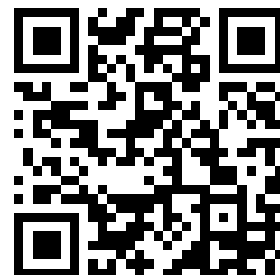

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FAMILY FOOD CHOICES



A Guide to Weight and Diabetes Control



DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service
Indian Health Service



FAMILY FOOD CHOICES: A Guide to Weight and Diabetes Control

Now you know you have diabetes. But why did you get it? And what can you do to control it? These are very important questions for people who have diabetes. The information in this folder explains why you have diabetes. It will give you tips on how to control your diabetes through the amount and kind of foods you eat.

It probably took many years for you to get diabetes. In fact, the process started with your ancestors a long time before you were born.

In past times your ancestors did not always have enough food. So when food was plentiful their bodies stored it up as extra fat. When food became scarce, their bodies used up the extra fat.

Your ancestors passed their ability to store food to their children. And it has been passed from parent to child ever since. You received the food storage ability from your parents.

Your body may still act as if food will be scarce again. It may still store up extra fat for times when there might not be enough food. But since these times never come, the fat stays in your body and you gain extra weight.

The extra weight makes it very hard for your body to work right. Some people can have extra weight and still stay healthy, but some people can't. If you are one of those people, your body may not be able to use all the sugar that comes from the food you eat. This makes the sugar in your blood rise slowly. Finally the blood sugar becomes so high that your body can no longer control it. That's when you get diabetes.

To control your diabetes and *feel good*, it is important for you to lose weight and eat carefully. Your diabetes will not

go away, but if you follow the tips listed in this folder, you can plan meals that will help to prevent the problems that go along with diabetes. And if you help your children to eat right and to stay slim and active, they may never get diabetes.

There are five things you can do to help control your diabetes. You can lose weight, watch the amount and kind of fat you eat, eat more food with fiber, avoid sugar, and avoid alcohol. There is a special section to tell you about each of these ways to help you plan your meals.

- **WEIGHT LOSS**
- **FATS**
- **FIBER**
- **SUGAR**
- **ALCOHOL**



Weight Loss

Facts: When you lose weight, you lose fat. With less fat, your body can work better to control your blood sugar. Losing even a few pounds can often help control or lower your blood sugar.

Tips For Weight Loss

- **Cut Down** on the amount of food you eat.
- **Increase** the amount you exercise each day. Be more active.
- **Be Careful** about using “dietetic” food. Just because a food says it is “dietetic” does not mean it was made for people with diabetes. Read the label!
- **Increase** the amount of vegetables and fruits you eat.
- **Eat More** whole grain breads and cereals.
- **Eat Less** fatty foods.
- **Choose** the leanest cuts of meat.
- **Keep Sweets and Snacks Out of Sight.**

- **Encourage** the people you eat with to follow all of these ideas. It will make it easier for you, and it will help them to live healthier lives too!
- **Ideas** that have worked for others who have lost weight:
 - Use a small plate - it will seem like you have more to eat.
 - Pause for two minutes halfway through each meal.
 - Take smaller bites of food.
 - Chew each mouthful 20 times - notice the texture and flavor of each bite.
 - Completely finish one mouthful before you pick up the next bite.
 - Put your fork down between each bite.
- **Follow** the ideas listed on the other pages. They will also help you to lose weight.

Steps I Will Take For Weight Loss

Fat

Facts: You can see the fat in some foods like lard and oil. But foods like meat, cheese, and salad dressing have a lot of hidden fat that you cannot see. Eating less fat will help you lose weight. Choose foods that are lower in fat.

