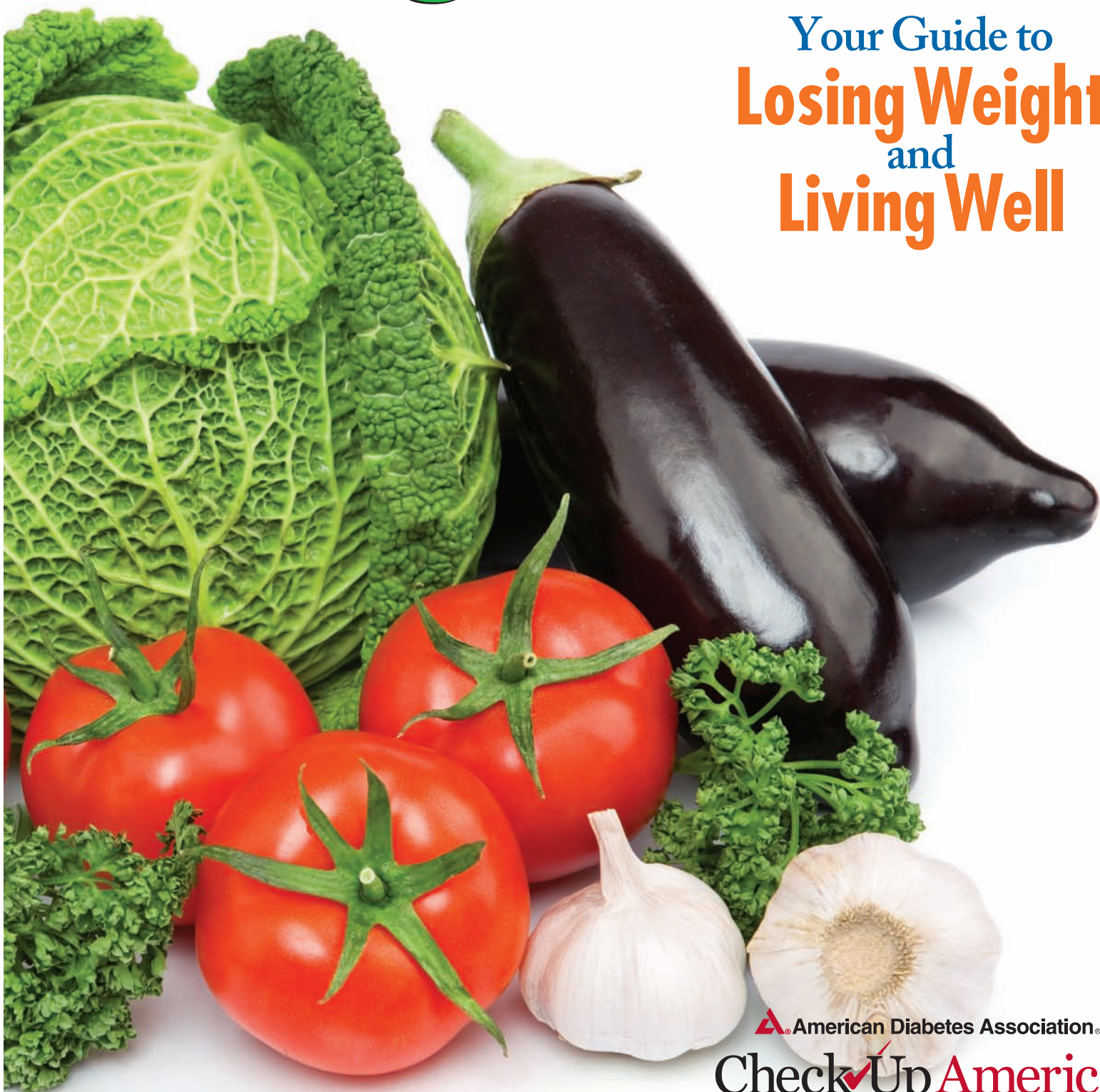


Healthier Eating

One Step
at a Time

Your Guide to
Losing Weight
and
Living Well



 American Diabetes Association®

Check  Up America®



Healthier Eating One Step at a Time

Your Guide to Losing Weight and Living Well

Are you ready to lose weight and improve your health, fitness, and energy?

Being overweight can do a lot to hurt your health. It can raise your risk for diseases like diabetes, heart disease, and some cancers. If you already have diabetes, it can make your disease harder to control, raising your risk for complications.

But you can lower your risk for these problems by losing weight. Losing just 10 to 15 pounds can make a big difference in your health. There are many ways to lose weight, and you don't have to do it all at once. Make a realistic, achievable plan and take it slowly. You can do it!

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Your Weight & Your Health

How do you feel about your weight? Are you comfortable with the way your body works, looks and feels? Or do you sometimes think:

- I need to lose weight.
- I don't have the energy I would like to have.
- I feel that my weight is holding me back from things I want to do.
- I would like to look and feel healthier.
- I would like to manage my diabetes or prediabetes better, and losing weight would help.
- I want to stay healthy and prevent type 2 diabetes.

