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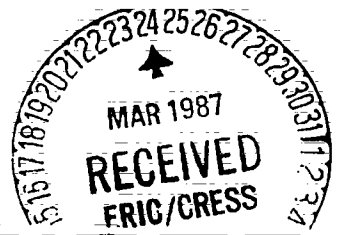
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**ABSTRACT**

Written for American Indians who have diabetes, this folder explains diabetes and outlines a weight control program and diet. The folder discusses the five things diabetics can do to help control their disease: lose weight, watch the amount and kind of fat eaten, eat more food with fiber, avoid sugar, and avoid alcohol. Charts for foods containing fats--meat, fowl, fish, eggs, dairy, oils and fats--list common foods by low, medium, high, and very high fat content and suggest how frequently these foods should be used. Charts for foods containing fiber--vegetables, fruits, starches--list common foods by high, medium, and low fiber content and suggest ways to eat more fiber. A discussion of sugar suggests foods to avoid and ways to eat less sugar. Tips on how to drink less alcohol suggest drinks which can be substituted. (LFL)

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# FAMILY FOOD CHOICES



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## A Guide to Weight and Diabetes Control



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## **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

- **MEASURE** your food before eating it. This will help you think about how much you are eating. It will help you be sure you are not eating too much.
- **CUT DOWN** on the size of the meals 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! Some dietetic foods are low in salt, some have no preservatives, or some may have less sugar.
- **USE 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.

- **SIT DOWN** at your table for all meals. If you eat during other activities such as watching TV, reading, or visiting friends, you may forget how much you are eating.
- **KEEP SWEETS OUT OF SIGHT** in a cupboard or a container you can't see through.
- **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!
- **FOLLOW** the ideas listed on the other pages. They will also help you to lose weight.

# 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.

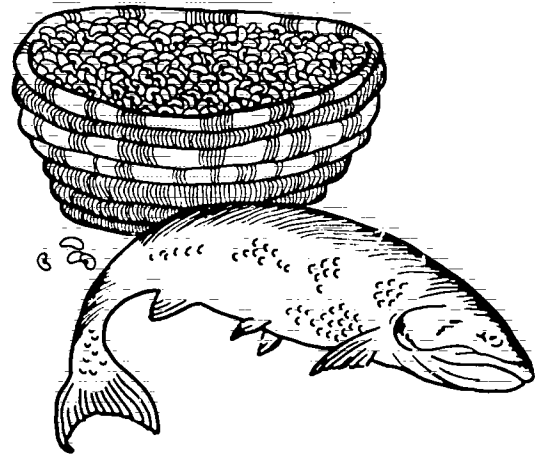
**FOODS WITH FAT:** Choose foods that are *lower* in fat.

- **Meat/Fowl/Fish/Eggs**

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

chuck steak or roast  
round steak or roast  
flank and skirt steaks  
rump of beef  
sirloin of beef  
tenderloin of beef  
chicken (no skin)  
turkey (no skin)  
commodity canned chicken  
tripe  
rabbit  
dried beans, ½ cup cooked  
veal  
commodity vegetarian canned  
beans, ½ cup  
fish  
tuna, water-packed  
commodity tuna  
salmon, ¼ cup  
clams  
oysters

sardines, drained, 3  
scallops  
rump of pork  
deer  
buffalo  
lamb



- **Medium Fat (use sometimes) — 215 calories per small serving, about 3 ounces**

beef rib-eye  
 oxtail  
 80% lean ground beef  
 commodity canned beef  
 pork loin  
 commodity canned pork  
 liver  
 smoked ham (high salt)  
 sweetbreads  
 chipped or wafer-sliced meats

shoulder arm of pork  
 Boston butt of pork  
 Canadian bacon  
 boiled ham  
 neck bones  
 tuna, canned in oil  
 heart  
 kidney  
 egg, 1

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

beef spareribs  
 beef tongue  
 beef brisket  
 corned beef  
 ground beef  
 hamburger  
 commodity meat ball stew  
 (high salt)  
 beef rib, roast, steak  
 pork chops  
 pork steak  
 polish sausage  
 duck

capon  
 pigs feet, tails, brains  
 pork hocks  
 cold cuts  
 bologna  
 sausage  
 salami  
 lurcheon meat  
 minced ham  
 liverwurst  
 spam  
 goose  
 hot dog, 1

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

bacon  
 salt-pork  
 fatback



- **Dairy: Milk and Cheese**

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

low fat cottage cheese, ½ cup  
 dry powdered skim milk, ⅓ cup  
 cheese made from all skim milk, 3 ounces  
 skim milk, 1 cup

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

“lite” cheese, 3 ounces  
 regular cottage cheese, ½ cup  
 low fat yogurt, 1 cup  
 low fat or 2% milk, 1 cup  
 ice milk, ½ cup

