



Module 4: Eat Well To Prevent Type 2

Participant Guide



Session Focus



Eating well can help you prevent or delay type 2 diabetes. This lesson welcomes relatives and friends to join the lesson and/or activities alongside participants.

In this session, we will talk about:

- How the food you eat can help prevent or delay type 2 diabetes
- Using the plate method to balance the food groups
- Processed food and its role in your eating patterns
- Building on your strengths

You will also make a new action plan!

Tips:

- ✓ Choose vegetables, whole grains, and fruit. These foods have a lot of fiber, vitamins, and minerals.
- ✓ Make small changes to adjust the amount of processed foods in your diet.
- ✓ Work toward incorporating more nutrients and fewer calories in your diet.

Key Points to Remember:

- Use the “Diabetes Plate Method” to get a healthy balance of vegetables, protein, and carbohydrates in your meals.
- Make sure your meal has a good proportion of vegetables, not too much fat, and not too many starchy foods.
- Identify your strengths and find ways to build on them to make eating well a little easier.



Build a Healthy Meal

My Plate

What does dinner look like? How much of your plate is filled with protein? How much is filled with carbohydrates or starchy foods? How much is filled with non-starchy vegetables? Draw what your dinner portions usually look like on this plate.

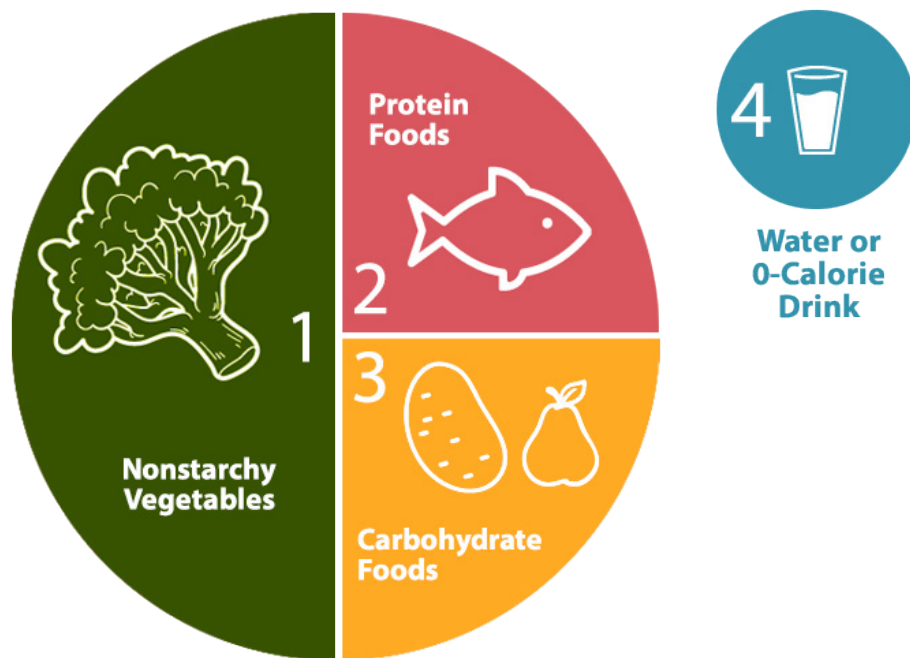


Tips:

- ✓ Examples of **non-starchy vegetables** include green beans, wild greens, carrots, and peppers
- ✓ Examples of **protein** include chicken, lean beef, venison, bison, and fish
- ✓ Examples of **carbohydrates and starches** include oatmeal, corn, potatoes, and wild rice

Diabetes Plate Method

The Diabetes Plate Method helps you picture what a healthy meal looks like without needing to measure, weigh, or use math.



*Plate Method by
the American
Diabetes Association

Here's a starting point:

1. Try to fill the largest part of your plate (about $\frac{1}{2}$ of your food) with non-starchy veggies (such as broccoli, lettuce, peppers, etc.). Non-starchy veggies typically have fewer carbohydrates and calories than starchy veggies (such as corn, potatoes, sweet potatoes, peas, etc.).
2. Next, fill one of the smaller sections of your plate (about $\frac{1}{4}$ of your food) with protein foods (such as chicken, lean meat, fish, etc.).
3. Then, fill the other small section of your plate (also about $\frac{1}{4}$ of your food) with carbohydrates (such as grains) and starchy vegetables (such as potatoes, corn, etc.).
4. Finally, choose water or an unsweetened drink.

