



# Eat Well and Fight Diabetes

**Choosing the right balance of foods can improve your health, avoid future health complications if you have diabetes and keep you from developing prediabetes.**

That said, living with diabetes does not mean having to feel deprived at the dinner table. For example, while diabetics should limit carbohydrates because they raise blood sugar levels, you can choose right-sized carb portions as part of a balanced meal plan. As a general rule, you should follow the Academy of Nutrition and Dietetics' [MyPlate guidelines](#) and include no more than a quarter plate of starchy carbs in one meal. The American Diabetes Association offers an expansive resource for diabetic-friendly eating at their [Diabetes Food Hub](#). In addition to recipes, the site offers tips on meal planning and creating grocery lists.

Pre-diabetics and those with diabetes should choose:

- Fruits and veggies
- Whole grains
- Lean protein
- Foods with less added sugar
- Foods with less trans fats

Make your meals interesting with a variety of **green leafy vegetables** such as:

- Spinach
- Cabbage
- Collard greens
- Bok choy
- Kale
- Broccoli

Fiber slows down the digestion process and that helps keep blood sugar levels stable. **Whole grain foods** are fiber-rich and especially important for diabetics. Look for:

- Brown rice
- Quinoa
- Whole grain bread
- Millet
- Whole grain pasta
- Bulgur
- Buckwheat
- Rye

Do you ever feel overwhelmed with choices at the grocery store? These resources will help you refine your shopping list and make smarter choices.

[Conquering the Grocery Store](#)

[Heart-Healthy Foods: Shopping List](#)



# A Delicious, Diabetic-Friendly Thanksgiving Menu

Get ready for a holiday feast your whole family will love.

## Appetizers



- [Protein-Packed Cheese Board](#)
- [Gram's Clam Dip](#)
- [Cauliflower "Caviar" with Frizzled Prosciutto](#)
- [Date, Walnut and Blue Cheese Ball](#)
- [Caramelized Onion, Gruyere and Bacon Spread](#)

## Main Dishes



- [Roasted Turkey with Rosemary-Garlic Butter and Pan Gravy](#)
- [Rosemary-Orange Roast Turkey](#)
- [Classic Herb Stuffing](#)

## Side Dishes



- [Balsamic-Glazed Green Beans and Pearl Onions](#)
- [Roasted Rosemary Fingerling Potatoes](#)
- [Sweet Potato Stacks with Sage Browned Butter](#)
- [Roasted Cranberries and Grapes with Rosemary](#)

## Desserts



- [Almond Butter Chocolate Truffles](#)
- [Chocolate Stout Brownies](#)
- [Cranberry Crumble Bars](#)
- [Tangerine Biscotti](#)
- [Lattice-Topped Apple Pie](#)
- [Crustless Pistachio-Topped Sweet Potato Pie](#)