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

Mozzarella cheese, 3 ounces  
 evaporated whole milk, ½ cup  
 ice cream, ½ cup  
 whole milk, 1 cup  
 plain yogurt, 1 cup

- **Very High Fat (use hardly ever) — Over 300 calories for a serving**

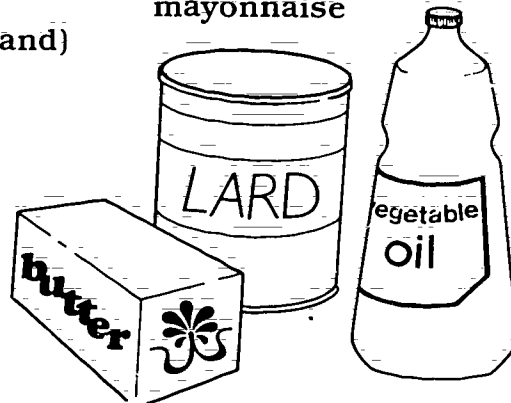
commodity cheese, 3 ounces  
 regular cheese, 3 ounces

- **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.**

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

margarine (made from liquid corn oil, safflower oil, or soybean oil)  
 vegetable oil (sunflower, corn, safflower, soybean, generic brand)  
 almonds  
 salad dressing  
 peanut butter  
 pecans  
 sunflower seeds  
 tartar sauce  
 spanish pean nuts

virginia peanuts  
 walnuts  
 mayonnaise



- **Bad For Your Heart and Blood Vessels (use rarely)**

lard  
 bacon  
 butter  
 coconut  
 sour cream  
 cream cheese

gravy  
 bacon fat  
 coffee lighteners  
 coffee cream  
 whipping cream



## TIPS TO EAT LESS FAT

- **TRY** low-calorie salad dressings, or make your own without oil.
- **USE** unsalted broth instead of gravy on meat, potatoes, or noodles.
- **USE** skim milk, plain low-fat yogurt, and low-fat cottage cheese instead of whole milk, mayonnaise, sour cream, or butter.
- **TRY** whole wheat crackers, popcorn, or pretzels instead of potato chips or corn chips.
- **GRILL** meat in a dry pan or use PAM, or another low-calorie spray. Meat has its own fat. You do not need to cook it in more grease.
- **TRIM** the fat off meat before you cook it.
- **TAKE** the skin off chicken and other fowl before you cook it.
- **BAKE, BOIL, OR BROIL** meats instead of frying.

# 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**

- **High Fiber** — 2 grams or more of fiber per ½ cup serving

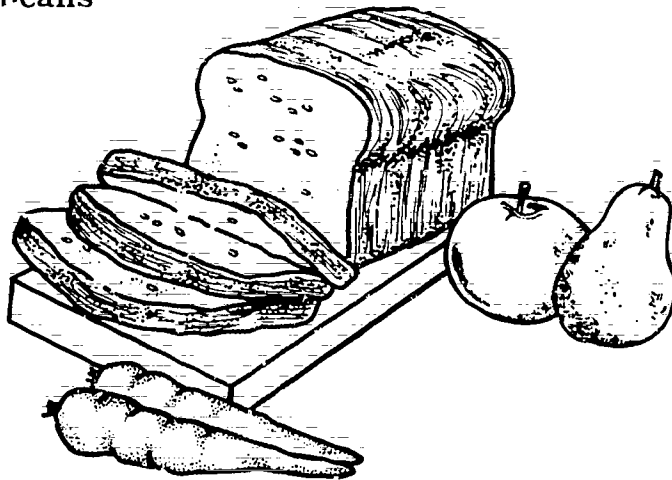
broccoli  
eggplant  
tunip greens, cooked  
carrots  
zucchini  
kale, cooked  
mushrooms, cooked

tomatoes  
cabbage, cooked  
okra  
spinach, cooked  
summer squash  
Brussei sprouts  
mustard greens, cooked

- **Medium Fiber** — ½ to 2 grams of fiber per ½ cup serving

cabbage, raw  
spinach, raw  
mushrooms, raw  
cauliflower  
onions  
beets  
green beans

radishes  
asparagus  
celery  
lettuce  
cucumbers, with skin  
turnips



- **Fruit and Fruit Juice**

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

small apple with skin  
unsweetened applesauce, ½ cup  
raisins, 2 tablespoons  
dried dates, 10  
fresh, canned, or frozen  
blackberries, blueberries, or  
raspberries, ½ cup

fresh or frozen cranberries  
sweetened with diet  
sweetener, ½ cup  
small fresh pear  
canned pears, ½ cup  
canned apples, ½ cup  
dried or canned prunes, 2  
dried figs, 2  
small orange