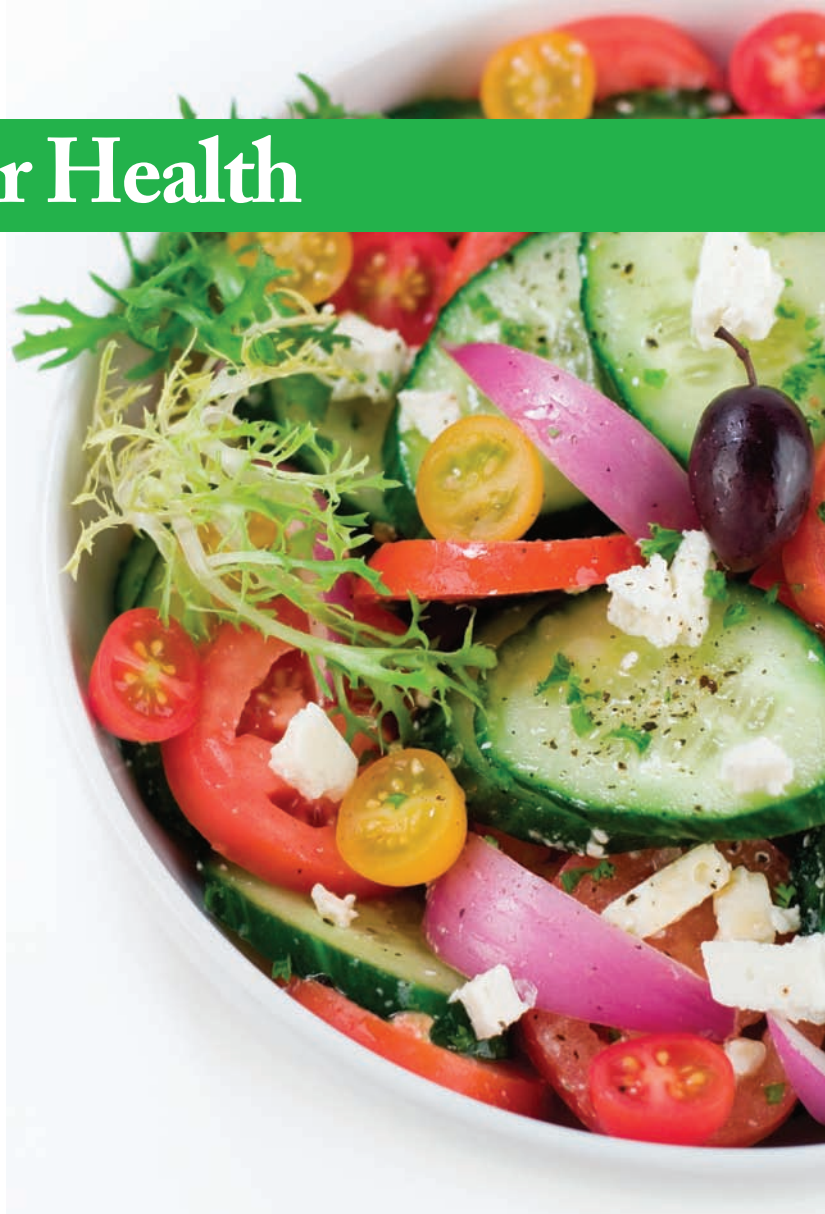
If so, you are not alone.

The Many Options for Weight Loss

There are many ways to lose weight, and there is no one perfect fit for everyone. But one thing is true no matter who you are: If you want to lose pounds, you must eat fewer calories than your body burns off. How you achieve this is up to you.

This brochure focuses on healthy eating for weight loss. A balanced, healthy diet is the best way to lose weight and keep it off. For some people, this may mean cutting back on highly processed foods like cookies, chips, and soda. For others, a low-fat diet that contains lots of fruits, vegetables and whole grains may be the answer. Sometimes, meal replacements like a shake or bar for breakfast or lunch may be helpful in losing weight. For most people, adding physical activity to their daily routine is also important.

If you want to lose pounds, you must eat fewer calories than your body burns off.



Only you can decide what the best choice is for you based on your lifestyle and food preferences. This booklet can help you set goals and make a plan to lose weight.

**A healthier tomorrow
is within your grasp!**



Meet Laura

Laura is a 38-year-old single mother of two. With a full-time job and two kids in school, her day is packed, making it difficult to find time to exercise. Laura feels she has no time to cook so she and her family often grab meals on the run.

“I want to eat healthy, and I want to give my kids food that is good for them. But my day is so busy! After work and school, the kids have soccer practice or piano lessons or Scout meetings, and they are always hungry before they go. Sometimes I feel like the only option is a drive-thru, but I know that’s not the best food for every day.”

Laura has just been diagnosed with polycystic ovary syndrome (PCOS). Insulin resistance and diabetes are problems that can come with PCOS. Right now Laura weighs 160 pounds. Her doctor recommends



she lose at least 7% percent of her weight, which is about 12 pounds.

Healthy weight loss is about 1 or 2 pounds a week. Laura’s goal is to lose 12 pounds in 3 months. Breaking it down into smaller pieces makes it feel more achievable, so Laura concentrates on 4 pounds every month, or just about one pound a week.

Laura visited a registered dietitian (RD) who helped her get started. The RD asked Laura to keep a food and exercise log to track the changes she makes and how the changes work out for her. Keeping a log, like the one on page 7, is a good way for Laura to see what she actually eats and does in a day. Then, she can use this to decide what she would like to change.

No time to cook?

It is easier to control what you eat when you cook your own meals, because you know what you put into every dish. But this can be hard to do on busy days. If this is the case for you, try these ideas:

- **When you do have time to cook, like on the weekend, prepare extra portions of healthy meals.**
 - » Freeze the leftovers for a busy day.
 - » Find healthy recipes on My Food Advisor,[™] ADA’s online tool that can help you make smart food choices. Check it out at www.diabetes.org/myfoodadvisor
- **Pack healthy snacks ahead of time that are easy to eat on the run.**

- » Vegetable sticks, whole fruit, reduced-fat cheese cubes, whole wheat crackers, and single servings of yogurt or canned fruit are good choices.

