

# Healthy Meals for Diabetes

Ask your healthcare team to help you make a meal plan that fits your needs. Your meal plan tells you when to eat your meals and snacks, what kinds of foods to eat, and how much of each food to eat. You don't have to give up all the foods you like. But you do need to follow some guidelines.

## Eat foods rich in fiber

Fiber doesn't affect blood sugar. Fiber is also healthy for your heart. Fiber-rich foods include:

<ul style="list-style-type: none"><li>• Whole-grain breads and cereals</li><li>• Bulgur wheat</li><li>• Brown rice</li></ul>	<ul style="list-style-type: none"><li>• Whole-wheat pasta</li><li>• Fruits and vegetables</li><li>• Dried beans and peas</li></ul>
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## Choose healthy protein foods

Eating protein that is low in fat can help you control your weight. It also helps keep your heart healthy. Low-fat protein foods include:

<ul style="list-style-type: none"><li>• Fish</li><li>• Plant proteins, such as beans, tofu, and soymilk</li></ul>	<ul style="list-style-type: none"><li>• Lean meat with all visible fat removed</li><li>• Poultry with the skin removed</li><li>• Low-fat or nonfat milk, cheese, and yogurt</li></ul>
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## Limit unhealthy fats

Saturated and trans fats are unhealthy for your heart. Fat is also high in calories, so it can make you gain weight. To cut down on unhealthy fats, limit these foods:

<ul style="list-style-type: none"><li>• Butter or Margarine</li><li>• Oil</li><li>• Cream</li><li>• Cheese</li></ul>	<ul style="list-style-type: none"><li>• Bacon</li><li>• Lunch meats</li><li>• Ice cream</li><li>• Sweet bakery goods such as pies, muffins, and donuts</li></ul>
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