

# What Can I Eat?

Healthy Choices for American Indians  
and Alaska Natives with Type 2 Diabetes



## Class 3:

Planning Healthy Diabetes  
Meals

Participant Booklet





# Introduction

One of the first things people ask when they get diabetes is “What can I eat?” In this class, we will discuss how Native people with diabetes can eat better and be healthier.

**We will:**

1. Show you tools that make it easy to choose healthy foods
2. Practice physical activities that can improve your blood glucose Teach you about mindfulness, which can help you make better food choices
3. Set goals to help you stay on track

**We will be practicing these skills in class.**

# Class 3:

## Planning Healthy Diabetes Meals

In this session, we are going to:

- Identify healthy protein foods
- Practice using the Diabetes Plate Method to fit healthy protein foods into a healthy meal plan
- Learn how to plan healthy diabetes meals
- Practice walking as a healthy physical activity
- Try a mindful practice that can help us make healthy food choices
- Set a goal to work on over the coming week



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# Protein Foods

Including a protein food with each meal can keep your blood glucose from rising too much. We will discuss:

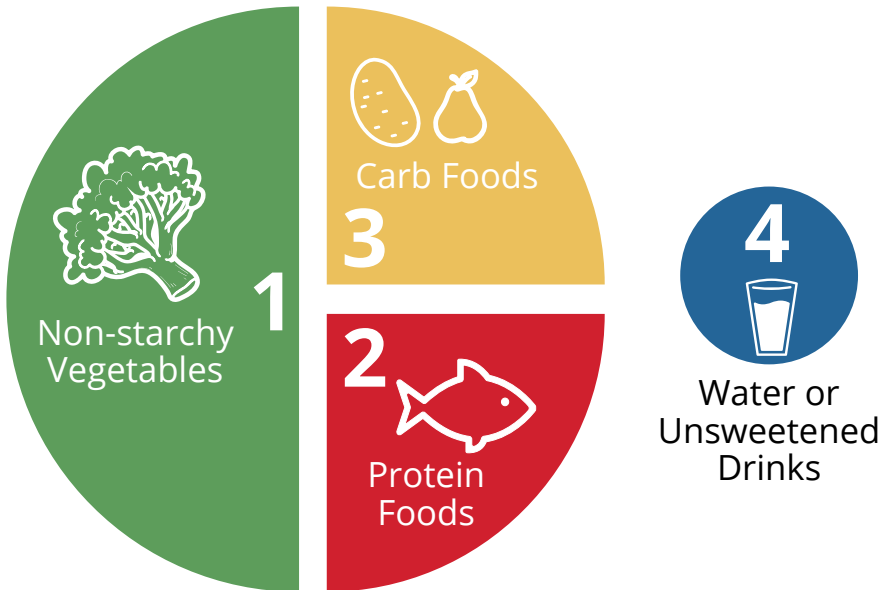
1. How much protein is healthy to eat
2. What kind of protein is healthy
3. What are the healthiest ways to cook protein foods



**The Diabetes Plate :** Above is a healthful diabetes meal using the Diabetes Plate Method

# How does protein fit into the Diabetes Plate?

As we discussed in Class 1, the Diabetes Plate Method has a section for protein. You can see that section in red. For each meal, you should include a protein food in this section of your plate. Using the Diabetes Plate will help you eat a balanced healthy diet.



## What kind of protein is healthy to eat?

The table to the right lists different protein foods and how often you should eat them. The proteins you can eat more often are healthier. The proteins you should limit are the less healthy ones. We should try to eat more of the healthy proteins and less of the proteins that are not as healthy. **Protein foods that are best for us are those that come from plants.**

Plant-based protein foods include: nuts, nut butters, beans, legumes, and lentils. We can also save money by eating plant-based protein foods. Proteins that come from animals, like meat and dairy, often cost more. See page 29 for “3 Easy Steps to Cook Beans.”