- **Make smart fast food choices.**

- » Choose salads, fruit, and low-fat milk.
- » Choose lean meats that are baked or grilled instead of fried items.
- » Plan ahead and check calorie counts, which should be available in the restaurant or on their website.



What about other health problems?

There are some medical problems that can make it harder to lose weight. Laura has PCOS, which means her body doesn't use insulin as well as it should, and she is more likely to gain extra weight. PCOS also makes her more likely to develop other health problems like type 2 diabetes and heart disease.

If you have a condition that might make it more difficult for you to lose weight, talk with your doctor about your options. A registered dietitian can help you make eating and exercise plans that are realistic and achievable for you.

Lower-Fat Eating

You can protect your heart and blood vessels by eating less saturated fat and trans fat. Cutting down on fat can also help with weight loss. The food you eat and the way you cook can make a big difference. Try these tips:

Cook with less fat. Eating lower-fat foods doesn't mean you have to give up flavor. Making some simple changes to the way you cook or order your food can make a big difference:

- Try broiling, microwaving, baking, roasting, steaming, or grilling foods.
- Avoid frying foods in the kitchen.

Can I prevent type 2 diabetes?

Yes, you may be able to delay or prevent type 2 diabetes. Studies have shown that even a small weight loss, like 10 to 15 pounds, can help. You can do this by:

- **Eating a low-fat diet with fewer calories.**
- **Being active about 30 minutes every day. These 30 minutes don't have to be completed in one session; you can break it up into three 10-minute sessions.**

- Use nonstick pans and cooking sprays instead of adding fat.
- Boost the flavor of foods with seasonings and low-fat sauces. Look for recipes that use herbs and spices for flavor instead of fat.
- Squeeze fresh lemon juice on steamed vegetables, broiled fish, rice, or pasta.
- Try lemon pepper or mesquite seasoning on chicken.
- Use onion and garlic to liven up meats and vegetables.



- Try baking chicken or pork with barbecue sauce or any low-fat marinade or salad dressing.
- Make soups a day ahead so you can chill them and then remove any fat that has risen to the top.

It is very important to be confident—believe that you can change.

Choose vegetable sources of protein, fish and lean cuts of meat and poultry.

- Include vegetarian protein such as beans, tofu or a veggie burger a few times a week instead of meats.
- Choose fish at least two times a week.
- Choose poultry such as chicken, turkey, or Cornish hen without the skin (white breast meat is lower in fat than the darker meat in the thigh and leg pieces).
- Choose lean cuts of beef such as round, sirloin, and flank steak; tenderloin; rib, chuck, or rump roast; T-bone, porterhouse, or cubed steak.
- Lean types of pork include ham, Canadian bacon, pork loin, and center loin chops.
- Cut away visible fat from meats.
- Roast meats on a rack and let the fat drip off.

Choose low-fat dairy products.

- For milk, choose fat-free (skim), 1/2%, 1% milk, low-fat buttermilk, or soy milk.
- Choose low-fat or fat-free yogurt.
- For cheese, choose cottage cheese or any cheese with 3 grams of fat or less per ounce.
- For a frozen treat, try low-fat ice cream or frozen yogurt. You can also freeze regular yogurt for a treat.

Substitute lower-fat ingredients in your favorite recipes.

- Try extra-lean ground beef or ground turkey instead of regular ground beef.
- Use light or reduced-fat mayonnaise and salad dressings instead of regular.
- Try plain yogurt in place of sour cream or mayonnaise.
- Substitute up to half the margarine or butter in some recipes with applesauce.



“I talked to my doctor about losing weight, and she suggested I take small steps to change my eating and my activity habits. She said small changes could help me lose weight and improve my health. So, I’m going to pick one or two things I know I can change, and work on those. One goal will focus on healthy eating and the other on physical activity. When those are part of my new lifestyle, I’ll add another change.”

Small Steps for Your Health

Every change involves several stages, and each stage is important. For Laura, the stages went like this:

Stage 1

Laura decided she wanted to lose some weight.

Stage 2

She thought about ways she could cut calories and exercise more. She decided she wasn't ready to try every idea. But for some, she was ready.

Stage 3

At the time, she ate ice cream almost every night as a snack. She knew that replacing ice cream with something lower in calories and fat might help her lose weight. She also looked at her schedule to find time to add some physical activity to her routine. She decided that she could probably fit in a 25 minute walk during her lunch hour.

These were both changes that she was willing and able to make. She saved changes she wasn't ready to make until another time.

Stage 4

Next, Laura made a realistic plan. She'd have an apple instead of ice cream at least 4 times a week. She would also go for a 25 minute walk every day of the work week during lunch.

Stage 5

Then, she took action. She bought some apples and started bringing her walking shoes to work every day.



Are you ready, willing, and able to change?

To succeed at making lifestyle changes you need to answer **YES** to the question: are you ready, willing, and able to change? The experts say that for people to change, making the change must be important to them. You have to have good reasons to change. For example, you want to live long enough to see your grandchildren grow up. It helps to have more reasons to change than reasons not to change. The experts also say that it is very important to be confident—believe that you can change.

Answer the following questions to see whether you are ready, willing, and able to change.

1. What's my **reason** for making a change?

2. Am I **ready** to make a change?

1___2___3___4___5___6___7___8___9___10
Not at all Maybe Yes, let's go!