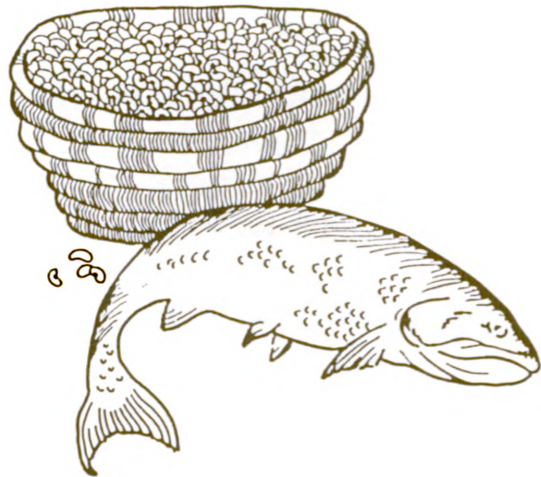
Foods With Fat: Choose foods that are lower in fat.

• Meat/Fowl/Fish/Eggs

- **Low Fat** (use the most) - 165 calories in a small serving, about 3 ounces.

round steak or roast
flank and skirt steaks
sirloin of beef
tenderloin of beef
veal
chicken (no skin)
turkey (no skin)
commodity canned chicken
tripe
rabbit
dried beans, 1 cup cooked
commodity vegetarian canned
beans, 1 cup
fish
tuna, water-packed, $\frac{3}{4}$ cup
commodity tuna, $\frac{3}{4}$ cup
clams
oysters

sardines, drained, 6
scallops
rump of pork
Canadian bacon
deer
buffalo
95% fat free luncheon meat



Fat

- **Medium Fat** (use sometimes) - 225 calories per small serving, about 3 ounces

| | |
|------------------------|--|
| chuck steak or roast | lamb |
| rump of beef | shoulder arm of pork |
| beef steaks | Boston butt of pork |
| beef tongue | neck bones |
| oxtail | tuna, canned in oil, $\frac{3}{4}$ cup |
| ground beef | salmon, $\frac{3}{4}$ cup |
| commodity canned beef | heart |
| pork loin, chop, steak | kidney |
| commodity canned pork | eggs, (limit to 3 per week) |
| liver | chicken with skin |
| smoked ham | turkey with skin |
| sweetbreads | |

- **High Fat** (use rarely) - 300 calories per small serving, about 3 ounces

| | |
|-------------------------|--------------------------|
| beef spareribs | capon |
| beef brisket | pigs feet, tails, brains |
| corned beef | pork hocks |
| hamburger | regular luncheon meats |
| commodity meat ball | spam |
| stew | goose |
| beef rib, roast, choice | hot dog, 2 |
| steak | |
| ground pork | |
| pork sausage | |
| duck | |

- **Very High Fat** (use hardly ever)

bacon
salt-pork
fatback

Fat

- Dairy: Milk and Cheese

- **Low Fat (use more often) - Less than 100 calories for a serving**

cottage cheese, $\frac{1}{2}$ cup

dry powdered skim milk, $\frac{1}{3}$ cup

cheese made from all skim milk, 2 ounces

skim milk, 1 cup

nonfat yogurt, 1 cup



- **Medium Fat (use sometimes) - Between 100 and 150 calories for a serving**

mozzarella cheese, 2 ounces

“lite” cheese, 2 ounces

low fat yogurt, 1 cup

low fat or 2% milk, 1 cup

ice milk, $\frac{1}{2}$ cup

- **High Fat (use rarely) - Between 150 and 200 calories for a serving**

evaporated whole milk, $\frac{1}{2}$ cup

ice cream, $\frac{1}{2}$ cup

whole milk, 1 cup

commodity cheese, 2 ounces

regular cheese, 2 ounces

Fat

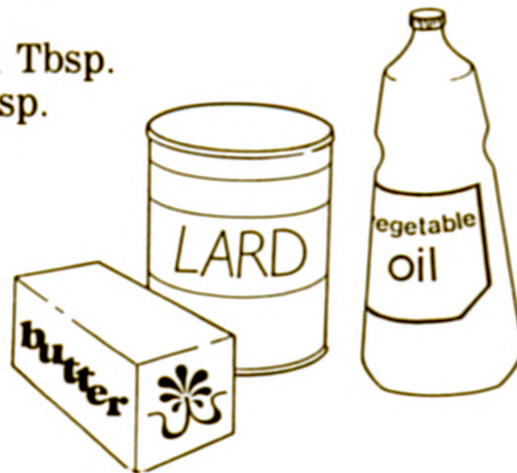
- Oils and Fats - 45 calories for a serving

Oils and Fats have over *twice* as many calories as other foods. Even though all fats are high in calories, some fats are less harmful for your heart and blood vessels. These fats come from vegetables.