# How Often to Eat These Foods

DAILY	WEEKLY	MONTHLY
<ul style="list-style-type: none"><li>• Eggs</li><li>• Cottage cheese: 1-1% fat</li><li>• Fish: salmon, tuna, mackerel, halibut, herring, sardines, trout, cod, catfish, anchovies</li><li>• Poultry: chicken or turkey without skin</li><li>• Pork: pork loin, tenderloin, center loin</li><li>• Beef: top sirloin, extra lean ground beef (96% lean, 4% fat)</li><li>• Wild game: deer, elk, bison</li><li>• Nuts: walnuts, almonds, peanuts/peanut butter, pecans, pistachios</li><li>• Legumes: beans, lentils, split peas</li><li>• Soy-based meat substitutes like tofu</li></ul>	<ul style="list-style-type: none"><li>• Reduced-fat cheese Cottage cheese: 2% fat</li><li>• Lean deli meats: ham, lean roast beef or turkey</li><li>• Poultry: chicken or turkey with skin; chicken or turkey bacon/sausage</li><li>• Pork: chop, ham</li><li>• Beef: flank steak, strip steak, T-bone steak, filet mignon/tenderloin filet, lean ground beef (at least 93% lean, 7% fat)</li><li>• Lamb</li></ul>	<ul style="list-style-type: none"><li>• Whole fat cheese</li><li>• Cottage cheese: whole milk</li><li>• Deli meats: regular roast beef, bologna, salami</li><li>• Processed meats: bacon, pepperoni, sausage, hot dogs, brats</li><li>• Pork: ribs</li><li>• Beef: beef ribs, ground chuck, rib eye, porterhouse, sirloin, ground hamburger and hamburger patties</li><li>• Untrimmed (fat you can see) beef and pork</li></ul>

Choose a variety of healthy protein foods. Try to choose mostly plant-based protein foods like beans, nuts, and seeds. Try to choose traditional protein foods at least once a week. It is best to limit highly processed protein foods such as bacon, Spam, or hot dogs to special occasions only.



**We also want to limit the number of processed protein foods we eat.** Processed protein foods are almost always higher in salt and unhealthy fat than those that are less processed. For example, frozen fish sticks versus fresh fish. The fresh fish is a much healthier protein food.

**Choosing traditional foods is a great way to eat healthy protein foods just like our ancestors did.** Traditional protein foods, like game, fish, nuts, and seeds, are less processed and naturally low in unhealthy fat and salt.

Eat one traditional protein food each week, if you can.





# What are the healthiest ways to cook protein foods?

The picture below shows ways to cook that are healthy (best) and others that are not healthy (worst). This is true for all foods, including protein foods. We should try to always eat foods that are cooked in the healthiest ways possible.

## Unhealthy and Healthy Cooking Methods for Protein Foods



**BEST**

Bake  
Broil  
Grill  
Microwave  
Roast  
Steam



**BETTER**

Light sauté  
Light stir-fry  
(using a little bit  
of vegetable oil)



**WORST**

Deep-fried

## Key points about healthy protein foods:

1. Choose a protein food that will fit in 1 of the small sections of your Diabetes Plate.
2. Choose protein foods that come from plants (nuts, beans, lentils).
3. Choose protein foods that are traditional to your community (wild game, fish).
4. Choose protein foods that are the least processed (fresh chicken versus chicken nuggets).
5. Choose 1 of the healthier ways to cook protein foods.



# Planning Healthy Diabetes Meals

It is much easier to eat healthy diabetes meals if you plan ahead. Here are some helpful steps to plan your healthy diabetes meals.

## The 5 Steps for Healthy Diabetes Meals all Week:

- 1. Look at what foods you have at home.** Look to see what bulk foods or spices you have that could inspire meal ideas. Are there things that might go bad soon that you need to include in a meal? These might be things like fresh veggies, fruit, or meat that has already been thawed. Make a list of these foods and think about what meals you could make.
- 2. Fill in the weekly meal planning calendar using the Diabetes Plate.** In the calendar, include when you can go shopping and when you can prepare some things ahead of time. Put meals on the calendar earlier in the week if you are using food that might go bad. Thinking about the meals you choose, will they all fit in the Diabetes Plate? Do you need to take something out of a meal? For example, take away some carbs so you are filling the carb section of the plate. Do you need to add something to the meal? For example, adding veggies to fill half the plate.



Also make sure you add any special meals away from home on the calendar such as potlucks, festivals, or birthday parties.