3. Am I **willing** to make a change?

1___2___3___4___5___6___7___8___9___10
Not at all Maybe Yes, let's go!

4. Am I **able** to make a change?

1___2___3___4___5___6___7___8___9___10
Not at all Maybe Yes, let's go!

5. Am I **confident** I can make a change?

1___2___3___4___5___6___7___8___9___10
Not at all Maybe Yes, let's go!

Start setting goals and making a plan.

Make a Plan

Once you've decided you're ready, it's time to set goals and make a plan. Think of 1 or 2 things you are willing to change. Set a goal for each. Think about a few things when you set goals:

- **How often** will you do this?
- What behavior will you change? **Be specific.**
- Don't try to change too much at once. **Be realistic.**

Some examples of goals that follow these guidelines:

Eating: Four days each week (**how often**) I will eat an apple instead of ice cream as my evening snack (**realistic and specific**).

Physical activity: Five days each week (**how often**) I will take a 25 minute walk during lunch since I don't really need the whole hour to eat (**realistic and specific**).

Notice that the eating goals are not "I will eat more fruit" or "I will eat healthier." The activity goal is not "I'll walk more." Goals like that are not specific enough.

Set your goals. Try writing a few of your own goals:

There are also some other things that you should plan for:

Here's what I need to get ready:

Example: I need to go to the grocery store and buy apples.

Example: I need to start packing my walking shoes for work every day.

This might get in the way of my plan:

Example: I might need a pick-me-up on a night that I usually eat an apple and have ice cream instead.

Example: I might not have time to take a lunch break one day of the week.

If that happens, I'll do this instead:

Example: I'll plan to eat an apple another day later that week so I still reach my goal.

Example: I'll take a walk with a family member after dinner that night instead.

Here's when I'll start:

Example: I'll start working toward both my goals next Monday.

Food & Activity Tracker

Keeping track of your food, drink, and activity can help you lose weight and stay active. For a week or two, measure your serving sizes. Write down everything you eat and drink and the activity you do.

Use the sample trackers on the next page to get started. Make a similar journal in a notebook and keep it with you.

Then, review your food and activity trackers to learn more about your food and activity habits. Maybe you didn't realize that your ice cream servings are really two servings, or that you're walking twice as far as you thought you were. Use this information to make a plan.

Daily Food & Drink Tracker

Date and Time	Food/Beverage Consumed, including quantity	Social Context	Comments
Monday 7 am	2 blueberry pancakes with maple syrup, 2 strips of bacon, coffee with cream	Alone before work	Always very hungry in the morning, but feel too full when finished.
Monday 9 am	Doughnut and coffee with cream	With coworkers	Don't really want to eat, but wanted a break and someone brought doughnuts.

Daily Activity Tracker

Date and Time	Location	Activity	Social Context	Comments
Monday 6 pm	Home	1 mile walk	Alone after work	I get bored walking alone.
Tuesday 4 pm	Work	Jazzercise	With coworkers	I like socializing while I exercise.

A good way to track your activity is by wearing a **pedometer**. A pedometer is a small machine that you can clip to your belt to track your steps. Use one to find out how active you are now. Write down your total steps each day and use it to set an activity goal.



Meet Amgad

Amgad is a 53-year-old businessman who travels a lot for his job. He doesn't always have a lot of choices in what he eats or does. He dines out a lot and sometimes he can't find healthy foods at the airport. A lot of times, he has to depend on the food provided in meetings for his meals. Sometimes choices include healthy items, like fruits, vegetables, and whole grain breads but sometimes the only options are high-fat pastries and doughnuts.

“My busy days also make it hard to find time and places to exercise, and not all hotels have exercise rooms.”

Amgad has noticed his weight creeping up and he has gained nearly 20 pounds over the years. He wants to lose some weight and have more energy so he can keep up with work and be there for his family. He has decided to make some changes that will improve his health.

Body Mass Index

Your Body Mass Index (BMI) is a measure of your height and weight. It can give you an idea of a healthy weight range for you. Find out your BMI at www.diabetes.org/bmi.

BMI Ranges

If your BMI is...	...you are:
Under 19	Underweight
More than 19 but less than 25	Healthy weight
More than 25 but less than 30	Overweight
More than 30	Obese



Amgad is 5' 10" and weighs 200 pounds. His doctor told him that his BMI is about 27. Amgad sets a goal to lose about 16 pounds to get into the healthy range. He can do this by eating healthier on the road and by finding ways to fit physical activity into his schedule.

Eating on the Road

Frequent travelers are often limited to what they can find in airports and restaurants, so eating healthy can be difficult. Here are some tips that can help:

- Pack your own snacks. Keep a small bag of nuts, dried fruit, or trail mix with you when you travel. When the urge for cheese fries hits, eat your snack instead.
- Choose water in airport shops and on the plane.
- If your flight includes a layover, pick up a piece of fresh fruit, an energy bar, or a bottle of low-sodium vegetable juice for the flight.
- Watch out for the free breakfast and other meals offered at some hotels and meetings.
 - » Limit yourself to one trip up to the buffet or breakfast bar.





- » Skip the pastries, and go for a mix of protein, carbohydrates, and fresh fruit to keep you going until lunch. Some choices include vegetable omelets, yogurt with granola and fruit, or oatmeal with nuts and raisins or dried cranberries.
- » If you're in a pinch, make the best of what you have. Even at a continental breakfast you can often find half of a whole wheat bagel with low-fat cream cheese and some fresh fruit.
- In restaurants, ask if meats can be grilled instead of fried, and ask for sauces and dressings on the side.
- » Remember to choose fruit, salad, or other vegetables as side items, rather than french fries.
- » Order a salad or soup to start and then share an entrée.
- » Skip the appetizer and dessert.
- » Go easy on high-calorie alcoholic drinks.