- **Vegetable Fats**

Less Harmful For Your Heart and Blood Vessels (use sometimes, but in *small* amounts)

| | |
|---|--------------------|
| margarine, 1 tsp. | peanuts, 10 |
| diet margarine, 1 Tbsp. | walnuts, 4 halves |
| vegetable oil, 1 tsp. | mayonnaise, 1 tsp. |
| almonds, 6 | |
| salad dressing, 1 Tbsp. | |
| salad dressing, low calorie, 2 Tbsp. | |
| peanut butter, 2 Tbsp. | |
| pecans, 4 halves | |
| sunflower seeds, 1 Tbsp. | |
| tarter sauce, 1 Tbsp. | |



- **Animal Fats**

Bad For Your Heart and Blood Vessels (use rarely)

| | |
|-----------------------|----------------------------|
| lard, 1 tsp. | gravy, 2 Tbsp. |
| bacon, 1 slice | bacon fat, 1 tsp. |
| butter, 1 tsp. | coffee lighteners, 1 Tbsp. |
| coconut, 2 Tbsp. | coffee cream, 2 Tbsp. |
| sour cream, 2 Tbsp. | whipping cream, 1 Tbsp. |
| cream cheese, 1 Tbsp. | |

Tips To Eat Less Fat

- **Eat less margarine or butter.**
- **Eat more fish and chicken instead of red meats.**
- **Avoid deep fat frying.**
- **Chill soup or stew and remove fat that hardens on top.**
- **Try low-calorie salad dressings, plain low-fat yogurt, or make your own dressing without oil.**
- **Use meat broth instead of gravy on meat, potatoes, or noodles.**
- **Trim the fat off meat before you cook it.**
- **Take the skin off chicken and other fowl before you cook it.**
- **Bake, Boil, Broil, Or Grill meats instead of frying.**
- **Use non stick or Teflon pan, because fat does not have to be added to cook the food.**
- **Use skim milk or low-fat milk instead of whole milk.**

Steps I Will Take To Eat Less Fat

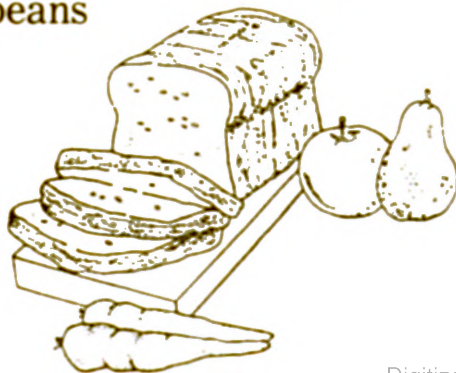
Fiber

Facts: All fiber comes from plants. Plant fiber is also called “bulk” or “roughage.”

- Fiber is good for people with diabetes for two reasons:
 - It makes you feel fuller, so you eat less.
 - It lowers your blood sugar level.
- Fiber is found in fruits (such as apples), vegetables (such as broccoli), and starches (such as whole wheat bread).

Foods With Fiber: Choose foods that are high in fiber.

- Vegetables (25 calories per serving)
 - **High Fiber** - 2 grams or more of fiber per $\frac{1}{2}$ cup serving
 - broccoli
 - eggplant
 - turnip greens
 - carrots
 - zucchini
 - mushrooms
 - tomatoes
 - okra
 - spinach
 - summer squash
 - Brussel sprouts
 - mustard greens
 - **Medium Fiber** - $\frac{1}{2}$ to 2 grams of fiber per $\frac{1}{2}$ cup serving
 - cabbage, raw
 - spinach, raw
 - mushrooms, raw
 - cauliflower
 - onions
 - beets
 - green beans
 - kale
 - radishes
 - asparagus
 - celery
 - lettuce
 - cucumbers, with skin
 - turnips



