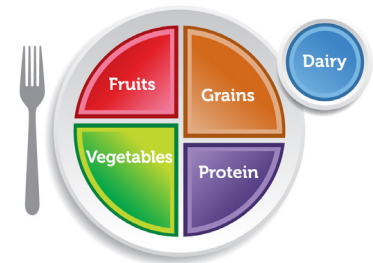




A Pioneering Area Agency on Aging

# Diabetes



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Diabetes is a serious health condition estimated to affect over 29 million people in the United States. The American Diabetes Foundation estimates that 25 percent of adults over age 65 have been diagnosed with diabetes.

There are two main types of diabetes: Type 1 and Type 2. Type 1 diabetes is most common in young children. This occurs when the body produces little to no insulin. It is estimated that only 5 percent of the people who are diagnosed with diabetes are diagnosed as Type 1.

Type 2 diabetes occurs more often in adults and older adults. This occurs when the body does not use insulin like it should. There is an increased chance of developing Type 2 diabetes if you are overweight, physically inactive and have a family history of the disease.

Diabetes may require various treatment approaches such as diet, exercise, medication and other lifestyle changes. It is important to incorporate a healthy diet with a focus on portion control.

## Proteins

Protein will help keep you feeling full and blood sugar levels more stable. Plant-based proteins such as beans, tofu and nuts are great sources of protein, healthy fat and fiber. Make sure to read the Nutrition Facts Label to determine how many carbohydrates it contains.

Fish and seafood should be incorporated at least two times per week. Aim to choose fish that is high in omega 3 fatty acids such as salmon, albacore tuna and mackerel. Omega 3 fatty acids will help provide your body with the healthy fats it needs.

It is best to choose poultry without the skin to help reduce fat content. If you choose to have red meats, make sure to choose the leaner cuts such as chuck, rump roast, round, sirloin or flank.

## Carbohydrates

A common myth is that people with diabetes need to avoid carbohydrates. They should be apart of everyone's healthy diet.

Complex carbohydrates will have a slower breakdown in the body and will cause blood sugar to be more stable. Complex carbohydrates include oatmeal, whole wheat products, brown rice, legumes and quinoa.

Starchy vegetables are a great source of vitamins and fiber. Examples include potatoes, pumpkin, acorn squash, butternut squash, green peas and corn. These vegetables contain more carbohydrates and should be considered as a starch.

Legumes are full of protein and fiber and should be incorporated a few times per week. If cooking with canned beans or peas, look for the "no salt added" or "reduced sodium" products. If these are not available, make sure to drain and rinse beans to reduce the amount of sodium. Examples of beans include dried beans such as black and pinto, and lentils. Examples of dried peas include black-eyed, split and fat-free refried beans.

## Non-Starchy Vegetables

Non-starchy vegetables do not affect blood sugar levels like starchy vegetables do, because they are packed with vitamins and antioxidants and contain very few carbohydrates.

Aim to incorporate three to five servings of vegetables per day. A serving consists of half cup cooked or one cup raw vegetables. Vegetables can be used at meals but also make great snack options. If using canned vegetables, look for the "no salt added" or "reduced sodium" products. If these are not available, make sure to drain and rinse vegetables to help reduce the amount of sodium.



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## Fruits

Fruit contains carbohydrates and will need to be counted as part of the meal plan. It is best to choose fruit that is fresh, frozen or canned without the added sugars. Choose canned fruits that are in juice or light syrup. Dried fruits are also a healthy option but will often have higher sugar content for smaller portions.

## Dairy

Dairy products will often contain higher amounts of calcium as well as high-quality protein. It is best to choose low-fat dairy products to save on total fat and calories. Good choices of dairy products include low-fat milk, plain and non-fat yogurt (regular or Greek), and un-flavored fortified soy milk.

Good nutrition is a key component to managing diabetes. Focusing on incorporating a variety of foods with adequate portion control can help keep blood sugar levels stable. It is best to talk to your doctor or registered dietitian for a meal plan that is specific to your needs.

## Mini Veggie Frittatas

American Diabetes Association

### Ingredients:

9 paper muffin liners	5 eggs	1/4 tsp. ground black pepper
Cooking spray	4 egg whites	3 tbsp. Parmesan cheese
1/4 cup onion, diced	1/2 cup green peppers, diced	1/2 tsp. salt (optional)

### Directions:

1. Preheat oven to 375 degrees. Line a muffin pan with muffin papers.
2. Spray a pan with cooking spray and heat over medium-heat. Add onions and pepper and cook for 5 minutes. Set aside
3. In a medium bowl, whisk together the remaining ingredients. Add the green pepper and onion to the egg mixture and mix well.
4. Pour the egg mixture into the muffin cups, filling each about two-thirds full. Bake 20 minutes or until the centers are firm.

**Serving Size:** 1 mini frittata

Calories: 55

Protein: 6g

Carbohydrate: 1g

Saturated Fat: 1g

