

Nutrition

Fruits & Vegetables

Limit: Watermelon, dried fruit, pineapple, essentially sugary and sweet fruits
Instead try: citrus fruits, berries, apples



Carbs

Limit: Processed sweets, cookies, cake, pastries
Instead try: Whole grain breads, quinoa, yam



Dairy

High amount of dairy consumption is not recommended but if consuming dairy products it should be very minimal such as a small cup of milk or yogurt and should be low-fat or fat free

Meats

Try to limit red meat consumption. Poultry without skin is okay if limited, try fish instead



Beverages

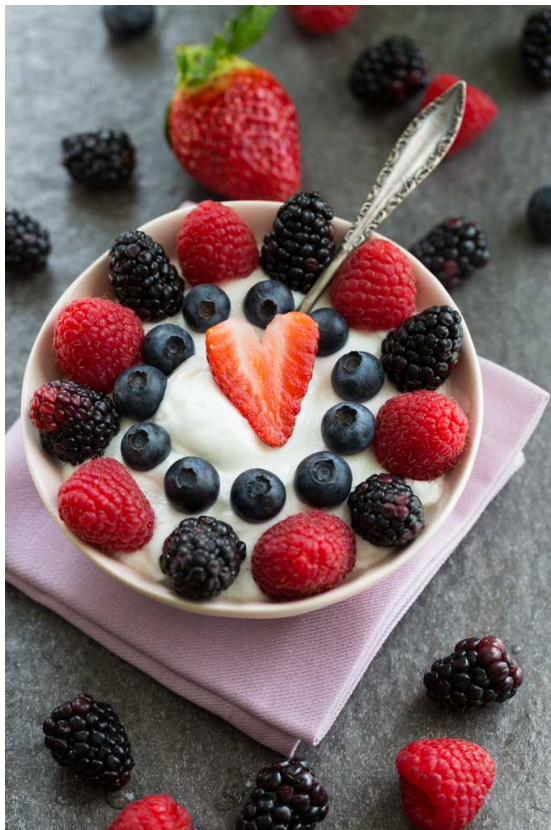
Water should be the main beverage of choice but if drinking something other than water it should be sugar free or very low in sugar. Beverages like alcohol and soda should be limited as much as possible. Try fruit infused water instead!



Recipe Guide

High-Protein Berry Yogurt Bowl

Put 1 cup plain, nonfat Greek yogurt in a cereal bowl. Stir in 1 teaspoon honey and a sprinkle of ground cinnamon, if desired. Top with 1/2 cup frozen or fresh berries and 1/2 cup whole-grain breakfast cereal of your choice. (Choose a cereal with about 15 grams of carbohydrates and at least 5 grams of fiber per 1/2 cup).



Salmon with Green Beans

Ingredients:

- 4 salmon fillets (6 ounces each)
- 1 tablespoon butter
- 2 tablespoons brown sugar
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons Dijon mustard
- 1 tablespoon olive oil
- 1/2 teaspoon pepper
- 1/8 teaspoon salt
- 1 pound fresh green beans, trimmed

Directions:

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1. Preheat oven to 425°. Place fillets in a 15x10x1-in. baking pan coated with cooking spray. In a small skillet, melt butter; stir in brown sugar, soy sauce, mustard, oil, pepper and salt. Brush half of the mixture over salmon.
 2. Place green beans in a large bowl; drizzle with remaining brown sugar mixture and toss to coat. Arrange green beans around fillets. Roast until fish just begins to flake easily with a fork and green beans are crisp-tender, 14-16 minutes
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Diabetic Retinopathy Diet

Ryan- Introduction to nutrition section, discuss diet modifications

Why Is Diet Important?

Diet is a very important aspect when it comes to controlling and living with Diabetes. Diet is also very important in protecting against the onset of Diabetic Retinopathy. There are certain dietary modifications that can lead to a decreased risk of Diabetic Retinopathy. Some Diabetic Retinopathy specific dietary recommendations include: consuming dietary fiber, oily fish, and following a Mediterranean diet. The Mediterranean diet consists of lots of vegetables, like tomatoes, potatoes, broccoli, kale, and spinach, fruits, nuts and seeds, legumes, whole grains, fish and seafood, poultry, dairy, herbs, and healthy fats like olive oil and avocados. Also, it is very important to maintain a moderate caloric intake, because a higher total caloric intake can lead to a greater risk of Diabetic Retinopathy.

What Goes Into A Diabetes Diet?

A Diabetes diet consists of eating the right foods in equally spaced intervals, while ensuring not to go over your recommended caloric intake.

Diet Modifications:

Consume healthy carbohydrates, such as:

- Vegetables
- Potatoes
- Whole Grains
- Legumes
- Fruits

Try to avoid less healthy carbohydrates that have added fats, are processed, or contain lots of added sugar.

