

# Preparing Foods in Healthful Ways When You Have Diabetes

Everyone can benefit from preparing foods in a healthful way, whether you have diabetes or not.

*“I always enjoyed cooking, but now it's a little different when you really look at the carbohydrates and the sodium and really look more for the nutritional value.”*

When you're in the kitchen cooking, prepare your meat by removing any excess fat before you cook it, including the skin on chicken.

If you normally fry food, try broiling, steaming, grilling, or baking your foods.

This cuts down on fat, which is good for your diabetes and weight management.

*“Some of the healthy ways to cook are things that involve keeping the freshness of the food and the taste and flavor vibrant, and I think of those as steaming, baking, roasting, even pan sautéing can be, depending on what it is.”*

If your busy schedule makes it hard to cook meals every day, try preparing healthy meals ahead of time and freeze them for easy reheating later.

You will be less likely to reach for unhealthy processed foods, or the take-out menu, if a healthy meal is on hand.

*“I was talking with my aunts about different foods and different books and things like that that help you and they're all excited, so we get together and we look through them and we plan meals and snacks and try this, try that.”*

Try the same for snacks. Cut up fresh vegetables or fruit ahead of time so they are easily within reach.

*“Right now, the little plastic baggies is my friend, because I'm able to portion out, and so by using that little snack one, there's but so much you can fit in there. Which is a plus because then I know I'm limiting my snacks.”*

And you might be a good cook, or like the kitchen, but we can all assemble healthy foods.

Talk to your healthcare provider about more tricks you can try when preparing your meals at home.

The next time you cook think about healthy ways to prepare your food, because small changes can go a long way to controlling your blood glucose and your health.

Although Diabetes is complex, it's manageable when you have the right information and support.

Diabetes educators are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at [www.DiabetesEducator.org/find](http://www.DiabetesEducator.org/find)

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