



Healthy Eating

For Everyone
MAY 15, 2024 •

KEY POINTS

- Managing blood sugar is the key to living well with diabetes, and healthy eating is the key to managing blood sugar.
- Simply put, eat healthy foods in the right amounts at the right times so your blood sugar stays in your target range as much as possible.
- Work with your dietitian or diabetes educator to create a healthy eating plan and check out these resources to learn more.

Eating well with diabetes



Diabetes Meal Planning

Discover helpful tools like the plate method and carb counting and learn about portion sizes.

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Carb Counting

Here's how counting carbs can help people with diabetes manage their blood sugar levels.

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Carb Choices

Find out how many carbs are contained in common foods.

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Eating Out

Here's how to enjoy a meal out while sticking to your healthy eating plan.

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Can People With Diabetes Have Dessert?

These tips can help people with diabetes plan ahead to enjoy sweets and manage their blood sugar.

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Healthy Eating and the Holidays

Enjoying the holidays doesn't mean you have to have mean a setback in your diabetes goals.

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Diabetes and Cultural Foods

Find out how you can embrace your culture when creating your diabetes meal plan.

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I Have Diabetes and Cancer. What Can I Eat?

Cancer treatment can disrupt your diabetes eating plan. Find tips to help manage both conditions.

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Diabetes and Kidney Disease: What to Eat?

Help for figuring out what to eat if you have diabetes and kidney disease.

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Fiber: The Carb That Helps You Manage Diabetes

Fiber can help you manage diabetes. Learn more about the surprising role of fiber.

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Diabetes and Food Insecurity

Food insecurity could increase your risk of developing type 2 diabetes or make it harder to manage.

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6 Tips for Eating Healthy on a Budget

These tips can help people with diabetes eat healthy on a budget.

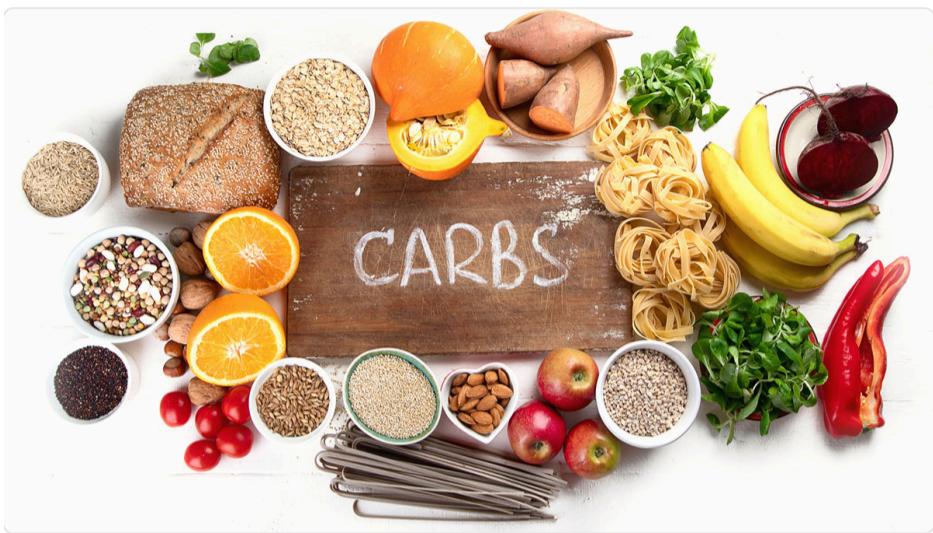
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Buffet Table Tips for People with Diabetes

Provides tips for healthier eating at buffets for people with diabetes

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Choosing Healthy Carbs

Find out how to choose the most nutritious carbs if you're living with diabetes.

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Spotting Hidden Sugars in Everyday Foods

Do you know how to spot hidden sugars in your everyday foods?

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SOURCES

CONTENT SOURCE:

National Center for Chronic Disease Prevention and Health Promotion; Diabetes