

Decode a Diabetes-Friendly Diet

Managing Type 2 diabetes doesn't mean a steady diet of bland this and boiled that. NorthShore Certified Diabetes Educator Stella Moreno-Cortes advocates the American Diabetes Association's "Create Your Plate" method. Follow this plan and whip up satisfying meals packed with a variety of tasty foods that will keep your blood glucose levels in check and even help you lose weight.

Moreno-Cortes says to start by drawing an imaginary line down the middle of your plate. Divide one side with another line so you have three sections.

FILL THE LARGEST SECTION WITH NONSTARCHY VEGGIES SUCH AS:

- Broccoli
- Carrots
- Salad greens (iceberg, romaine and arugula)
- Bell peppers (red and green)

IN ONE OF THE SMALL SECTIONS, PUT YOUR PROTEIN, INCLUDING:

- Seafood
- Chicken, duck and turkey
- Beef, pork, veal and lamb
- Tofu
- Cheese
- Eggs

IN THE OTHER SMALL SECTION, PUT GRAINS AND STARCHY FOODS SUCH AS:

- Whole grains (brown rice, whole-grain barley and quinoa)
- Starchy vegetables (corn, pumpkin, butternut and acorn squash)
- Beans, lentils, peas and edamame

"With 'Create Your Plate,' you don't need to be a top chef to master diabetes control."

*NorthShore Certified
Diabetes Educator
Stella Moreno-Cortes*