Fiber

- **Fruit** (60 calories per serving)

- **High Fiber** - 2 or more grams of fiber per serving

| | |
|------------------------------------|--|
| apple with skin | fresh or frozen |
| unsweetened applesauce, 1/2 cup | cranberries sweetened with diet sweetener, 1 cup |
| raisins, 2 tablespoons | pear, 1 fresh |
| dried dates, 3 | canned pears, 1/2 cup |
| fresh, canned, or frozen | prunes, 3 |
| blackberries, blueberries | dried figs, 2 |
| raspberries, or | orange, 1 fresh |
| strawberries, 1 cup | |

- **Medium Fiber** - 1/2 to 2 grams of fiber per serving

| | |
|-----------------------------------|--|
| cantalope, 1/3 melon | canned apricots, 1/2 cup |
| honeydew melon, 1 cup | fresh cherries, 12 or 1/2 cup canned cherries |
| watermelon, 1 cup | fresh grapes, 15 |
| grapefruit, 1/2 | fresh or canned plums, 2 |
| canned fruit cocktail, 1/2 cup | banana, 1/2 |
| pineapple, 1/3 cup | |
| peach, 1 fresh | |
| canned peaches, 1/2 cup | |

- **Fruit Juice** (120 calories per serving)

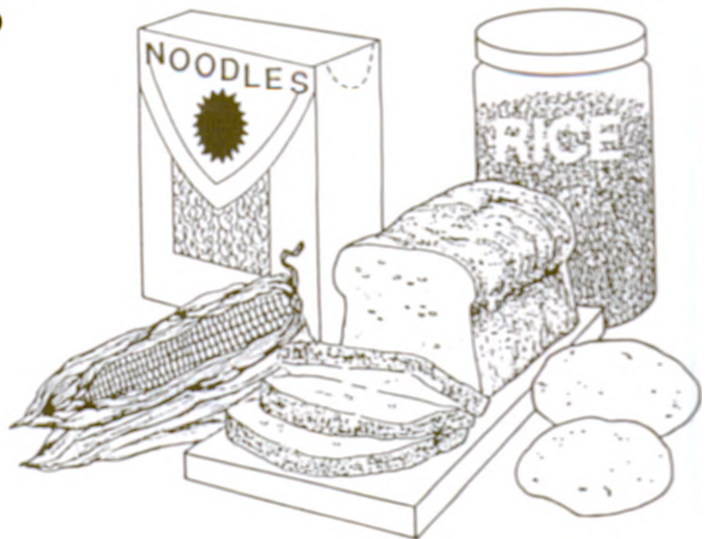
- **No Fiber**

Fruit juices have no fiber, but they have a lot of calories.

apple juice, 1 cup
grape juice, 1/2 cup
grapefruit juice, 1 cup
orange juice, 1 cup
prune juice, 1/2 cup
pineapple juice, 1 cup
cranberry juice cocktail, 1/2 cup

Fiber

- Starches (80 calories per serving)
 - **High Fiber** - 1 to 4 grams of fiber in a serving
 - bran cereals, $\frac{1}{2}$ cup
 - cereals - shredded wheat
 - oatmeal, cornflakes, $\frac{1}{2}$ cup
 - beans, kidney, brown, lentils,
 - lima, pinto, white, $\frac{1}{3}$ cup
 - corn, $\frac{1}{2}$ cup
 - corn on cob, 1 six-inch
 - pumpernickel bread, 1 slice
 - whole wheat bread, 1 slice
 - rye bread, 1 slice
 - potato, 1 small
 - brown rice, $\frac{1}{3}$ cup
 - yams, $\frac{1}{3}$ cup
 - popcorn, 3 cups
 - winter squash, $\frac{3}{4}$ cup
 - green peas, $\frac{1}{2}$ cup
 - **Low Fiber** - less than 1 gram of fiber in a serving
 - white bread, rolls, biscuits - 1
 - crackers, 6
 - noodles, spaghetti, macaroni, $\frac{1}{2}$ cup
 - tortillas, 1 six-inch
 - white rice, $\frac{1}{3}$ cup



