

Diabetes Care

Healthy eating to help manage diabetes

blueprint

Wellness

Did you know that some foods are better than others if you have diabetes, even in healthy food groups? It's best to choose foods lower in saturated fat, trans fat, added sugar and sodium. Let's break it down!

Fruits & Veggies



Non-starchy fresh, frozen or canned vegetables are healthy choices:

- Asparagus
- Green beans
- Carrots
- Cabbage
- Eggplant
- Cauliflower
- Broccoli
- Mushrooms
- Tomatoes
- Spinach
- Onion
- Peppers



Good choices for starchy vegetables are:

- Acorn or butternut squash
- Green peas
- Corn
- Pumpkin
- Sweet potato
- Plantains

Canned veggies often contain more salt than fresh and frozen veggies. Simply rinse canned vegetables before eating to remove added sodium.

Fresh, frozen or canned fruits (without syrup/added sugar) are best:

- Apples
- Blueberries
- Orange
- Grapefruit
- Grapes
- Peaches
- Pears
- Plums
- Cherries



Protein



Plant-based foods, fish, chicken and lean meats are best:

- Dried beans and lentils, chickpeas (hummus) and soybeans
- Nuts and seeds
- Fish/seafood
- Eggs and cheese
- Fat-free or low-fat milk
- Plain, light or sugar-free yogurt
- Chicken, turkey or duck (skinless)
- Venison and rabbit
- Lean cuts of beef, lamb or pork



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00394.02.01-0722

Fats



Foods containing omega-3 fatty acids and unsaturated fats are best. Good fats include:

- Fish (albacore tuna, salmon, sardines and trout)
- Avocado, olives and seeds (flax, pumpkin or sesame)
- Nuts
- Olive, canola, flaxseed, safflower, soybean or sunflower oil

Items high in omega-3 fatty acids are also good for heart health!



Grains



Whole grain cereals, breads and grains are best:

- Whole wheat flour, rye and barley
- Whole oats/oatmeal and corn meal
- Popcorn
- Brown and wild rice
- Quinoa
- Sorghum
- Bulgur/cracked wheat, buckwheat/ buckwheat flour

Choose grains with at least 3 grams of fiber and less than 6 grams of sugar per serving.



Tips for choosing healthy

- Avoid sugary drinks like regular soda, fruit punch, sports drinks and sweet tea. Choose calorie-free and sugar-free drinks instead like water and unsweet tea.
- Limit high-calorie snacks and desserts like chips, cakes, cookies and ice cream.
- Replace saturated fats and fatty meats, full-fat dairy, lard, butter and sour cream with “good” fats.
- Watch portion sizes. Use measuring cups and spoons to help. Avoid eating out of the bag or box.
- Keep healthy foods and snacks on hand. Shop the perimeter of the store and avoid processed foods.



Visit with your primary care provider (PCP) for more information about diabetes management. To find a provider or view your benefits, visit [blueprintportal.com](https://www.blueprintportal.com).

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Source: American Diabetes Association, [diabetes.org](https://www.diabetes.org)