



AmeriHealth Caritas™
Ohio

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Nepali/Nepalese (Nepal) ध्यान दिनुहोस्: यदि तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंका निम्ति भाषासम्बन्धी सहयोग सेवाहरू निःशुल्क रूपमा उपलब्ध हुन्छन् । **1-833-764-7700** (TTY **1-833-889-6446**) मा फोन गर्नुहोस् ।

Arabic تنبيه: إذا كنت تتحدث العربية، تتوفر خدمات المساعدة اللغوية لك مجانًا. اتصل بالرقم **1-833-764-7700** (TTY **1-833-889-6446**).

Somali FIIRO GAAR AH: Haddii aadan ku hadlin Af-Soomaali, adeegyada caawimaada luqadda oo bilaash ah, ayaa diyaar kuu ah. Wac **1-833-764-7700** (TTY **1-833-889-6446**).

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Diabetes and Healthy Eating

Eating healthy foods can help you manage your diabetes (high blood sugar). You don't have to give up good flavor. You can still enjoy your food while making healthy choices. The key is to know what to eat and how much to eat.

This is to help you learn about this health condition. It is not to take the place of your primary care provider (PCP). If you have questions, talk with your PCP. If you think you need to see your PCP because of something you have read in this information, please contact your PCP. Never stop or wait to get medical attention because of something you have read in this information.


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Foods to include

It is best to ask your healthcare provider or dietitian about food choices that are right for you. But some foods that may help you manage your diabetes include:

- Fruits
- Vegetables
- Whole grains
- Nuts
- Legumes, such as beans and peas
- Low-fat milk, cheese, and other dairy products
- Heart-healthy fish, like salmon, mackerel, tuna, and sardines



Foods to avoid

Try to stay away from these foods to stay healthy:

- Fried foods, including fried chicken and fried fish
- High-fat dairy products, like butter
- High-fat animal proteins, like egg yolks, hot dogs, sausage, bacon, and liver
- Trans (bad) fats found in processed snacks, baked goods, shortening, and stick margarines
- Soda, diet soda, and drinks like juices that have added sugar
- High-sodium (salty) foods and drinks

Plan your plate

The American Diabetes Association has an easy way to help you eat healthy, balanced meals. Just follow these steps when fixing your plate:

- **½ vegetables** — Fill half of your plate with non-starchy vegetables, such as spinach, carrots, and tomatoes.
- **¼ protein** — Fill a quarter of your plate with a protein, such as tuna, lean pork, or chicken.
- **¼ carbohydrates** — Fill the last quarter of your plate with a whole-grain item, like brown rice, or a starchy vegetable like green peas.

Include “good” fats, such as nuts or avocados, in small amounts. Add a serving of fruit or dairy and a drink of water, unsweetened tea, or coffee.

Food for a day

Again, it’s best to ask your healthcare provider or dietitian about food choices, but here is an example of what a healthy meal plan looks like:

- **Breakfast** — Whole-wheat bread (1 medium slice) with 2 teaspoons jelly, ½ cup shredded wheat cereal with a cup of 1% low-fat milk, a piece of fruit, and sugar-free coffee
- **Lunch** — Roast beef sandwich on wheat bread with lettuce, low-fat American cheese, tomato, and mayonnaise; medium apple; and water
- **Dinner** — Salmon cooked in 1½ teaspoons vegetable oil, small baked potato, ½ cup carrots, ½ cup green beans, medium white dinner roll, and unsweetened iced tea or milk
- **Snack** — 2 ½ cups popcorn

Measure your food

Knowing what one serving size of different types of food looks like will help you know how much you should be eating. Use this helpful guide from the Cleveland Clinic:

This much		Amount	Food	Calories
	Palm of hand	3 ounces	1 serving of meat, chicken, turkey, or fish	150 – 300 calories
	Baseball	1 cup	1 serving of vegetables	25 – 50 calories
	Computer mouse	1/2 cup	1 serving of potatoes, rice, pasta, or dry beans	100 calories
	Tennis ball	1 medium-sized fruit	1 serving of fruit	100 calories
	Golf ball	1 ounce	1 serving of nuts	150 – 200 calories
	9-volt battery	1 ounce	1 serving of cheese	100 calories
	Tip of the thumb to the first joint	1 tablespoon	1 serving of salad dressing, oil, or butter	100 calories

Sources:
“Diabetes Diet: Create Your Healthy Eating Plan,” Mayo Clinic, June 11, 2024, <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes-diet/art-20044295>, accessed March 7, 2025.
“Understanding Portion Sizes: How Much Are You Really Eating?” Cleveland Clinic, December 3, 2024, <https://my.clevelandclinic.org/health/articles/9436-controlling-portion-sizes>, accessed March 7, 2025.