

Did You Know...?

Changing your eating habits takes time and practice. It's normal to feel like you've slipped a little on your goals. Use the support of family and friends to stay on track and keep trying.



Diabetes and Healthy Eating

Do you ever feel.....???

- **Healthy Food = Expensive Food**
- **Fast food, vending-machine snacks, and processed foods are easy to find.**
- **I'm not supposed to eat "carbs"?**
- **Eating makes me feel better. Sometimes I use food as a reward or support when I feel stressed.**
- **I'm too busy to grocery shop and cook.**
- **"Diabetes" foods are boring.**

Plan for Your Success.....!!

- ✓ Plan meals before grocery shopping.
- ✓ Buy frozen or low sodium, no sugar added canned vegetables and fruit.
- ✓ Watch for sales. Buy bulk if food can be frozen.
- ✓ Look for healthier choices like a side salad instead of fries with a meal.
- ✓ Keep healthy snacks with you at work, in your car, and at home. You'll be less likely to buy from a vending machine.
- ✓ You need carbohydrates. Healthy carbs can come from fruits, vegetables, whole grains, low fat milk and yogurt.
- ✓ Watch portion sizes. Eat higher fat foods (pizza) after you "fill up" on salad or raw vegetables.
- ✓ Keep an [eating journal](#) for a week or two. Write down everything you eat, the time of day and what you were feeling right before you ate. Look for patterns.
- ✓ Use moderation. Not too much or too little of one thing.
- ✓ Ask friends and coworkers to give you one healthy recipe for your cookbook.
- ✓ Make a family game of chopping vegetables or making a salad.
- ✓ Schedule one hour a week on the family calendar to grocery shop.
- ✓ Aim for balance. Eat from each food group—grains, protein, vegetables and fruit, and dairy every day.
- ✓ Look for variety and be adventurous! Choose different foods from each food group.
- ✓ Read labels! Some low-fat foods are higher in sugar and not lower in calories.

References:

- [Diabetes Educ.](#) 2007 Jul-Aug; 33(4):671-9.
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