Other Healthy Foods

Foods do not always go on a plate! Think about how other foods fit into your day.

- A small amount of **Dairy**, like yogurt or 1 cup of skim milk
 - Provides protein, calcium, and carbohydrates.
- A small amount of **Fruit**, like one apple, half a banana, or half cup of berries
 - Provides carbohydrates.
- A **drink** like water, sparkling water, coffee without sugar
 - Has low calories or no calories



Oatmeal with apple slices, almonds, honey, and cinnamon

Black bean crust pizza with corn, spinach, tomatoes, black beans and red onion

Pan roasted Cajun seasoned salmon, served with steamed vegetables



Add Your Own Healthy Plate

Add Your Own Healthy Plate

Add Your Own Healthy Plate









Eating Well









Whole Foods & Processed Foods

What's the difference?



A processed food is one that's been altered from its original form.

Whole Food	Processed Food	More Processed Food	Highly Processed Food
Apple 	Applesauce 	Apple Juice 	Apple Pie 
Steak 	Ground Beef 	Beef Chili in a Can 	Packaged Lunch Meat 

Whole Food	Processed Food	More Processed Food	Highly Processed Food
<p data-bbox="175 268 394 306">Whole Chicken</p> 	<p data-bbox="524 268 743 306">Chicken Pieces</p> 	<p data-bbox="865 268 1084 306">Canned Chicken</p> 	<p data-bbox="1214 268 1433 306">Chicken Nuggets</p> 
<p data-bbox="159 632 410 669">Add Your Own Example</p> 	<p data-bbox="508 632 760 669">Add Your Own Example</p> 	<p data-bbox="865 632 1117 669">Add Your Own Example</p> 	<p data-bbox="1222 632 1474 669">Add Your Own Example</p> 



The Art of Choosing Food

Tips:






Find out which foods to eat more of and which foods to limit:















- ✓ Choose vegetables, whole grains, and fruit. These foods include fiber, vitamins, and minerals.
- ✓ Choose less processed meat, chicken, fish, and dairy more often.
- ✓ Choose leaner cuts of meat and chicken, which have less visible fat.
- ✗ Do not choose foods that are high in sugar, fat, and salt—these are usually processed foods.



Try a Trade:

This table can help us make small trades that lower the amount of highly processed foods we eat when we have access to whole or less-processed foods.

 Whole Food (choose more)	Processed Food	 Highly Processed Food (choose less)
Whole Grain Crackers and Cheese Slices 	Cheese-Flavored Crackers 	Cheese Puffs 

 Whole Food (choose more)	Processed Food	 Highly Processed Food (choose less)
Piece of Fruit 	Canned Fruit 	Fruit Juice 
Coffee Brewed at Home 	Mocha Latte at Coffee Shop 	Can of Mocha Latte 
Scrambled Eggs with Vegetables and Herbs 	Cheese Omelette 	Frozen Egg and Cheese Sandwich 
Tap Water with a Lime Wedge 	Sparkling or Fizzy Lime-Flavored Soda Water from Can/Bottle 	Sugar-Sweetened Soda/ Pop with Lime Flavoring 

Here is one strategy I can try this week: _____

Foods To Choose

Non-Starchy Vegetables to Choose		About Non-Starchy Vegetables
	<p>Asparagus</p> <p>Broccoli</p> <p>Cabbage</p> <p>Carrots</p> <p>Celery</p> <p>Cucumber</p> <p>Leafy Greens (collard greens, kale, mustard greens, etc.)</p> <p>Lettuces</p> <p>Mushrooms</p> <p>Onion</p> <p>Peppers</p> <p>Tomatoes</p> <p>Radishes</p> <p>Squash (bitter melon, spaghetti squash, zucchini, etc.)</p> <p>Wild Onions</p>	<p>Calories Vary</p> <hr/> <p>High Fiber</p> <hr/> <p>Low Fat and Sugar</p> <hr/>
	<p>Add Your Own Examples</p> <hr/>	
	<hr/>	
	<hr/>	
	<hr/>	