Try to add at least 1 traditional food each week into your calendar. It doesn't have to be a whole traditional meal, just one food, like a snack, veggie, or protein food.

- 3. Make a grocery shopping list.** List out breakfasts, lunches, and dinners. You are making a plan for healthy food choices. Make a list of everything you need to get at the store.
- 4. Find places to get healthy foods for a good price.** If you plan to get some food at a food bank or a special food location, make a note of that. Check for sales and coupons for your local grocery store. You can also see the tips on pages 30-31 for more ideas.
- 5. Stick to your grocery list when you go to the store.** You have a good plan. Having a list that you can stick to at the store will help keep you from buying unhealthy foods. The more you can stick to your list, the more healthy food choices you will make. Sticking to the plan will help make these good choices a habit over time.





## Meal Planning Calendar

On the following pages, you will find an example of a meal planning calendar. Use this meal planning calendar or create one that works for you.

Sometimes, you might eat unhealthy food just because that's what you have and you are hungry right now. Planning ahead using a calendar like this can help you eat healthfully.

The calendar has all the days of the week. It also has areas to write breakfast, lunch, dinner, snacks, and meal planning activities under each day.

On the next page is an example of how to fill out this calendar. Remember, you do not have to do it all at once. You could just choose to plan a few meals a week to start with.

In this example, we are focusing on planning week night dinners. There is a blank copy of this calendar included in the back of this booklet (on pages 32-33).

# Sample Meal Planning Calendar

This is an example of what a meal planning calendar could look like:

<b>Meals</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>
<b>Breakfast</b>			
<b>Lunch</b>			
<b>Dinner</b>		Baked chicken, green beans, rice	Spaghetti, ground beef tomato sauce, carrots, brussels sprouts
<b>Snacks</b>			
<b>Food preparation activities</b>	Take chicken out of freezer and place in refrigerator tonight	Take ground beef out of the freezer and place in the refrigerator tonight	





WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grilled fish, sweet potato, salad	Pork chop, broccoli, bun	Salmon, mashed potatoes, salad	
	Pick up fresh salmon from mom's house		





## Diabetes Information for You and Your Family

### How To Get Started Walking

#### Why walk?

Our bodies are meant to get up and walk—to the mailbox, down the road, around the neighborhood.

Walking can help you stay healthy and live longer so you can:

- Be there for your children, grandchildren, and other family members.
- Be an active and helpful member of your community.
- Serve as an Elder and share your wisdom.

All you need is a sturdy pair of shoes, a few minutes, and a safe place to walk. Give walking a try!

#### How does walking help?

Walking helps your mind, body, spirit, and emotions. It can help you:

- Have more energy by keeping your blood glucose, blood pressure, cholesterol, and weight in good ranges.
- Stay active and prevent injuries by keeping your muscles and bones strong.
- Feel calmer and less stressed by lifting your spirits.

#### Is walking right for you?

Walking is right for most people. If you are not sure that walking is right for you, ask your health care provider:

- Is walking right for me?
- How much walking is right for me?
- Do I need to check my blood glucose before and/or after I walk?

#### How can you get started?

Start slowly. You may be able to walk only a few minutes at first. That's okay. Try these tips for getting started:

- Walk at your own pace.
- Walk up and down your driveway or around your home.
- Walk around while you watch TV or talk on the phone.
- Park a little farther from the store.

Try to build up to walking 3 to 5 minutes, 2 or 3 times a day. With time, you may be able to walk farther and go faster. Keep track of the minutes you walk. You may even find that you feel better and stronger.



**“I started walking so I will be healthier and less stressed. I want to be there for my family for a long time.”**

*Gloria Anico, Kickapoo / Seminole Tribes, Oklahoma*





## How To Get Started Walking

### What may keep you from walking?

There are many reasons people do not walk:

- They feel they are too busy.
- They feel tired, sad, or sluggish.
- They feel out of shape or have aches and pains.

They feel shy about walking. They may worry that people will think they are showing off.

All of these feelings are common. With a little time, and by walking a few minutes each day, these feelings often pass. **Remember:** You are walking not just for yourself, but to be there for the people you love.

