



Health Awareness

Expert Advice to Improve the Way You Eat for Diabetes Management

By *Samantha Heller MS, RD, CDN* (NAPSA)—If you or someone you know has been diagnosed with type 2 diabetes, you may feel overwhelmed, confused or unsure of what to do. You are not alone. Over 20 million people in the U.S. have diabetes. The good news is that managing diabetes does not have to be an impossible challenge. By making small, healthy changes every day, you can start to take control of your diabetes.

As a nutritionist and a dietitian, I know that managing your diabetes will help you feel better, have more energy and reduce the risk of developing complications such as heart, kidney or eye disease. That's why I've joined the *Journey for Control* program, a campaign that helps people with type 2 diabetes to understand that small changes can have a positive effect on managing their condition. People with type 2 diabetes can adopt a healthy lifestyle while still having fun, dining out and taking part in all that life has to offer. Regular exercise and healthy eating can help a person with diabetes to control blood glucose (sugar) levels, to lower cholesterol and to reach and maintain a healthy weight.

Seeing a registered dietitian or a certified diabetes educator will help you learn how to manage your diabetes and to develop a personalized plan. Ask your endocrinologist or primary care doctor for a referral for a nutrition professional in your area.

A key step in managing diabetes is to keep your blood sugar levels under control, so it's impor-



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tant to pay close attention to what you eat and to how much you eat. Here are some of my tips to get you started on the right path towards a healthier lifestyle. You can also find more diet and exercise advice, and diabetes-friendly recipes at www.JourneyForControl.com.

Whole Grains

Switch from refined foods to whole grains. Replace white rice with brown rice, white bread with whole grain bread, refined breakfast cereals with whole grain cereals (like oatmeal), and regular pasta with whole grain pasta. Skip the cookies, soda, white bread and sweets.

Go Lean

Choose healthy lean sources of protein like white meat poultry (no skin), egg whites, and low- or non-fat dairy products such as fat-free milk, cheese and yogurt. Add beans like lentils, kidney beans or chickpeas to your daily diet for a high

fiber, lean protein, boost.

Like Mom Said...

Eat your vegetables! Vegetables contain important vitamins, minerals and other nutrients to help your body stay healthy and to fight disease. Go easy on starchy vegetables like peas, corn and potatoes. Load up on vegetables such as spinach, broccoli, green beans and salads.

Good Fat

You can cook with healthy fats like olive, canola, or sesame oils. Avoid using butter, lard, bacon or other animal fats. Opt for a trans fat-free margarine instead of butter.

Do Not Skip Meals

Be sure to eat breakfast, lunch and dinner along with your healthy snacks. Eating regular meals helps to manage weight and blood sugar levels.

Practice Portion Control

An easy rule of thumb to tell if you are eating the right amount of food is to have your plate consist of one half non-starchy vegetables, one quarter lean protein and one quarter whole grains.

Remember that making small, healthy changes each day will help you to gain control of your diabetes, to improve your energy and to feel great! Visit www.JourneyForControl.com for information about diabetes, including nutritional advice and exercise tips, as well as diabetes-friendly recipes.

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