Exercising While On The Road

Amgad has decided to try a popular weight loss program. It is offered at his office, so he signed up and has the support of his colleagues. This program assigns a point value to each food, and participants try to stay within a certain point range each day. The program also has an online component which helps to keep Amgad on track while he is on the road.

This kind of plan makes it easier for Amgad to handle an unpredictable eating schedule. For example, if he is trapped in an airport with only pizza for lunch, he can count the value of a slice and plan to cut back a bit at dinner.

Amgad can also find ways to fit exercise into his day by varying his routine. Some hotels have weight rooms or swimming pools. Some have walking trails nearby. Some days, Amgad may want to walk around the airport during a layover.

To make it easier to meet his exercise goals, Amgad met with a trainer at the gym near his house and got help putting together a simple routine that will travel well. His trainer suggested walking for conditioning and gave him exercises using easily-packed resistance bands and his own body weight to build strength and flexibility. Amgad can walk and do these exercises anywhere. If his hotel has other facilities, he can use those to vary his routine.



Meet Bethany

Bethany is a 25-year-old single woman with a job in advertising that often has her working late or attending industry parties. When she is not working, she loves going out to dinner or dancing with friends.

“ I love my job and my life, but since college, I haven’t had as much time to exercise as I used to. I’m also tempted to eat too much when I have to work late or attend parties with trays of finger foods. I’ve picked up a few pounds, and I want to lose them. I know I need to start eating healthier and exercising again.”

Bethany would like to lose about ten pounds. She loves to try new things, though her schedule doesn’t always give her a lot of free time. She has decided to track her food and activity using logs like the ones found on page 7. This will help Bethany see where extra calories are sneaking into her diet. It will also help her find a time that works best to fit physical activity into her schedule.

Fitting in Exercise

Bethany’s schedule is full, so when she thinks about adding exercise, she needs to make it part of her daily life rather than a separate commitment. There are four main types of exercise:

- **Activity through the day** includes walking instead of driving, parking at the far end of the parking lot, taking the stairs instead of the elevator, yard work, washing the car, cleaning house, and playing with the kids. A great place to start is to add 2,000 steps to what you already do, which you can measure using a pedometer. Gradually work up to as many steps as you can take in day. Your long term goal can be 10,000 steps through the day.



- **Aerobic exercise** includes walking, jogging, biking, dancing, or other things that get your heart rate up. Everyone should try for at least 30 minutes of moderate activity (hard enough so you break a sweat), five days a week.
- **Strength training**, like weight lifting, using exercise bands, or other activities to build and keep muscle. Everyone should aim for three sessions a week.
- **Stretching**, like yoga or tai chi. Stretch as often as you can.



Bethany knows she needs to find time for each type of exercise every week.

Controlling Calories

It is easy to eat too many calories, especially when others are preparing the food, like in restaurants and at parties. But it is possible to cut calories and still enjoy yourself:

- **Alcoholic beverages** can be very high in calories. Bethany can cut some calories by limiting her drinks, alternating alcoholic drinks with sparkling water or club soda, or opting for lower-calorie choices like spritzers or light beer.

Choosing Activities for Good Health

Trying new activities can be a good way to keep a healthy weight. Recreation centers, parks, and community colleges are good places to try a new hobby or activity.

Bethany decided to start by adding just 10 minutes of exercise to each day, something she can easily do during the commercial breaks in her favorite television shows. She added stretching, hand weights, and walking in place during these breaks. While she didn't expect this would make a major difference, she found that she liked it so much she added more time to her exercise routines and has even joined a gym.

She also found some friends who want to become more active. They started attending spinning classes together at the gym one night a week instead of going to happy hour. They also take a long walk together on weekends.

- Appetizer trays often have both high- and low-calorie foods. Bethany can make smart choices at parties by snacking on raw veggies or fruit and whole grain crackers, instead of creamy dips and chips.
- In restaurants, Bethany can cut calories by choosing salad or a broth-based soup rather than nachos or fried appetizers. She can also split an entrée with a friend or ask the kitchen to box up half of her meal so she can take it for lunch the next day.
- Bethany can bring snacks and a lunch to work rather than buying fast food.



Ways To Cut at Least 100 Calories

- Do you drink more than 2 glasses of whole or 2% milk per day? Switch to 1% or low fat milk
- Skip the sugary coffee drinks, and order regular coffee with low-fat milk and a sugar substitute
- Limit meat portions to 3 to 4 ounces (about the size of a deck of cards)
- Drink diet soda instead of regular soda
- Switch from cooking with butter, margarine, or oil to a cooking spray
- When making sandwiches or burgers, skip the cheese
- Instead of a regular or king-size chocolate bar, savor a fun-sized one
- Don't reach for that second glass of wine or other alcoholic drink
- Split dessert with 2 or 3 friends
- Eat an apple or a 6-oz cup of light yogurt for a snack instead of a candy bar or ice cream
- Choose a small order of french fries instead of a large
- Use a measuring cup to check your portion sizes
- Choose marinara sauce instead of creamy white sauce
- Use milk instead of cream in mashed potatoes and sauces
- Do you have other ideas for small changes you can make to save on calories? Write them here:



Meet Larry

Larry is a 45-year-old man who has high blood pressure and type 2 diabetes. His BMI is 36, so he falls into the obese category (see page 8 for more information on BMI). To help him manage his diabetes and lower his blood pressure, Larry has decided to lose weight.

