

FORT BERTHOLD DIABETES PROGRAM HEALTHY EATING GUIDE



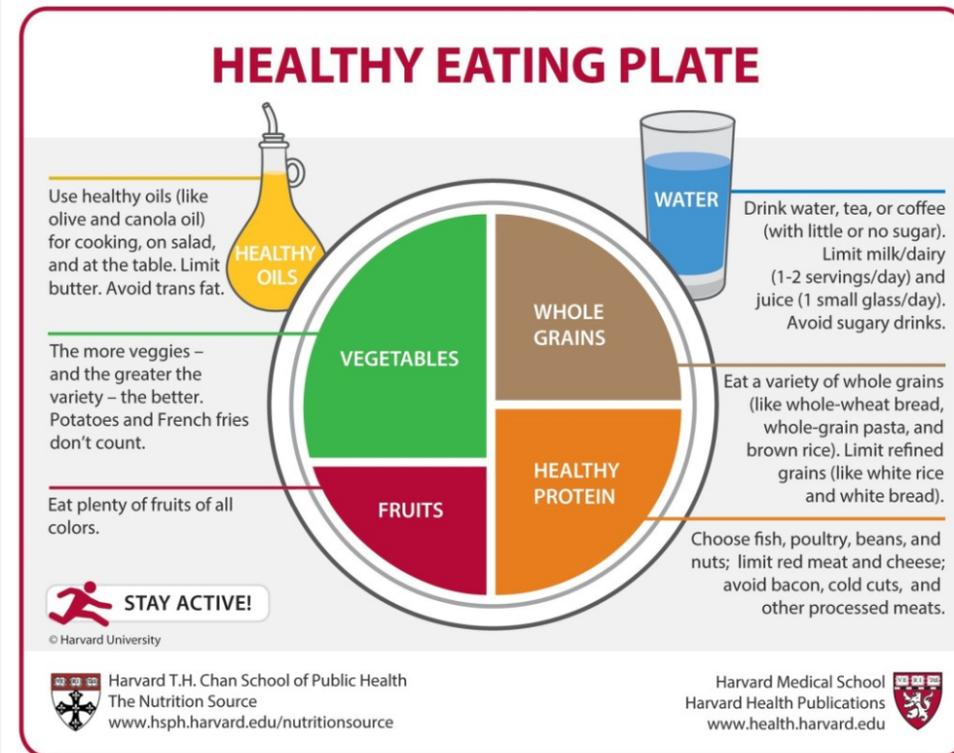
This guide will provide you with a simple, realistic approach to healthy eating for people of all ages. It is an adaptation and combination of the Harvard School of Public Health Healthy Eating Plate and the Traffic Light Diet created by Dr. Leonard H. Epstein.

The Traffic Light Approach categorizes foods and drinks into three groups - green, yellow, and red. Our plan categorizes foods and drinks into two groups - green and yellow.

Green Category: Foods and drinks we should eat most often - every day! These items are generally the highest in nutrients that are good for us - fiber, vitamins, minerals and are lowest in calories. They are lower in the nutrients we want to limit - salt, sugar, and unhealthy fats. Fill up your plate with these nutritious options! Make sure to remember the vegetables and fruits every day too!

Yellow Category: Foods and drinks we should eat less often - 2 servings or less each week. These items are the least nutritious - they are the highest in calories, salt, unhealthy fats, and sugar. They can still be part of healthy eating plan though! Think about these items as "sometimes" foods - we can eat them sometimes (2 servings or less per week) but we shouldn't eat them every day because we will miss out on eating all of the healthy foods in the green group if we eat too much from the yellow group.

The plate method is a great technique that divides your meal plate into sections to aid in planning and creating nutritionally balanced meals. Fill 1/4 of the plate with a healthy protein food, 1/4 of the plate with a whole grain or starchy vegetables, 1/4 (or more) of the plate with vegetables, and the remaining 1/4 with fruit. Enjoy with water to drink!