Consume Fiber-rich foods:

- High Fiber Cereals (That contain little or no added sugars)
- Beans
- Broccoli
- Berries
- Green Peas or Split Peas
- Lentils

Oily Fish:

Heart healthy fish twice a week is very good in reducing risk for Diabetic Retinopathy, however, try to avoid fish that has been fried or fish that have high mercury levels. Instead opt for healthier fishes, such as:

- Wild Salmon
- Wild Sardines
- Tuna
- Mackerel

Healthy Fats:

It is also important to eat healthy fats, not foods with saturated or trans fats. Some foods with healthy fats include:

- Avocados
- Extra Virgin Olive Oil
- Cheese
- Nuts
- Chia Seeds

General Precautions:

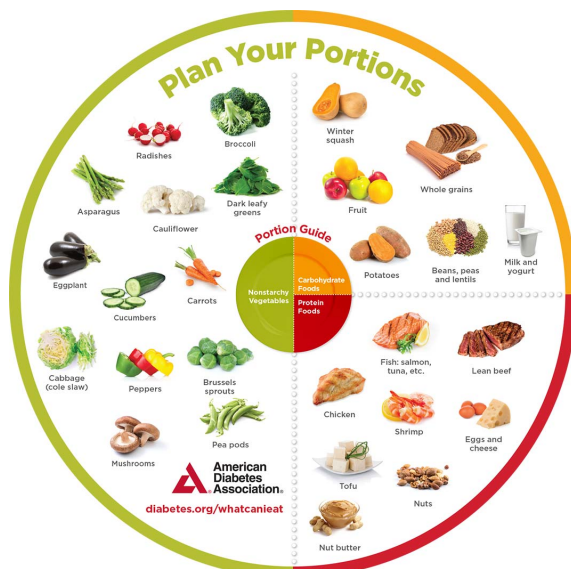
Try to limit caloric intake to maintain calories and try to keep sodium intake within the daily limit, which is about 2,300 mg per day.

Meal Planning

It is important that your diet will help you to maintain a normal blood-glucose level. A few tips that can help with this are:

The Plate Method

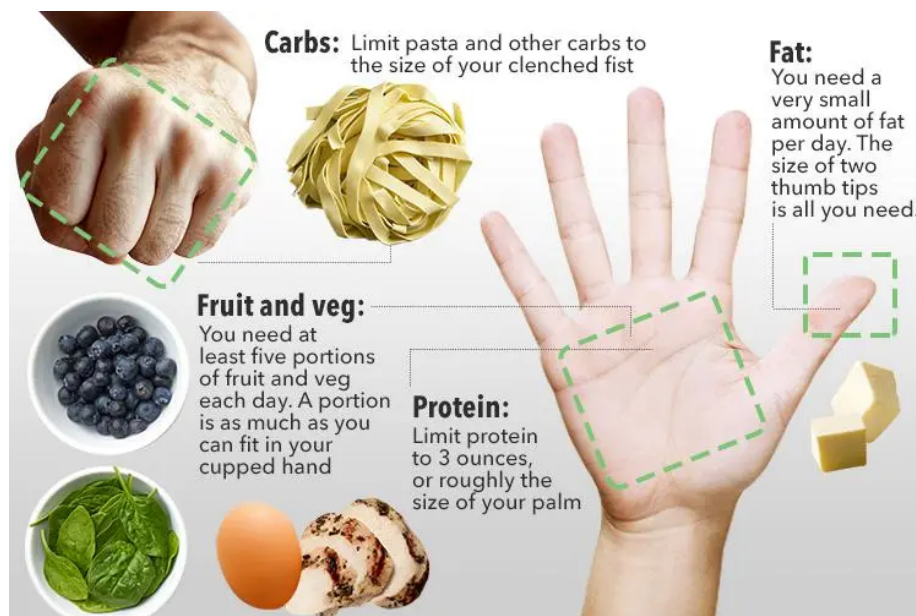
The American Diabetes Association has created the Diabetes Plate Method. It is an easy way to plan food portions. As seen in the image below, the plan includes filling half of the plate with non starchy vegetables, one quarter with a healthy carbohydrate and the other quarter with healthy protein.



Portion Sizing

Managing portion sizes is very important in maintaining body weight, blood sugar levels and a normal caloric intake range. An easy way to keep track of appropriate portion sizes for foods is by using your hand to measure out how much of each food group to eat. Healthy portion size measurements include:

- One portion of carbohydrates = size of a closed fist
- One portion of fruits = size of hand palm
- One portion of protein = size of hand palm
- One portion of fat = size of two thumb tips



Day of Eating Example:

- Breakfast:
 - 1 cup oatmeal
 - 1 tablespoon almonds
 - ¼ cup blueberries
- Snack
 - 1 pear
- Lunch
 - Salad with 2 cups of spinach, 2 oz grilled chicken, half a cup of chickpeas, half a small avocado, a handful of shredded carrots, a half cup of strawberries and 2 tablespoons of vinaigrette
- Dinner
 - 2 oz salmon filet

- 1 teaspoon butter
- 1.5 cups steamed asparagus
- One medium baked potato

This is just an example of a day of eating to help manage diabetes. Feel free to use this as a template for your own diet, switching out proteins, carbs, and fats for what you want as long as it falls within the recommended foods. Try not to switch them out for processed foods with lots of added sugars or trans fats.

Results of Following a Diabetes Diet:

Following a healthy diet is always difficult but embracing it and finding a way to make it your own can help in maintaining and controlling diabetes. It can reduce the risk of diabetic retinopathy and keep weight and blood glucose levels under control. Following a diabetes diet can not only help manage or prevent diabetes, but it also has side benefits. Because it promotes eating healthy whole foods in moderation, like fruits, vegetables, potatoes, and proteins, it can decrease risk of other diseases like cardiovascular disease.

Risks:

other