

# Eating Right to Control Our Diabetes





Thank you for coming with me.

It was fun.



Since I have diabetes,  
I miss eating good foods.



The secret is to control  
how much you eat.



We need to

- Choose well
- Prepare well
- Portion well.



I miss my snacks.



Like I said, with snacks  
we need to choose well.



# Snacks

potato chips



popcorn

cookie



orange

ice cream



popsicle





# Snacks

syrup



water

whole milk



skim milk

cheese dip



salsa



We need lean meat, and fish.



# Lean Meats, Chicken and Turkey



Are you staying for lunch?

Happy to.



I will make my best chicken.  
My brother Don is coming



Great! It will be nice to  
see him.



It is hard to cook without salt.



Yes, I miss my salt.

But, I am having fun  
with spices.



My friend has a healthy diet.  
She gave me great ideas.



Now my food is tasty.





# Spices



What are you putting on the chicken?



I use onion powder.



I add black pepper and hot pepper.



Then garlic powder, not garlic salt.  
And some paprika.



I will help with the green beans. What should I use?



Use black pepper and basil. Add garlic, oregano and onions.



We also need to be careful how we prepare our foods.



# When preparing foods



bake, broil and boil, don't fry



don't use lard, salt pork or bacon



use vegetable oil or spray like canola



use low fat salad dressing



Last week I saw a nutritionist on T.V.



She talked about the value of food labels.



When we shop we have to read labels.





# Find serving size and number of servings.



<b>Nutrition Facts</b>			
Serving Size 1 cup (28g)			
Servings Per Container about 18			
Amount Per Serving	Cereal	Cereal with ½ cup Skim Milk	
<b>Calories</b>	100	150	
Calories from Fat	0	0	
<b>% Daily Value**</b>			
<b>Total Fat</b> 0g*	<b>0%</b>	<b>1%</b>	
Saturated Fat 0g	<b>0%</b>	<b>1%</b>	
Trans Fat 0g			
Polyunsaturated Fat 0g			
Monounsaturated Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>	
<b>Sodium</b> 200mg	<b>8%</b>	<b>11%</b>	
<b>Potassium</b> 25mg	<b>1%</b>	<b>7%</b>	
<b>Total Carbohydrate</b> 24g	<b>8%</b>	<b>10%</b>	
Dietary Fiber less than 1g	<b>3%</b>	<b>3%</b>	
Sugars 2g			
Other Carbohydrate 22g			
<b>Protein</b> 2g			
Vitamin A	15%	20%	
Vitamin C	25%	25%	
Calcium	0%	15%	
Iron	50%	50%	
Vitamin D	10%	25%	
Thiamin	25%	25%	
Riboflavin	25%	35%	
Niacin	25%	25%	
Vitamin B <sub>6</sub>	25%	25%	
Folic Acid	25%	25%	
Vitamin B <sub>12</sub>	25%	35%	
*Amount in cereal. One half cup skim milk contributes an additional 40 calories, less than 5mg cholesterol, 65mg sodium, 6g total carbohydrate (6g sugars) and 4g protein.			
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Yes, you can be fooled.



You may think that a whole bag or can is one serving.



Yes, we think that the information is for all of the food.



It really is for one serving.



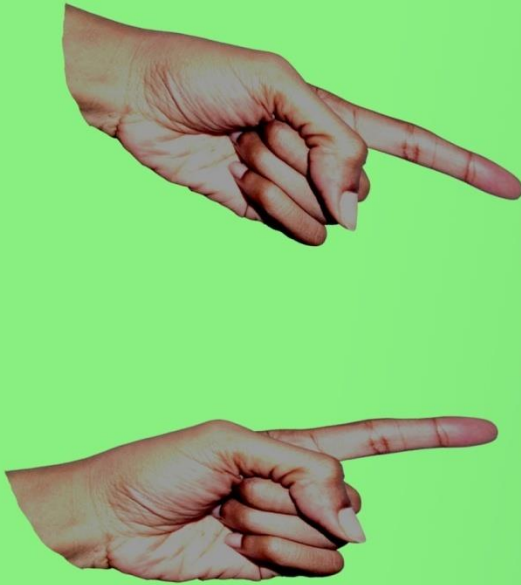
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Do the labels say what we should get more of?



Yes!



# Get more fiber, vitamins and calcium.

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It is so interesting.

Yes, but there is more.





I know what you are going to say.



We need to control how much we eat



We must picture portions in our minds.



Picture it?



It helps to remember portions.



# One Portion

cereal



fist

pancake



disk

rice, pasta  
potato



half a  
baseball



# One Portion

bread



cassette

cornbread



bath soap

fruit



baseball



# One Portion

baked  
potato



fist

raisins



large  
egg





Let me tell you others.



# One Portion

cheese



four dice

ice cream



half  
baseball

margarine



one dice





# One Portion

meat and  
chicken



deck of  
cards

grilled  
fish



checkbook

peanut  
butter



ping-pong  
ball



Hi Ann. Smells like my favorite chicken.



It looks so good!

Sister, tell Fay how we control what we eat.



We have a routine.

We eat slowly!



We put our forks down  
between bites.

It helps to chew well and  
enjoy our food.



We share desserts.

If we eat out, we take half home for a later meal.



We serve the food in small plates.



Great trick!  
It makes the food look  
like more!



Yes it does!

It pays off.



We have our diabetes under control.





Remember to

- Choose well
- Prepare well
- Portion well





Project Funded by the Department of Health and Human Services