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EAT THESE MOST OF THE TIME

1 serving or more of each per day



Water



Vegetables



Starchy Vegetables: potatoes, corn, peas, sweet potatoes



Fruit



Beans, Peas, & Lentils



Whole Grains: wild rice, oats, wheat bread, brown rice, wheat pasta, etc.
(Bread: aim for ≥ 3 grams fiber/slice)



Unsweetened Beverages: sparkling water, infused water, unsweetened tea



Peanut Butter, Nuts, & Seeds



Soy Foods: soy milk, tofu, edamame
(up to 1-2 servings of soy/day)



Dairy: milk, cheese, yogurt
(up to 1-2 servings of dairy/day)



Eggs



Poultry, Buffalo, & Wild Game



Oils: olive, vegetable, canola, etc.



Fish & Shellfish

EAT LESS OFTEN

2 servings or less of each per week



Sugary Beverages: soda, juice, sports drinks, etc.



Processed Meats: bacon, deli meat, sausage, etc.



Highly Processed Foods: fries, burgers, pizza, fast food etc.



Sweets: pastries, candy, baked goods, etc.



Refined Grains: white bread, pasta, rice, etc.



Red Meat: beef & pork
(consume ≤ 18 oz/wk)



Chips & Fried Foods

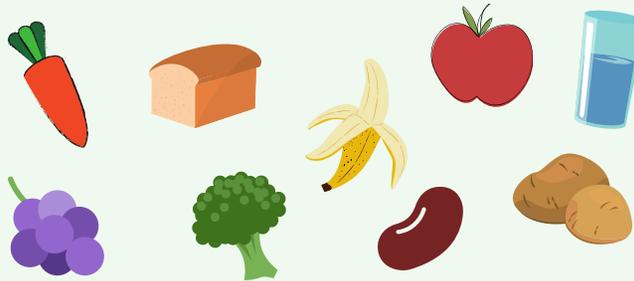
VEGETABLES

Any fresh, frozen, or canned vegetables

- Carrots
- Broccoli
- Cauliflower
- Celery
- Bell Peppers
- Onions
- Mushrooms
- Cabbage
- Lettuce
- Spinach
- Cucumbers
- Peas
- Asparagus
- Brussels Sprouts
- Tomatoes
- Squash
- Parsnips
- Potatoes
- Sweet Potatoes
- Corn

EAT OFTEN PG. 1

1 serving or more from each food category per day



FRUIT

Any fresh, frozen, or canned (in juice or light syrup) fruit

- Apples
- Bananas
- Oranges
- Grapes
- Strawberries
- Blueberries
- Blackberries
- Juneberries
- Watermelon
- Melon
- Mango
- Pears
- Peaches
- Kiwi
- Pineapple
- Avocado

GRAINS

High-fiber, low-sugar whole-grains

- Plain Oatmeal
- Wild Rice
- Brown Rice
- Plain Popcorn
- Wheat Bread
- Wheat English Muffin
- Wheat Bagel
- Quinoa
- Wheat Pasta
- Wheat or Corn Tortilla
- Whole Grain Cereal: Cheerios, Raisin Bran, Chex, Oatmeal, Cream of Wheat
- Granola Bar with < 5 g sugar

PROTEIN FOODS

High-fiber plant protein foods

- Cooked Beans: black beans, pinto beans, kidney beans, refried beans, etc.
- Cooked Split Peas or Black Eyed Peas
- See protein foods box on the next page for more healthy protein food ideas.

BEVERAGES

Sugar & calorie free drinks

- WATER
- Unsweetened Tea
- Sparkling Water
- Fruit Infused Water

SNACKS & SWEETS

High nutrition snacks

- Fruit
- Vegetables
- Whole Grain Crackers:
- Triscuits, Wheat Thins
- Granola Bar with < 5 g sugar
- Plain Popcorn
- Hummus or Bean Dip

EXTRAS

Condiment options

- Salsa
- Mustard
- Ketchup
- Light Mayo
- Vinegar
- Lemon Juice
- Cooking Spray
- Fruit Spread
- Light Salad Dressings
- Sugar-free Syrup
- Guacamole

DAIRY & ALTERNATIVES

Calcium sources

- Skim or 1% Milk
- Low-Fat Lactose free Milk
- Unsweetened Soy Milk
- Unsweetened Non-Dairy Milks: Almond, Rice, Coconut
- Low-Fat Cheese
- Cheese
- Fat-free, 1%, or 2% Cottage Cheese
- Yogurt or Greek Yogurt with < 15 g sugar

