

Healthy Eating for Elders: Nutrition and Diabetes¹

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A healthy diet, along with exercise and medication, can help control diabetes and reduce the risks for diabetes complications. It will also help people at high risk for diabetes reduce the chance of getting the disease. Here are some tips for a healthy diet:

Choose Low Fat Foods

Limit the amount of fat you eat by choosing more low fat foods such as:

- ◆ beans
- ◆ fruits and vegetables
- ◆ low fat milk, cheese, and yogurt
- ◆ lean meats, fish, skinless poultry



Limit Salt and Sodium

Reduce salt and high sodium foods such as canned and processed food. Instead, use herbs and other spices to give your food zest!



Add Fiber

To keep “regular” and reduce the risk for some diabetes complications, choose more:

- ◆ fruits and vegetables
- ◆ whole grains
- ◆ beans, lentils, peas



It's important to add fiber gradually to your diet and also increase the fluids!

Control the Carbohydrates

Limit high sugar foods such as cakes, pies, cookies, donuts, and soda. Work with a dietitian to learn about foods that contain carbohydrates and how to fit them into your meal plan.

Alcohol in Moderation, if at all

If you drink alcohol, consume no more than one drink (for women) or two drinks (for men) twice a week. One drink is:

- ◆ 5 ounces of wine
- ◆ 12 ounces of beer
- ◆ 1 ½ ounces of liquor



It's best to drink alcohol with food, not by itself. Check with your doctor or pharmacist about possible interactions with your medications.

Variety is the Spice of Life!

Enjoy a variety of foods from each food group every day.

Work with a registered dietitian to make a flexible meal plan just for you.

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