



# Participant Guide

## Eat Well to Prevent T2



## Session Focus

Eating well can help you prevent or delay type 2 diabetes.

### This session we will talk about:

- How to eat well
- How to build a healthy meal
- The items in each food group

### You will also make a new action plan!



#### Tips:

- ✓ Use herbs, spices, lemon juice, and low-fat dressing to make veggies taste better.
- ✓ Fill up on fiber and water.
- ✓ Shop, cook, and eat healthy with friends and family.

### Key points to remember:

Choose items that are:

- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

Limit items that are:

- High in calories, fat, and sugar
- Low in fiber and water
- Low in vitamins, minerals, and protein





## A Healthy Meal



Dairy—  
1 cup skim milk

Fruit—  
1 apple



Drink—  
water



Grains and  
starchy foods—  
potatoes

Protein foods—  
chicken



Non-starchy  
veggies—  
salad

### You'll want to make:

- Half of your plate non-starchy veggies (such as broccoli, lettuce, peppers)
- A quarter of your plate grains and starchy foods (such as potatoes, oatmeal)
- Another quarter of your plate protein foods (such as chicken, lean meat, fish)

### You can also have:

- A small amount of dairy (1 cup skim milk)
- A small amount of fruit (one apple, half a banana, ½ cup berries)
- A drink that has low or no calories (water, sparkling water, coffee without sugar)



## Make Your Plate

Write the number of the correct food group on each line.  
Then create a healthy meal by listing items that you like. You can use “Foods to Choose” on pages 5-7 for ideas.

### Food Groups

1. Non-starchy veggies
2. Grains and starchy foods
3. Protein foods
4. Dairy foods
5. Fruit
6. Drink



## Foods to Choose

### Non-starchy veggies:

- Asparagus
- Broccoli
- Cabbage
- Carrots
- Celery
- Cucumbers
- Leafy greens
- Mushrooms
- Onions
- Peppers
- Tomatoes
- Your favorites:

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### Grains and starchy foods:

- 100% corn tortillas
- 100% whole grain cereal
- 100% whole wheat bread
- Black beans
- Brown rice
- Corn
- Green peas
- Lentils
- Oatmeal
- Popcorn
- Potatoes
- Pumpkin
- Yams
- Your favorites:

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Sources: CDC, ADA



## Foods to Choose

### Protein foods:

- Eggs (but limit yolks)
- Fish and seafood (catfish, cod, shrimp)
- Lean meat (lean ground beef, chicken and turkey without skin, pork loin)
- Nuts (limit because high in fat)
- Your favorites:

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### Dairy foods:

- Low-fat cheese
- Plain low-fat soy or almond milk
- Plain nonfat or low-fat yogurt
- Skim or low-fat milk
- Your favorites:




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Sources: CDC, ADA



## Foods to Choose

### Fruit:

- Apples
- Apricots
- Blueberries
- Dates
- Grapefruit
- Grapes
- Oranges
- Strawberries
- Your favorites:

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### Drinks:

- Coffee without sugar
- Sparkling water
- Tea without sugar
- Water
- Your favorites:

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Sources: CDC, ADA

## Foods to Limit

### Sweet foods:

- Candy
- Cookies
- Corn syrup
- Honey
- Ice cream
- Molasses
- Processed snack foods
- Sugar
- Other examples:




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### Fatty foods:

- Butter
- Creamy salad dressing
- Deep fried foods (French fries)
- Fatty meat (bacon, bologna, regular ground beef)
- Full-fat cheese
- Lard
- Shortening
- Whole milk
- Other examples:




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Sources: CDC, ADA





## How to Cope with Challenges

It can be challenging to shop, cook, and eat well. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

Challenge	Ways to Cope	Other Ways to Cope
<p><b>Shopping this way costs too much.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use coupons.</li> <li><input type="checkbox"/> Buy in bulk.</li> <li><input type="checkbox"/> Buy things on sale.</li> <li><input type="checkbox"/> Grow your own veggies and fruit.</li> <li><input type="checkbox"/> Buy frozen veggies and fruit.</li> <li><input type="checkbox"/> Buy veggies and fruit in season.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>Shopping and cooking this way takes up too much time.</b></p>	<p><b>To free up time in general:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Be more organized.</li> <li><input type="checkbox"/> Ask friends or family to help you get things done.</li> <li><input type="checkbox"/> Take your kids with you to the grocery store and turn it into a fun field trip.</li> </ul> <p><b>To find time to <u>shop</u> for healthy food:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Shop on the weekend.</li> <li><input type="checkbox"/> Shop in bulk.</li> <li><input type="checkbox"/> Use a list to make sure you get everything you need.</li> <li><input type="checkbox"/> Buy healthy convenience items, like prewashed salad.</li> </ul> <p><b>To find time to <u>cook</u> healthy food:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Look for recipes for fast, healthy meals.</li> <li><input type="checkbox"/> Do some prep work before work in the morning.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>



## How to Cope with Challenges

Challenge	Ways to Cope	Other Ways to Cope
<p><b>I don't like the way this food tastes.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Change your favorite dishes to make them healthier.</li> <li><input type="checkbox"/> Choose cheeses that are strong-tasting and fairly low in fat, such as Parmesan and feta.</li> <li><input type="checkbox"/> Choose good quality items.</li> <li><input type="checkbox"/> Choose items with a variety of flavors, textures, scents, and colors.</li> <li><input type="checkbox"/> Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.</li> <li><input type="checkbox"/> Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.</li> <li><input type="checkbox"/> Grill or roast veggies and meat to bring out the flavor.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>It's unpleasant/boring/hard to shop, cook, and eat this way.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Shop, cook, and eat healthy with friends and family.</li> <li><input type="checkbox"/> Learn new cooking methods and recipes from books, articles, and videos. Or take a healthy cooking class.</li> <li><input type="checkbox"/> Try new ingredients.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>