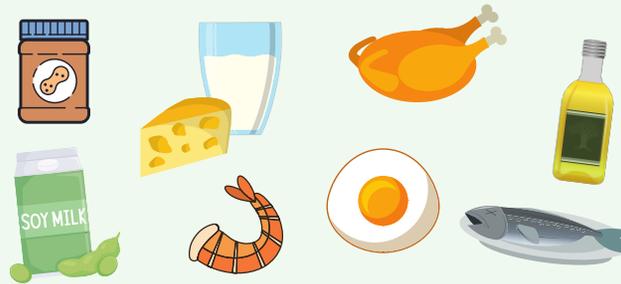
VEGETABLES

Veggies with a small amount of oil, low-fat dressing, or low-fat cheese

- Any green category vegetables with a small amount of oil, low-fat dressing, or low-fat cheese
- Oven-baked fries from frozen
- Sautéed vegetables
- Vegetables with low-fat cheese
- Coleslaw with low-fat mayo
- Potato salad with low-fat mayo
- Salad with low-fat dressing

EAT OFTEN PG. 2

1-2 servings or less from each food category per day



FRUIT

Any fruit with a small amount of added sugar

- Canned fruit in light syrup
- 100% fruit juices (4 ounce serving)
- Dried fruits (raisins, dried cranberries, prunes, etc.)
- Frozen fruit bars
- Sweetened applesauce

GRAINS

Grain options with moderate fiber & sugar

- Flavored Oatmeal
- Low-fat Popcorn
- Pasta
- Low-fat Muffins
- White Bread
- Flour Tortillas
- Corn Bread
- Flavored or White Rice
- Bagels
- Granola Bar with 6-10 g sugar

PROTEIN FOODS

Lean animal proteins (3-4 ounce portion size) & higher-fat plant proteins

- Peanut butter
- Nuts & Seeds
- Baked beans
- Eggs
- Poultry: Chicken & Turkey
- Fish & Shellfish
- Buffalo & Wild Game
- Soy Foods: Tofu & Edamame
- Low-Sugar Protein Powder

BEVERAGES

Drinks with some sugar & calories and/or artificial sweeteners

- 100% fruit juice
- 'No sugar added' juice
- Reduced sugar or sugar-free sports drinks (G2, Powerade Zero, Vitamin Water Zero)
- Diet Pop
- Crystal Light

SNACKS & SWEETS

Higher calorie, salt and/or sugar snacks

- Trail mix
- Nuts
- Peanut butter
- Dried fruit
- Frozen Fruit Bar
- Yogurt with < 12 g sugar
- Low Fat Crackers
- Low Fat Cookies
- Angel Food Cake
- Graham Crackers
- Beef/Turkey Jerky
- Granola Bar with 11-15 g sugar

EXTRAS

Higher calorie, salt, and/or sugar condiments

- Oils: Olive, Canola, Avocado, Vegetables
- Honey
- Maple Syrup
- BBQ Sauce
- Jelly or Jam
- Light Ranch
- Olives
- Croutons
- Light Sour Cream
- Light Cream Cheese
- Whipped Cream
- Butter or Oil Spread

DAIRY & ALTERNATIVES

Calcium sources

- See the dairy & alternatives box on the previous page for healthy dairy options and dairy alternatives.

VEGETABLES

Fried vegetables or ones with high amounts of added fats

- French Fries
- Tator Tots
- Onion Rings
- Hash browns
- Potato Salad & Coleslaw Made with Regular Mayonnaise
- "Loaded" Baked Potatoes
- Deep-Fried Vegetables
- Creamed Corn
- Salad with Bacon, Cheese, or Regular Dressing

EAT LESS OFTEN

2 servings or less from each food category per week



FRUIT

Fruit with added sugar or fat. "Fruit" products.

- Canned fruit in heavy syrup
- Banana chips
- Fruit cobbler
- Fruit pies
- Fruit drinks
- Fruit roll ups
- Gummy fruit snacks

GRAINS

High-fat, low-fiber refined grains.

- Buttered Popcorn
- Doughnuts
- Muffins
- Biscuits
- Fry bread
- Mac 'n Cheese
- Ramen Noodles
- Fried Rice
- Granola Bar with > 11 grams sugar
- High Sugar Cereals: Lucky Charms, Coco Puffs, Reese's Puffs, Captain Crunch, etc.