### Imagine looking forward to your walks.

- Picture walking as an inspirational part of your day – a special time either alone or with others.
- Be thankful while walking. Give thanks to the people who have gone before you. Be grateful for your body, your family, and friends.
- Enjoy the outdoors. Walk in the woods, along a dirt path, in a park, or by the ocean.
- Make it family time with your children or grandchildren.
- Walk with friends. Find a walking partner or two. Laugh and have fun.

### Today is a good day for a walk!

By starting to walk, you are taking care of your diabetes so you can be there for your family and your community.

#### I think walking will help me:

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#### To start walking, I will:

- Walk at these times: \_\_\_\_\_
- Walk at these places: \_\_\_\_\_

#### Other steps I will take:

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# Mindful Nutrition Choice Activity

We live in a pretty fast-paced world. Lots of people think of grocery shopping and cooking as a chore that they want to get done as quickly as possible. But our ancestors got and prepared food much differently.

Today, we go to the store to get food. In the past, our ancestors got their food through hunting, fishing, gathering, and raising plants and animals. The process of getting food and cooking it took a lot more time than it does now.

There are benefits to slowing down and taking more time to grow, gather, prepare, and cook our food. Slowing down to make the weekly meal planning calendar is just 1 tool you can use.





You can make healthier food choices by being more mindful about how you get and prepare your meals.

There are many ways to be mindful. So far we have practiced breathing and visualization. **Visualization** means picturing something in your mind. In Class 3, we practiced another visualization activity. We visualized taking the time to gather traditional food. We visualized taking the time to enjoy this gathering activity.

Try using 1 of the mindful exercises you are learning in these classes before you make choices about what to eat. At first, you can try just a few times a week. Eventually, it would be great to try a mindful activity before every meal, snack, or drink choice.

# Summary

## To be healthy, you can:

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1. Use the Diabetes Plate to help you include protein in each meal.

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2. Choose healthy protein foods that are cooked in a healthful way.

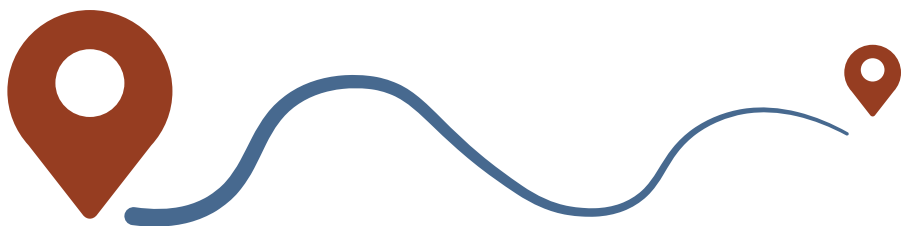
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3. Use the meal planning skills we learned in class to help plan healthy diabetes meals. This includes:
  - Step 1: Look at what food you have at home
  - Step 2: Fill in the weekly meal planning calendar using the Diabetes Plate
  - Step 3: Make a grocery shopping list
  - Step 4: Find places to get healthy foods for a good price in your community
  - Step 5: Stick to your grocery list when you are at the store



- 
4. Be physically active for 30 minutes a day. You can break your activity up into 5-10 minutes several times a day. It just has to add up to 30 minutes.
- 
5. Include walking as part of your physical activity routine.
- 
6. Practice a visualization technique to help you make the healthy food choices you want to make.





# Goal Planner

To be successful in changing behaviors and learning new skills, it is helpful to make goals. Planning out the details of your goal can help you to achieve it.

1. Choose a goal listed below or make a goal of your own.
2. Prepare for your goal.

## Choose A Goal

Please choose a goal and fill in the blanks. Or, you can write a different goal related to class that isn't listed.

**Choose 1 change you can make for the next week.**

**Be more physically active by walking.**

---

I will walk on \_\_\_\_\_ days next week.

I will walk for \_\_\_\_\_ minutes each time.

A good time of day for me to walk is: \_\_\_\_\_.

One person I could ask to walk with me is:

\_\_\_\_\_.

## **Make healthy protein choices for my Diabetes Plate.**

---

The healthy protein food I plan to choose is:

\_\_\_\_\_.

I will include this healthy protein at this meal

\_\_\_\_\_ on this day \_\_\_\_\_.

## **Teach a family member or friend how to plan healthy diabetes meals.**

---

A person I would like to teach is \_\_\_\_\_.

