetes educator to help you find just the right balance.

3 Explore new foods

It may be a challenge at first to adjust your plate, so instead of focusing on what you can't have, focus on trying new foods. Explore the wide world of salads, adding kale, arugula or spinach to your plate. Seek out ancient grains, such as quinoa, farro or millet. Search recipes on the internet that add flavor with herbs and spices.

4 Embrace the taste and nutrition of dairy

Dairy foods offer great flavor, high-quality protein and essential nutrients: milk makes for a great marinade; cheese adds flavor to any vegetable dish; and yogurt is a great base for salad dressings, sauces and even desserts.

5 Use your plate to help plan family meals

Share the healthy new foods you find with your family and friends – it can benefit them now and in the future. And when everyone enjoys the same meals together, it helps extend your diabetes diet plate into a long-term healthy eating pattern.



Need some inspiration for your new plate?
Visit DairyDiscoveryZone.com for delicious recipes and more.