Tips To Eat More Fiber

- **Change from low-fiber foods to high-fiber foods, one food at a time. This way you will help your body use the fiber without upsetting your stomach. Be sure to drink more water when you eat more fiber.**
- **Eat fresh fruit instead of juice whenever fruit is in your meal plan.**
- **Eat the vegetables listed on the vegetable list for snacks. Take a vegetable tray to potlucks and other social gatherings. (Remember corn, peas, and potatoes are not on the vegetable list. They are listed under the starch group. These foods have many calories, so you must limit these “starchy” vegetables!)**
- **Eat more whole grain breads and cereals.**

| Eat This | Instead of This |
|-----------------------------------|------------------------|
| whole grain cereal | refined cereal |
| whole wheat bread | white bread |
| fruit | fruit juice |
| boiled potatoes with skins | french fries |
| bran muffins | plain muffins |
| corn tortilla | flour tortilla |

Steps I Will Take To Eat More Fiber

Tips For Eating Out

- **Know** your meal plan so you can make the best choices.
- **Order** baked, broiled or grilled chicken, fish, meat or seafood instead of fried foods.
- If the portions are too large, ask to take part of the meal home.
- **Order** salads with dressing on the side and vegetables with your sandwich.
- **Choose** baked or boiled potatoes instead of french fries or chips.
- **Ask** for substitutes. Most places will bring you milk instead of coffee creamer and garden salad instead of french fries.
- For breakfast, **order** cereal and low fat milk or whole-grain roll and fruit instead of scrambled eggs and bacon.

Tips I Will Use For Eating Out

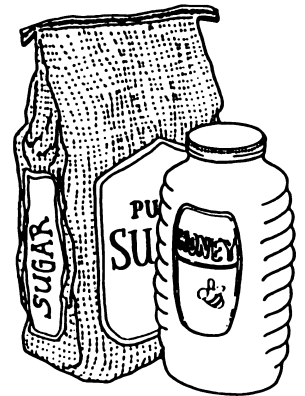
Sugar

Facts: Sugar is found in many different kinds of food, and is called by many names (such as sucrose, dextrose, fructose, or corn syrup).

- Any food that has a lot of sugar in it is bad for your diabetes for two reasons:
 - Sugar has a lot of calories, but very little nutrition.
 - Sugar causes your blood sugar to go up quickly.

Food With Sugar: Avoid these foods.

- Regular soda pop, Koolaid with sugar, fruit drinks, Tang
- Table sugar, jam, jelly, syrup, honey, molasses, and maple syrup
- Cakes, pies, cookies, donuts and other sweet desserts
- Regular Jello
- Sweetened cereals
- Candy



Tips To Eat Less Sugar

- **Drink** sugar-free soft drinks, diet Koolaid, coffee, and tea.
- **Use** low-calorie sweeteners instead of sugar. You will see these listed under several names. You may notice these names on diet soft drinks and other reduced-calorie foods.
 - **Saccharin**
Sweet 'n' Low, Sucaryl, Sweet 10
 - **Aspartame**
Equal, Nutrasweet
- **Avoid** table sugar, jam, jelly, syrup, honey, and molasses.
- **Avoid** cakes, candy, pies, cookies, donuts and other sweet desserts.
- **Buy** juice-packed fruits. If you have to use fruit canned in sugar syrup, rinse the fruit off with water before eating it.

Steps I Will Take To Eat Less Sugar

Alcohol

Facts: Alcoholic drinks include beer, wine, mixed drinks, and hard liquor.

- Alcohol has a lot of calories and no food value.
- Alcohol increases your desire to eat - it causes you to snack more.
- Alcohol is not good for your diabetes.

Steps I Will Take To Drink Less Alcohol



Indian Health Service Diabetes Program
Indian Health Service Nutrition and Dietetics Program
in cooperation with the Michigan Diabetes Research and Training Center, National Institutes of Health Grant
No. NIH 5 P60 AM20572, National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases.

☆ U.S. Government Printing Office: 1990 — 776-620/25167

Revised July 1989



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Revised Edition July, 1989.