Although he would like to lose a lot of weight, he knows that even a few pounds can improve his health. His doctor told him to set a realistic, achievable goal. It took Larry many years to put on the extra weight, and it's going to take some time to lose it. Larry has set a goal of losing 15 pounds over the next three months.

“As the pounds crept on over the years, I found myself being less and less active, even giving up some of the outdoor activities I enjoyed. On top of that, I was eating more for no apparent reason. It has turned into a vicious cycle. Now, I want to get back to a healthy weight that lets me do the things I like.”



Larry's situation is complicated by many years of carrying extra weight, which have taken a toll on his hips and knees, making exercise painful. Once he loses weight, Larry will look into knee replacement surgery.

Starting Exercise Slowly

Larry needs to do exercises that are less stressful on his joints. Larry joined the YMCA near his house and signed up with a trainer to get started. Larry's trainer has suggested an armchair exercise routine. He also told

Larry he could try water walking and chair yoga classes at the gym. As he grows stronger, he may be able to move to other activities.



Meal Replacements

Under his doctor's supervision, Larry is going to try a meal replacement plan to lose weight. Meal replacements are a pre-packaged shake, bar, or main dish that take the place of one or more of your meals. They have a set number of calories which helps to take some of the guesswork out of planning a meal.

Larry decided to use a meal replacement for breakfast every morning to start. His doctor told him that as he eats less and loses weight, he will need to make changes to his medicines. They set up an appointment in 1 month to see how things are going. Because Larry has diabetes, his doctor also recommended he learn more about managing diabetes and healthy eating by going to diabetes education classes.



What is bariatric surgery?

Bariatric surgery is weight loss surgery that helps a person eat less and lose weight. Bariatric surgeries are only for people with a BMI greater than 40 or for some people with a BMI over 35 who have not been able to lose weight with other plans.

There are two main types of bariatric surgery:

- **Gastric bypass surgery** makes the stomach smaller by cutting off a small pouch of stomach and attaching the small intestine to this pouch. Because the stomach is smaller and food enters the small intestine later, patients feel full sooner and absorb fewer calories from the food they eat. This change is permanent.
- **Adjustable gastric banding** places a band around the stomach to create a small pouch. Food enters the small pouch and takes a longer time to trickle into the rest of the stomach. Patients feel full sooner. Also, doctors can adjust the band as the patient loses weight and needs more or fewer calories. This change can be reversed if needed.

Opting for bariatric surgery is a big decision. Talk with your doctor about whether you might be a good candidate for surgery. If it is an option for you, your doctor will help you decide which type of surgery you need and what you need to do before and after the surgery to be successful.

What about weight loss medicines?

Some seriously overweight people may benefit from using weight loss medicines. There are a few options approved by the FDA. One medicine works to prevent your body from absorbing some of the fat you eat and can be used for up to one year. There are also other medicines available that have been approved for shorter term use (12 weeks or less).

Talk with your doctor about whether one of these weight loss medicines might be right for you. However, remember medication does not replace the need for healthy eating and physical activity.

Other Weight Loss Tools

The Hunger Scale

There are many things that tell us it is time to eat (other than a rumbling stomach): television ads, social events, smells from the food court, and the candy bowl at the office. These factors in the environment trigger our senses and other mental processes that make us think we are hungry even when we're not.

The Hunger-Satiety Rating Scale below can help you decide if you are experiencing real hunger.

How does the scale work?

Before you eat, take a moment to rate your hunger. Think about how hungry you physically feel. Your goal is to eat between level 4 and level 6, so you are eating when you are hungry but stopping when you are comfortably full. But do not put off eating for too long. Waiting until level 1 or 2—when you are starving and unable to concentrate—may lead to overeating.

Too often however, we find food in front of us when we are above level 6 on the scale. Before you indulge, take a step back and think about how you feel. Did you just eat a few minutes ago?

Tracking your food intake may also help. Write down how you feel at the time, and if you are eating because you are hungry or if you are eating for other reasons (perhaps because the food just happens to be there, you don't want to pass up a good deal, or you are eating in response to an emotion).



Hunger-Satiety Rating Scale

Full	10 = Stuffed to the point of feeling sick
	9 = Very uncomfortably full, need to loosen your belt
	8 = Uncomfortably full, feel stuffed
	7 = Very full, feel as if you have overeaten
	6 = Comfortably full, satisfied
Neutral	5 = Comfortable, neither hungry nor full
	4 = Beginning signals of hunger
	3 = Hungry, ready to eat
	2 = Very hungry, unable to concentrate
Hungry	1 = Starving, dizzy, irritable

Emotions can influence what, when, and how much many of us eat.

Do your emotions influence your eating?

TV and magazine ads use the power of pictures to trigger your hunger cues. Social situations often lead to casual snacking—even when you are not hungry. Emotions can influence what, when, and how much many of us eat.

To find out how emotions trigger your desire to eat, review the list below. Think about the feeling described in each box. Circle any emotions that trigger



your desire for food. In the last column, add your own words to describe other emotions or situations that trigger you to eat.

Being aware of your emotions is an important step toward a healthier eating style. If you have already eaten and find yourself craving food, do a quick emotional check. Are you eating because you are hungry—or as a source of comfort? To help get your eating in check:

- Be honest with yourself about what emotions trigger you to eat.
- Write a list of other things you can do to fulfill that emotional need, like calling a friend, sending an email to a pal, writing in a journal, or taking a walk.
- If you aren't sure if you are eating due to your emotions, use the hunger scale on page 14.
- If you are having a hard time, reach out for help. Your doctor or other member of your health care team may be able to recommend a professional experienced in eating issues.

