HEALTHY CHOICES FOR DIABETICS in the Natural State

CHCA Community Health Centers of Arkansas
HEALTHY CHOICES FOR DIABETICS in the Natural State

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This booklet shares ideas to help you manage your diabetes over the long term so that you may avoid or delay problems and live a long, healthy and active life.

Your diabetes care team may include a doctor, nurse, registered dietitian, pharmacist, and diabetes educator. Don’t forget how important your family and friends are to your care team.

Community Health Center sites in Arkansas and their phone numbers are listed on the inside back cover of this booklet. The Community Health Centers can give you more information and help you get your diabetes under control.

For an electronic version of the Community Health Center map, visit www.chc-ar.org/arkansas-chc-map.
The saying ‘eat a rainbow’ helps remind people to eat different colored fruits and vegetables.

Choosing different colors of foods means that someone gets a wide variety of antioxidants beneficial* to their health.

* www.ncbi.nlm.nih.gov/pmc/articles/PMC3052441/
Dark green leafy vegetables are a great source of nutrition, according to the Department of Agriculture (USDA)*. Leafy greens are rich in vitamins, minerals, and antioxidants.

The USDA suggests that folate in leafy greens may help protect against cancer, while vitamin K helps prevent osteoporosis.


Types of leafy greens:

- Beet greens
- Cabbage
- Collard greens
- Kale
- Microgreens (immature greens produced from the seeds of vegetables and herbs)
- Romaine lettuce
- Spinach
- Watercress
People should limit their intake of saturated fats while avoiding trans fats, according to the United States Department of Agriculture (USDA)*.

Healthy Fats
Examples include avocado oil, oily fish and vegetable oils

Use Extra Virgin Olive Oil
As part of the Mediterranean diet, extra virgin olive oil has benefits to the heart, blood pressure, and weight, according to a 2018 health report**.

A person can include extra virgin olive oil in their diet by adding it to salads or vegetables or cooking food at low temperatures.

*www.nal.usda.gov/fnic/fats-and-cholesterol
**www.ncbi.nlm.nih.gov/pmc/articles/PMC6770785/
According to the American Heart Association (AHA)*, eating one serving of nuts or peanuts daily in place of red or processed meat, french fries, or dessert may benefit your health and prevent long-term weight gain.

The AHA suggests that Brazil nuts, in particular, may help someone feel fuller and stabilize their blood sugar.

Healthy Nuts

- Almonds
- Pistachios
- Walnuts
- Cashews
- Pecans
- Macadamia nuts
- Brazil nuts
- Hazelnuts

*newsroom.heart.org/news/nuts-for-nuts?preview=190e
Get Enough Fiber

According to the American Heart Association (AHA)*, fiber can help improve blood cholesterol levels and lower the risk of heart disease, obesity, and type 2 diabetes.

People can get enough fiber in their diet by eating whole grains, vegetables, and beans.

Beans and pulses (the seeds of plants that are legumes, like dry peas, chickpeas or lentils) are a good source of protein for people on a plant-based diet. Pulses are also a good source of fiber.

Beans and pulses also contain beneficial fiber, vitamins, and minerals. A ½-cup portion size equals one serving of carbohydrates, so be mindful of not spiking your blood sugar.

Some research* even says pulses may help people feel fuller and lose weight.

Types of Beans

- Black beans
- Northern beans
- Black eyed peas
- Cannellini beans
- Chickpeas (garbanzo beans)
- Kidney beans
- Lima beans
- Pinto beans
- Fava beans
- Navy beans

*www.ncbi.nlm.nih.gov/pmc/articles/PMC3042778/
Drinking plenty of healthy fluids has numerous health benefits. Health experts recommend these tips:

**Drink Water**

Drinking enough water every day is good for overall health and can help manage body weight, according to the Centers for Disease Control and Prevention (CDC)*.

Drinking water can prevent dehydration, which can be a particular risk for older adults**.

If someone does not like plain water, they can add some citrus slices and mint leaves to increase the appeal, or drink herbal teas.

**www.ncbi.nlm.nih.gov/pmc/articles/PMC7097739/
Our health centers can help you learn to control your diabetes or pre-diabetes. Visit your local clinic for more information about nutritional health for you, your family, and your community.