Protein Foods to Choose		About Protein Foods
	<p>Eggs</p> <p>Fish (salmon, seal, halibut, cod, mackerel, sardines, tuna, etc.)</p> <p>Lean meat (lean ground beef, bison, venison, turkey and chicken without skin, moose, caribou, pork loin, etc.)</p> <p>Nuts (moderate portion)</p> <p>Seafood (crab, shrimp, clams, mussels, etc.)</p>	<p>Calories Vary</p> <hr/> <p>Low Fiber</p> <hr/> <p>Low Sugar</p> <hr/>
	<p>Add Your Own Examples</p> <hr/>	
	<hr/>	
	<hr/>	
	<hr/>	

Foods To Choose

Starchy Vegetables and Carbohydrates (Grains) to Choose		About Starchy Vegetables & Carbohydrates (Grains)
	100% Corn Tortillas 100% Whole Grain Cereal 100% Whole Wheat Bread Beans (black, pinto, kidney, etc.) Black eyed peas Brown Rice Corn Garbanzo beans Lima Beans Lentils Oatmeal Peas Popcorn Potatoes Pumpkin Yams Winter Squash	Add Your Own Examples _____ _____ _____ _____ _____ _____
		Low Calorie
		Fiber Varies
		Fat & Sugar Varies

Dairy Foods to Choose		About Dairy Foods
	Cheese (moderate portion) Milk Milk substitutes (soy, almond, rice, oat, etc.) Yogurt	Add Your Own Examples _____ _____ _____ _____ _____
		Calories Vary
		Low Fiber
		Fat Varies
	Provides Vitamins, Minerals, Protein, Calcium, & sometimes (e.g. milk, yogurt) Carbohydrates	

Foods To Choose

Fruits to Choose		About Fruits
	<p>Apples</p> <p>Bananas</p> <p>Berries (blueberries, blackberries, mossberries, mulberries, raspberries, etc.)</p> <p>Black Currant</p> <p>Citrus (lemons, limes, grapefruit, oranges, etc.)</p> <p>Chokecherries</p> <p>Grapes</p> <p>Melon (cantaloupe, honeydew, watermelon, etc.)</p> <p>Peaches</p> <p>Plums</p> <p>Prickly Pear</p>	<p>Fairly low in calories</p> <p>Provides vitamins and minerals</p> <p>Full of fiber and water</p> <p>Higher in sugar than veggies</p> <p>Provides carbohydrates</p>
	<p>Add Your Own Examples</p> <hr/> <hr/> <hr/> <hr/> <hr/>	

Drinks to Choose		About Drinks
	<p>Coffee*</p> <p>Sparkling Water*</p> <p>Tea*</p> <p>Water</p> <p>*Choose this option with no added sugar.</p>	<p>Calories Vary</p> <p>Rarely Contains Fiber</p> <p>Low Fat</p> <p>Provides High Water Content May Provide Vitamins, Minerals, & Protein (Varies)</p>
	<p>Add Your Own Examples</p> <hr/> <hr/> <hr/> <hr/> <hr/>	

Foods To Choose




About Whole Grains and Fiber

We all need to eat fiber.

- Fiber lowers the risk of heart disease, stroke, obesity, and type 2 diabetes.
- It helps improve blood cholesterol levels.
- Fiber can help you feel full, so you'll be satisfied with fewer calories.
- Eating fiber is important for regular healthy bowel movements.

Many whole grains are good sources of dietary fiber.

Heavily processed grains, also called refined grains, contain little or no fiber.

Less Processed	More Processed	Most Processed
Whole Grain Bread	Refined Bread	Cake
		



Foods To Limit

Sweet, salty, and fatty foods are high in calories. Most of them are low in vitamins, minerals, and protein. And they're often low in fiber. Plus, sweet foods are high in sugar.

Sweet Foods To Limit

Foods and drinks with too much added sugar can contribute to weight gain and increase your risks for type 2 diabetes and heart disease. Examples of sweetened foods include:

- Sweetened beverages like sodas, sweet tea, sports drinks, and fruit-flavored drinks
- Candy
- Cookies, cakes, and other baked desserts
- Honey
- Ice cream, milkshakes, and coffee drinks
- Maple syrup
- Sugar



Salty Foods To Limit

Eating too much salt (also called sodium) can increase your risk of high blood pressure, stroke, and heart attack. Examples of salty foods include:

- Processed snack foods like chips, pretzels, snack mixes, and crackers
- French fries
- Processed foods like bread, pizza, tacos, canned soups, and sauces often have “hidden” salt
- Processed meat like bacon, sausage, and ham
- Salt you add at the table



Fatty Foods To Limit

Help protect your heart health by limiting saturated fat and choosing healthier unsaturated fats instead. Examples of foods high in saturated fat include:

- Butter
- Creamy salad dressing
- Deep fried foods (French fries)
- Fatty meat (bacon, bologna, regular ground beef)
- Full-fat dairy like ice cream, cheese, whole milk, and cream
- Processed foods (often have “hidden” fats like lard, shortening, or palm oils)



Tips:

Tips for sweet, salty, and fatty foods and drinks:

- ✓ Try to have them less often.
- ✓ Eat and drink smaller amounts.
- ✓ Choose lower-calorie versions (for example, have 2% or skim milk instead of whole milk).