Emotions Can Influence Your Eating

Circle any emotions that trigger your desire for food.

Add Your
Emotions Here

Angry	Insecure	Anxious	Lust	Bored	Regret	
Disappointed	Self-Pity	Frustrated	Stress	Guilty	Unsure	
Hungry	Out of Control	Lonely	Blue	Peer Pressure	Depressed	
Scared	Fearful	Sleepy	Grief	Tired	Hate	
Alone	Jealous	Bad	Nervous	Content	Sad	
Fat	Shame	Good	Time to Eat	Happy	Worried	

A vegetarian diet is a healthy option, even if you have diabetes.

Meal Planning for Vegetarian Diets

Many people are choosing to follow a vegetarian diet these days. Vegetarians do not eat any meat (meaning no red meat, chicken, turkey, seafood, or products made with these foods). This diet is a healthy option, but it should be balanced and well-planned. Be sure to eat a mix of vegetables, fruits, beans, whole grains, nuts, and low-fat dairy products (if you choose to include dairy).

There are many different types of vegetarian diets. The most common types are:

- **Vegan.** This group does not eat any animal products, including meat, dairy and eggs.
- **Lacto-vegetarian.** This group does not eat meat or eggs. However, they will eat dairy products.
- **Lacto-ovo vegetarian.** This group does not eat any meat. However, they will eat both dairy products and eggs.



Is it safe for people with diabetes to follow a vegetarian diet?

YES! A vegetarian diet is a healthy option, even if you have diabetes. In fact, studies have found that vegan diets can promote weight loss and help manage diabetes.

Vegetarian diets are naturally higher in fiber, lower in saturated fat, and lower in cholesterol than a traditional American diet. The high fiber in this diet may help you to feel full for a longer time after eating and may help you eat less over all.

This diet also tends to cost less. Meat, chicken, and fish are usually the most expensive foods we eat.

What NOT to Try

There are many safe ways you can lose weight. But there are also many weight loss plans you might read about, or see on TV, that you shouldn't try. These plans aren't safe and don't work for long term weight loss.

Don't try:

- **Fad diets.** The Grapefruit Diet, Cabbage Diet, and the like.
- **Cleanses.** These plans claim to clean out your body and usually involve fasting and herbal supplements.
- **Herbal supplements.** These claim to be able to help you lose weight more quickly through pills or teas.

The Vegan Diet

People with diabetes can also choose to follow a vegan diet. This diet includes a variety of plant-based foods like soy products, vegetables, fruits, beans, and whole grains. The main nutrient of concern for this group is vitamin B12, so take a daily supplement or multi-vitamin containing B12 to get enough.

Create Your Plate

Getting Started with Healthy Meal Planning

When it comes to planning healthy meals for weight loss, people often don't know where to begin. We're so used to huge restaurant portions, we've forgotten what a healthy plate actually looks like. Learning to "create your plate" is simple and it works, whether you are cooking at home or eating out.



You don't need any special tools or to do any counting. Once you're used to the new portion sizes, you can work on making healthier choices for each food group. **Turn the page to get started.**



**STOP
DIABETES**

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- Give.** Your donation will help fund research, outreach and education.

To learn more visit stopdiabetes.com

Call 1-800-DIABETES (342-2383)

Create Your Plate!

Focus on filling your plate with more non-starchy vegetables and less starchy foods and meats. It's simple and it works.

1 Imagine drawing a line down the middle of your dinner plate. Then on one side, cut it again so you will have 3 sections on your plate like the picture on your right.

2 Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.

3 Now in one of the smaller sections, put starchy foods such as noodles, rice, corn, or potatoes.

4 The other small section is for meat, fish, chicken, eggs, or tofu.

5 Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you've got a great meal. (If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.)

Grains and Starchy Vegetables

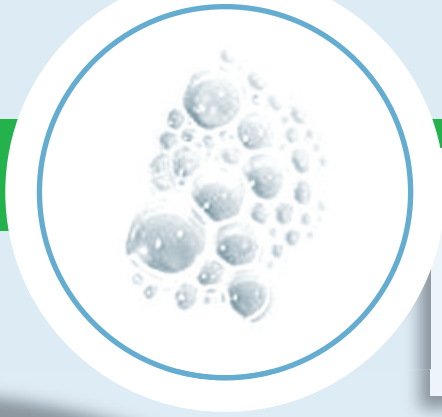
- whole grain breads or crackers
- whole grain, high-fiber cereal
- oatmeal, grits, hominy, or cream of wheat
- rice, pasta, tortillas
- cooked beans and peas
- potatoes, corn, winter squash

For the plate
method, your
food can be
piled about the**



Protein

- chicken or turkey (without the skin)
- fish
- shellfish
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese



Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

Fruit

- fresh, frozen, or canned in juice or light syrup



Non-Starchy Vegetables

- fresh, frozen, or canned carrots, leafy greens, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip



Next Steps

Did you succeed?

The last step is to see how you did at making the change. Once the time you set is over, look at the goals you set. Ask yourself these questions:

- Did you succeed?
- Did you set your sights too high?
- Did something happen in your life to keep you from being successful?
- Is your plan realistic and achievable?

If you were successful, give yourself a big pat on the back. (And that trip to the movies!)