- **Medium Fiber — ½ to 2 grams of fiber per serving**

small cantaloupe, ¼  
honeydew melon, ½ cup  
watermelon, 1 cup  
grapefruit, ½ cup  
canned fruit cocktail, ½ cup  
fresh or canned pineapple, ½ cup  
medium peach  
canned peaches, ½ cup

fresh, frozen, or canned  
strawberries, ½ cup  
canned apricots, 4  
fresh or canned cherries,  
½ cup  
fresh grapes, ½ cup  
fresh or canned plums, 2  
tangerine  
banana, ½

- **Low Fiber — less than ½ gram of fiber per serving**

Fruit juices have very little fiber, but they have a lot of calories.

apple juice, 120 calories per cup  
grape juice, 160 calories per cup  
grapefruit juice, 100 calories per cup  
orange juice, 120 calories per cup  
prune juice, 200 calories per cup  
pineapple juice, 135 calories per cup

- **Starches**

- **High Fiber** — 1 to 4 grams of fiber in a ½ cup serving

bran cereals

cereals — shredded wheat,  
oatmeal, cornflakes

beans — kidney, brown, lentils,  
lima, pinto, white

sweet corn

whole wheat flour and products  
made from it — bread,

spaghetti, macaroni, crackers  
pumpernickel bread

rye flour and products made  
from it — bread, crackers

corn meal and products made  
from it

potatoes

brown rice

pancakes or waffles

parsnips

yams

popcorn

winter squash

green peas

- **Low Fiber** — less than 1 gram of fiber in a ½ cup serving

white bread, rolls, biscuits

crackers made from white flour

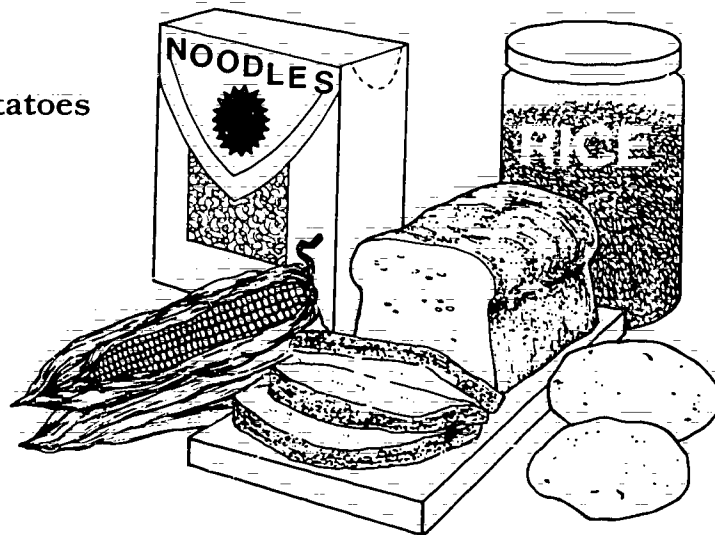
noodles, spaghetti, macaroni

tortillas

white rice

cornstarch

instant mashed potatoes



## 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 CAREFUL NOT TO ADD FAT** to fiber foods. Instead, season high-fiber foods with vinegar, lemon, herbs, spices, bouillon cubes, or diet salad dressing.
- **EAT** fresh fruit instead of canned fruit 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** bran or fiber cereals instead of cereals without much bran or fiber.

<b>Eat this</b>	<b>Instead of this</b>
bran cereal	refined cereal
whole wheat bread	white bread
boiled potatoes	french fries
boiled potatoes with skins	mashed potatoes
oatmeal	farina
orange	orange juice
bran muffins	plain muffins
corn bread	biscuit
corn tortilla	flour tortilla

- **WHEN EATING OUT**
  - Order sandwiches with lettuce and tomato.
  - Order sandwiches with whole wheat bread.
  - Order pizza with onions, green peppers, and mushrooms (leave off hamburger, pepperoni, and sausage) and remember to eat pizza as an occasional treat.
  - Eat out at places with salad bars.
  - Order a dinner salad with your sandwich.

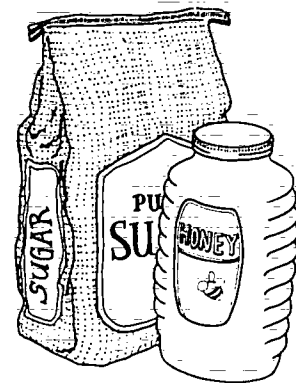
# SUGAR

**FACTS:** Sugar is found in many different kinds of food, and is called by many names (such as sucrose, dextrose, 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.
- It is hard to avoid sugar because it tastes so good.

**FOODS WITH SUGAR:** Avoid these foods.

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



## 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.
- **BUY** fruits canned without sugar syrup. If you have to use fruit canned in sugar syrup, rinse the fruit off with water before eating it.

# ALCOHOL

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

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

## TIPS TO DRINK LESS ALCOHOL

Instead of drinking alcohol, you could drink:

- Tomato or vegetable juice
- Club soda with a lemon or lime slice
- Diet soft drink or diet Koolaid
- Iced tea or coffee
- Other low-calorie drinks listed in this folder



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