

Make Healthy Food Choices

National Diabetes Education Program

Learn about food and how to make healthy food choices



To keep your blood glucose (GLOO-kos), or blood sugar, and your weight in a healthy range, focus on:

- **When** you eat
- **What** you eat
- **How much** you eat.

When should I eat?

Spread your food out over the day. Eat breakfast, lunch, dinner and one or two snacks each day. Try to eat at the same time each day.

What should I eat?

You do not need special foods. Foods that are good for you are also good for your family and friends. Make your food choices healthy.

Carbohydrates are a source of energy in many foods.

Choose:

- Whole grain breads, crackers, cereal, or brown rice
- Fruits and vegetables
- Lentils, dried peas, or beans

Good sources of **protein** are meat, poultry, fish, low-fat cheese, eggs, and soy products.

- Baked, broiled, or grilled choices are best – remove skin and all the fat you see.

Eat less fat.

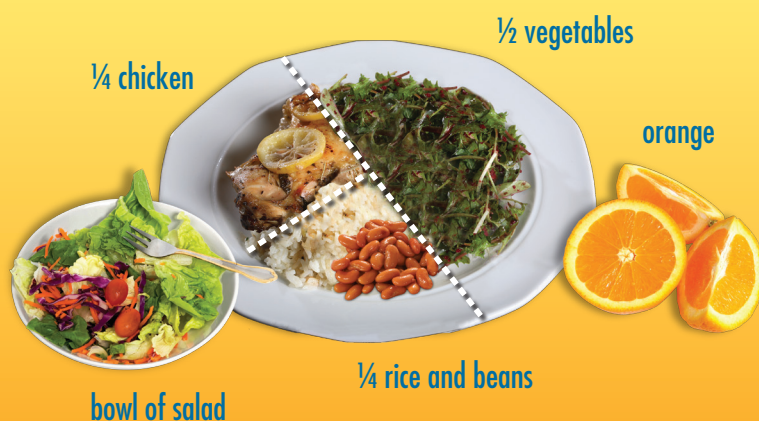
- Use small amounts of oil and low-fat margarine, salad dressing, and mayonnaise.
- Avoid butter, meats with fat (like bacon and hot dogs), and fried foods.

For desserts, have a small serving at the end of a healthy meal... but not every day.

Stay away from regular soda, fruit drinks, and sport drinks.

How much should I eat?

Try filling your plate like this:



- Try to get to and stay at a healthy weight.
- Eat smaller portions and do not have second helpings.
- Still hungry after a meal? Have a piece of fruit or a salad with low-fat dressing.

Learn to eat the right amount at meal and snack times.



Every day be sure to:

- Eat breakfast, lunch, dinner, and one or two snacks.
- Eat meals with your family – turn the TV off!
- Drink water when you are thirsty.
- Be active for 60 minutes or more.
- Take your medicines at the correct time.
- Check your blood glucose at planned times.
- Keep TV and computer time to two hours or less.



Ask your doctor or dietitian about making a meal plan just for you.



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Francine Kaufman, M.D., Head, Center for Diabetes, Endocrinology and Metabolism at Childrens Hospital Los Angeles, and Janet Silverstein, M.D., Professor, Department of Pediatrics, University of Florida, Gainesville, FL reviewed this material for technical accuracy.