But making a change for two weeks or a month does not mean that it will stick for life. It's easy to slip back to your old ways. Practice the new habits faithfully. It will take months before they become your way of life.

If you weren't successful, try again. Revise your goals or choose easier ones. Make sure they are realistic and specific. Make sure you want to make changes in this area and that you believe you can.

What is your next step?

Start the cycle again. Choose a couple of new goals to work on. Slowly, goal by goal, over time you'll be eating healthier and being more active...and you'll be at a healthier weight.

It's Up to You

Instead of waiting for someone to tell you what to do, think about what you're ready, willing, and able to do. Make a plan, try it out, and see whether it works for you. If not, try something new. It's up to you.

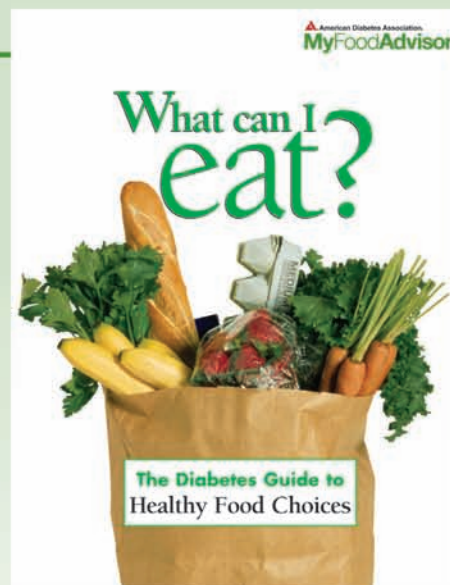
Small steps toward healthier eating, getting more physical activity, and maintaining a healthy weight can help you prevent or manage type 2 diabetes. And you don't have to do it all at once. Make a realistic, achievable plan. Try it out. ***You can do it!***

**You
Can
Do It!**



FREE Nutrition Information

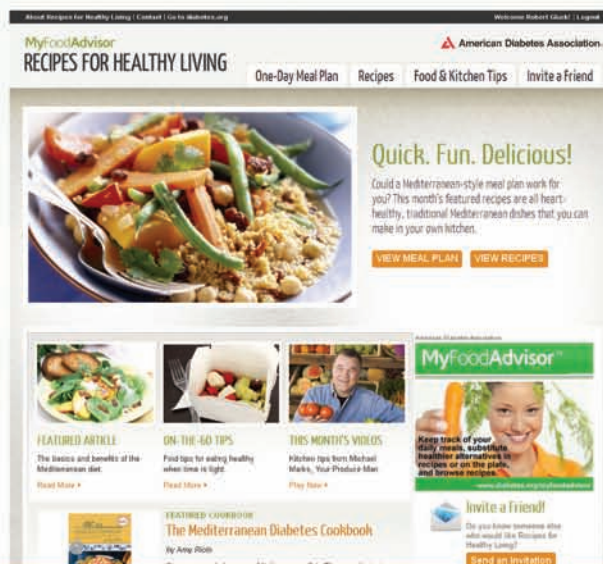
Call **1-800-DIABETES**
for your FREE copy



Recipes for Healthy Living

Sign up today — it's FREE!
Each month, you'll get:

- New Recipes
- Cooking Tips
- A One-Day Meal Plan



Visit **www.diabetes.org/myfoodadvisor**

Resources

Your American Diabetes Association

The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. To fulfill this mission, the American Diabetes Association funds research, publishes scientific findings, and provides information and other services to people with diabetes, their families, health professionals and the public. The Association is also actively involved in advocating for scientific research and for the rights of people with diabetes.

Resources available to you include:

1-800-DIABETES

ADA representatives at the Center for Information and Community Support at 1-800-DIABETES (342-2383) or AskADA@diabetes.org are your personal guides to information on diabetes prevention.

Call or email to request your free copies of these essential resources today!

- “Top 5 Ways to Stop Diabetes” is your key to preventing type 2 diabetes and heart disease.
- “What Can I Eat?” is the healthy eating guide for people with diabetes.
- “Choose to Live: Your Diabetes Survival Guide” can help you get off on the right track managing type 2 diabetes.

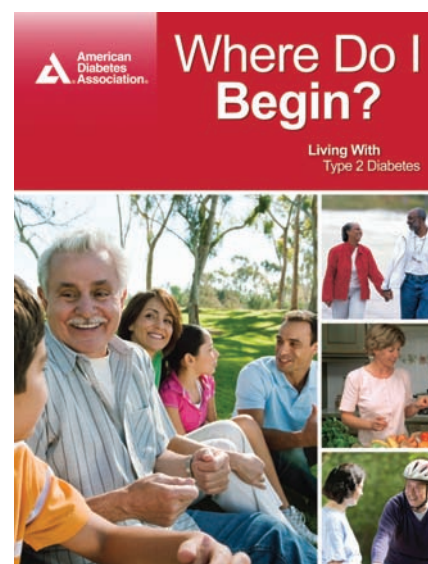


CheckUpAmerica.org

Visit CheckUpAmerica.org to learn more about type 2 diabetes and heart disease. Get lots of ideas for small steps you can take and how you can get started today.

Living with Type 2 Diabetes

Did you just find out you have type 2 diabetes? Enroll in the “Living With Type 2 Diabetes” program. This free, 12-month program offers timely information to help you learn how to live well with diabetes. Find additional support by meeting and connecting with others living with type 2 diabetes in your local community or online. Enroll today. Call 1-800-DIABETES (1-800-342-2383) or visit diabetes.org/living



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