Make Your Plate



Directions: Using what you learned today, plan a healthy plate for yourself based on one of your favorite meals. Include foods that you would really enjoy eating! Draw lines to separate your portion sizes. Then, write what foods will be included in each portion.

When you have completed your own plate, share your ideas with your partner. Discuss the changes you will be making from your usual meal, and what you may not be willing to change.



How To Build on Strengths

Strength	Ways to Build on Strength	Why? How will this help me?
My family, friends, and/or community (also called my social circle) support my journey to prevent or delay type 2 diabetes.	<ul style="list-style-type: none"> • People in your social circle may be willing and able to help you with transportation to go food shopping. • If it is available in your community, you and people in your social circle may be able to plant fruits and vegetables in a community garden (or similar) to share. • People in your community who work in public service may be able to connect you to resources such as the Supplemental Nutrition Assistance Program (SNAP). 	<ul style="list-style-type: none"> • People in your social circle can be more supportive when you tell them that you are making the effort to improve your health. • Your peers in this program may also be willing to support you when you ask for help, because it is a community strength to share help with each other on our journey to better health.
I like raw vegetables better than cooked vegetables.	<ul style="list-style-type: none"> • Grow your own veggies and fruit. • Buy veggies and fruit in season. • Get creative with salads. 	Eating vegetables gives you vitamins, minerals, and fiber that reduce risk of several health conditions, including constipation.
I like to cook healthy meals for my family, but I don't have a lot of time for planning.	<ul style="list-style-type: none"> • Include your family in meal preparation such as cleaning, prepping, or cutting up produce. • Plan meals that can be made with the food and time that you have available. Try to think of more than one meal that you can make with your ingredients. • If it is available, consider using prepared vegetables from salad bars or the frozen foods section. 	Healthy eating to prevent diabetes is healthy for the whole family!
I do pretty good all day except for _____ [breakfast, lunch, dinner, snacks].	<ul style="list-style-type: none"> • Think about what makes certain parts of the day and certain food choices easier. • Think about what makes certain meals or parts of the day harder for you. • Try to be especially mindful of what is going on during and around this meal and time of day. • Consider if you're waiting too long between meals or snacks to eat. • Observe if you're feeling rushed and finding it easier to choose something quick. 	Paying attention to your daily routines and patterns can help you decide what small changes to make and how.

	<ul style="list-style-type: none"> Think about other things that might affect your food choices. For example, does visiting a certain store influence how much you want a sugary drink or unhealthy snack? Think about what else influences your choices. 	
I like to cook, but I'm not sure how to cook healthy.	<ul style="list-style-type: none"> Try preparing your favorite foods in new ways — roasting vegetables, grilling chicken, or baking potatoes. Get cooking tips and recipes from friends, family, and community elders. If you have access to the internet or a library, learn new cooking methods and recipes from books, websites, and/or videos. Use less salt, sugar, and fat (like butter or oil) in cooking. 	You can eat healthier when you cook at home.

Strength	Ways to Build on Strength	Why? How will this help me?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Plan for Success

Eat Well Module

This PST module “Eat Well” module includes reminders of steps you can take to adopt better eating habits, responses to common issues participants face when trying to eat healthier, and tips for choosing healthier food at home and when eating out.

Use the link provided to access this PST module. If you do not have reliable internet access or prefer to use a hard copy, please speak with your Lifestyle Coach about getting a handout as an alternative to the online materials. Use the link provided to access this PST module. If you do not have reliable internet access or prefer to use a hard copy, please speak with your Lifestyle Coach about getting a handout as an alternative to the online materials.



Eat well, live well.

Eating well is a crucial component to creating a healthier you. Each healthy choice you make brings you one step closer to your goal of preventing type 2 diabetes!

Are you ready to discover new ways to eat well?

Let's go!

www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=4

Thank You!