

Talk to a health care provider about your individual diabetes management plan and how these tips fit with your lifestyle.

What is “healthy eating”?

Healthy eating means eating nutritious foods in amounts that lead to better health and wellness. It has a big impact on managing diabetes.

A meal plan is your guide for when, what, and how much to eat to get the nutrition you need while keeping blood sugar levels in your target range.

Your health care team can help you create a meal plan that fits your health needs, lifestyle, budget, and any medicines you take. They’ll also help you:

- **Set realistic goals, like eating more vegetables and fruits.**
- **Learn about portion sizes and how to read the Nutrition Facts label on packaging.**
- **Time meals with your medicines.**
- **Count carbs to understand how they impact your blood sugar.**

Try making changes to eat more:

- **Nonstarchy, colorful veggies like leafy greens, carrots, and broccoli.**
- **Lean protein like fish, chicken, turkey, eggs, beans, nuts, and tofu.**
- **Fruits such as apples, oranges, and berries.**
- **Small amounts of healthy fats, like olive oil and avocados.**



Continued



Ready to learn more?

Watch **Healthy Eating** and the **whole video series**—and kickstart managing your diabetes now!

cdc.gov/DiabetesKickstart



While you're eating more of those, take steps to eat less:

- **Candy, soda, and desserts.**
- **High-fat, processed meats like bacon and hot dogs.**
- **Foods high in saturated fats like butter and lard.**
- **Potato chips, fries, and other fried, salty snacks.**



Keep track of when, what, and how much you eat using your phone or writing it down. That will help you see patterns and decide if you need to make any changes.

Provider guidance

Patient notes and questions

Your next step?

Ask your health care team to refer you to diabetes self-management education and support services! You'll gain knowledge, skills, and tools to manage diabetes for a long and healthy life!