PROTEIN FOODS

Red meats & highly processed protein foods

- Bacon
- Sausage
- Bologna
- Spam
- Pepperoni
- Hot Dogs
- Fried Chicken
- Fried Meat
- Ribs
- Deep Fried Chicken Nuggets or Strips
- Red Meats (Beef & Pork): Limit to 18 ounces or less per week

BEVERAGES

High Sugar Drinks

- Regular Pop
- Regular Sports Drinks: Gatorade, Powerade, Vitamin Water
- Energy Drinks
- Fruit Punch, Sunny D, Hi-C, Capri Sun, Hawaiian Punch, Lemonade
- Sweet Tea, Arizona Tea, Peace Tea
- Slushies or Milkshakes
- Frappe Coffee Drinks

SNACKS & SWEETS

High calorie, sugar, and/or fat snacks that are low in nutrients

- Candy Bars
- Pop-Tarts
- Pork Rinds
- Ramen Noodles
- Cookies
- Doughnuts
- Pie
- Ice cream
- Cheetos, Chips, & Takis
- Fruit Snacks
- Milkshakes
- Butter Crackers
- Slim Jims
- Granola Bars with > 16 grams sugar

EXTRAS

High calorie, salt, and/or sugar condiments

- Regular Mayo
- Bacon
- Meat Grease
- Shortening
- Lard
- Nutella
- Regular Salad Dressing: Ranch
- Cheese Dip or Spread
- Coconut Oil
- Regular Sour Cream
- Regular Cream Cheese

DAIRY & ALTERNATIVES

Calcium sources: 1-2 servings per day

- Whole Milk
- Half & Half
- Cream
- Whole Lactose Free Milk
- Sweetened soy, almond, rice, and coconut milks
- Ice Cream
- Full Fat Cottage Cheese
- Regular Yogurt with > 16 g sugar
- Flavored Cream Cheese

LABEL READING

Reading the nutrition facts label is one of the best tools to understand what we are eating. It is also helpful in identifying nutritious food options versus "sometimes" foods.

Check the Serving Size

Nutrition Facts

Serving Size oz.
Serving Per Container

Amount Per Serving:

Calories	Calories From Fat	% Daily value*	
Total Fat		%	
Saturated Fat		%	
Trans Fat			
Cholesterol		%	
Sodium		%	
Total Carbohydrate		%	
Dietary Fiber		%	
Sugars			
Protein			
Vitamin A	3%	Vitamin C	3%
Calcium	6%	Iron	6%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Check Calories

Limit These Nutrients

Get Plenty of These Nutrients

MEAL & SNACK IDEAS

Breakfast:

- Oatmeal with raisins & walnuts + milk or soy milk
- Whole wheat toast with peanut butter & banana slices
- Scrambled eggs (or scrambled tofu) with salsa & fruit

Lunch:

- PB sandwich on whole wheat bread with veggie slices & fruit
- Bean or lean meat/bean chili with a side salad & fruit
- Baked sweet potato topped with black beans, corn, diced avocado, & salsa (can also add cooked chicken)
- Tuna Salad (made with light mayo) on wheat bread with fruit

Supper:

- Burrito Bowl: brown rice & black or pinto beans topped with corn, salsa, lettuce, & avocado or guacamole (can add chicken)
- Chicken breast or veggie burger on a wheat bun with a side of baked beans & cooked veggies
- Pasta: whole wheat pasta topped with cooked lentils or lean ground meat, canned mushrooms, & tomato pasta sauce served with veggies or a side salad

Snacks:

- Veggies (carrots, cucumbers, celery, bell peppers, etc.) & whole grain crackers (Triscuits or Wheat Thins) with hummus, guacamole, or bean dip
- Apple slices or a banana with peanut butter (or other nut butter)
- Handful of trail mix (nuts, seeds, dried fruit, popcorn)
- Greek Yogurt
- Hard Boiled Egg
- String Cheese

Sweet Treats:

- Small serving of dark chocolate
- 5-10 chocolate covered almonds
- 1 cup sliced strawberries topped with vanilla yogurt

Salty Snacks:

- 1/2 cup unshelled pistachios
- 3 cups homemade lightly salted popcorn (no butter)
- 1.5 cups cooked unshelled edamame, lightly salted
- String cheese with handful of almonds