I can meet with him or her on \_\_\_\_\_ (day).

I will teach him or her about (select all that apply) :

Making a weekly meal calendar

Making a grocery list

Making meals fit the Diabetes Plate



**I will make a weekly menu and grocery shopping list.**

---

I will plan this meal (select at least 1):

- Breakfast
- Lunch
- Dinner
- Snack

**Other:**

---

This is a goal to help with:

- Food Choices       Drink Choices
- Being Active       Being Mindful
- Other \_\_\_\_\_

Goal details: \_\_\_\_\_

\_\_\_\_\_

What days of the week will I do this goal?

\_\_\_\_\_



# Prepare for Your Goal

What do you need to do to get ready for your goal? For example, what day will you make your weekly menu? When will you go to the grocery store? Will you need to have a family meeting to determine everyone's schedule for the week?

The steps I need to take to prepare for my goal:

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**Tell someone about your goal.**

I will tell \_\_\_\_\_ about my goal.

**For next week, please:**

- 1. Work on your **goal**.
- 2. **Bring in an example** of your weekly menu or grocery shopping list.
- 3. **Take a picture** of a healthy protein food you ate.
- 4. Come ready to **share** your weekly menu, grocery shopping list, or a picture of your healthy protein food.

Our next class is on \_\_\_\_\_ at \_\_\_\_\_.  
(day of week and date) (time)

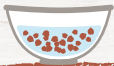


# Resources

3 EASY STEPS TO

# Cook Beans

*Beans are high in nutrients like fiber and protein and are easy to prepare.*



**1.** Soak your beans.

**HOT SOAK:** Place 1 cup of beans in a pot with 5 cups of water. Bring to a boil for 3 minutes then remove from heat and let stand for 4 to 24 hours. Drain and rinse beans in cool water.

**TRADITIONAL SOAK:** Pour enough cool water over beans to cover completely. Soak for 8 hours or overnight. Drain soaking water and rinse beans with cool water.

**QUICK SOAK:** Place 1 cup of beans in a large pot with 3 cups of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking water and rinse beans in cool water.



**2.** Combine 1 cup beans with 2 cups water and bring to a boil.



**3.** Simmer on low for 45 minutes – 2 hours.



For every cup of lentils, use 2 cups of water.



1 cup dry = 2 ½ cups cooked

## COOKING TIPS



Bean cooking time varies by type. When a bean is fully cooked the skin is still intact but the bean can easily be smashed between two fingers.



Beans expand as they cook. Add warm water as needed during the cooking process to keep the beans covered.



Increase flavor by adding chopped onion to the beans at any time during the cooking process.



Use unsalted water—salt toughens beans during cooking.



During hot weather, soak beans in the refrigerator to prevent fermentation.

## PULSES



For more information and recipes, visit [pulsepledge.com](http://pulsepledge.com)



# 10 tips

Nutrition Education Series

# Save more at the grocery store



## 10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

**1** find deals right under your nose  
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

**2** search for coupons  
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



**3** look for savings in newspaper  
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

**4** join your store's loyalty program  
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

**5** buy when foods are on sale  
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

**6** find out if the store will match competitors' coupons  
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

**7** stay organized so coupons are easy to find  
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



**8** find a coupon buddy  
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

**9** compare brands  
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

**10** stick to the list  
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.





United States Department of Agriculture

**10**  
tips  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
Dietary  
Guidelines  
for Americans

## Eating better on a budget

**Get the most for your budget!** There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

### 1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



### 2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

### 3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

### 4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



### 5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

### 6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

### 7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



### 8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

### 9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

### 10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider, employer, and lender.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
for more information.

DG TipSheet No. 16  
November 2011  
Revised October 2016

Retrieved from: <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>

# Meal Planning Calendar

<b>Meals</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>Breakfast</b>							
<b>Lunch</b>							
<b>Dinner</b>							
<b>Snacks</b>							
<b>Food preparation activities</b>							

<b>Meals</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
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<b>Snacks</b>							
<b>Food preparation activities</b>							



**What Can I Eat?®**

## **Centers for American Indian & Alaska Native Health**

colorado school of public health

**Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes**

**What Can I Eat?® is an initiative of the American Diabetes Association®**

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