

Dietary Food Preferences—Diabetic

A diabetic diet requires a food pattern that helps to control glucose (blood sugar) and manage other risk factors like body weight, high blood pressure, and high triglycerides (fats in the blood). For individuals with diabetes, it can be challenging to determine what to eat. There is no one-size-fits-all eating pattern for individuals with diabetes.

There are a variety of eating patterns to help manage diabetes. Generally, individuals with diabetes are encouraged to replace refined carbohydrates and added sugars with more healthy sources of carbohydrates that are high in fiber, such as whole grains, legumes, vegetables, and fruits. Eating a fiber-rich diet can help the body slow digestion and control glucose levels.



Foods to Promote

- Fresh fruits
- Fresh vegetables
- Dried beans
- Brown rice
- Whole grains
- Canned tuna, chicken, and beef
- Unsalted nut butters, no sugar added
- Canned vegetables
- Oatmeal
- Plain yogurt
- Vegetable oils
- Popcorn
- Milk and unsweetened milk substitutes
- Low sugar/high fiber cereals (<6g sugar/>3g fiber per serving)



Foods to Distribute Sparingly

- White rice
- White bread
- White pasta
- Dried fruits
- Canned fruits
- Fruit juice for low blood sugar
- Sweetened yogurt

Foods to Avoid

- Candy
- Fruit juice that is not made from 100% fruit
- High-sugar cereals (>6g sugar per serving)
- Sweetened applesauce
- Toaster pastries
- Cookies
- Graham crackers
- Honey
- Cane sugar

Check out these Recipes! ↓

Kale Salad with Pomegranates and Lemon Vinaigrette



Huevos Rancheros with Pico de Gallo



Dietary Food Preferences—Hypertension

Hypertension or high blood pressure is a medical condition in which blood pressure, the force of the blood flowing through blood vessels, is consistently too high. Those with high blood pressure are more likely to develop heart disease or to have a stroke.



Adults with hypertension are recommended to consume a heart-healthy diet rich in fruits, vegetables, whole grains, and low-fat dairy products, and low in sodium.



Sodium is an essential mineral, but too much sodium in the bloodstream can put extra strain on the heart and blood vessels.



The American Heart Association recommends no more than 2,300mg of sodium (less than one teaspoon) per day for most adults, especially those with high blood pressure.

The most common sources of sodium are found in processed, prepackaged, and restaurant foods. Breads and rolls, cold cuts and cured meats, pizza, soup, sandwiches, and poultry contribute the most sodium in a typical U.S. diet.

Check out these Recipes!

Lentil and Quinoa Tacos



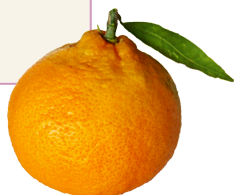
Mango and Black Bean Salad



Dietary Food Preferences—Hypertension

Foods to Promote

- Fresh fruits
- Dried beans
- Whole grains
- Fresh produce
- Low-sodium canned fruits and vegetables
- Canned tuna or chicken
- Unsalted nut or seed butters
- Milk and unsweetened milk substitutes
- Plain yogurt
- Unsweetened applesauce
- Low-sodium pasta sauce
- Unsalted nuts
- Brown rice
- Oatmeal
- Canola and olive oil
- Unsalted popcorn
- 100% fruit juice



Foods to Distribute Sparingly

- Granola bars
- Regular pasta sauce
- White bread
- White pasta
- White rice
- Canned beans
- Canned fruits
- Canned vegetables
- Canned beef
- Cheese
- Dried fruits
- Sweetened yogurt

Foods to Avoid

- Chocolate
- Candy
- Toaster pastries
- Juice that is not 100% fruit juice
- Pretzels
- Salted nuts
- Sweetened applesauce
- Cookies
- Butter



Dietary Food Preferences—High Cholesterol

High cholesterol, also known as hyperlipidemia, is a medical condition in which the blood is carrying abnormal amounts of fats. Cholesterol is affected by both genetics and diet. Cholesterol is a waxy substance that is naturally made in the body and important for cell function. Dietary fats are also essential to life and can affect how much cholesterol the body produces. High cholesterol over time can put one at risk for negative health events like heart attack and stroke.



To help improve cholesterol levels, the American Heart Association recommends a heart-healthy diet that is rich in fruits, vegetables, whole grains, low-fat dairy products, and low in saturated and trans fats.



Saturated fats are found in animal products such as red meats, butter, cream, cheese, and other dairy products made with whole milk.



Trans fats are found in many fried foods and baked goods, such as pastries, cookies, and crackers.

Check out these Recipes!

Pumpkin Oatmeal



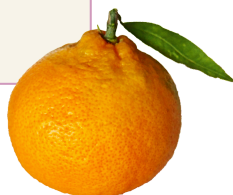
Vegetarian Sushi Roll



Dietary Food Preferences—Cholesterol

Foods to Promote

- Fresh fruits
- Dried beans
- Whole grains
- Fresh produce
- Low sodium canned fruits and vegetables
- Canned tuna or chicken
- Unsalted nut or seed butters
- Milk and unsweetened milk substitutes
- Plain yogurt
- Unsweetened applesauce
- Low sodium pasta sauce
- Unsalted nuts
- Brown rice
- Oatmeal
- Canola and olive oil
- Unsalted popcorn
- 100% fruit juice

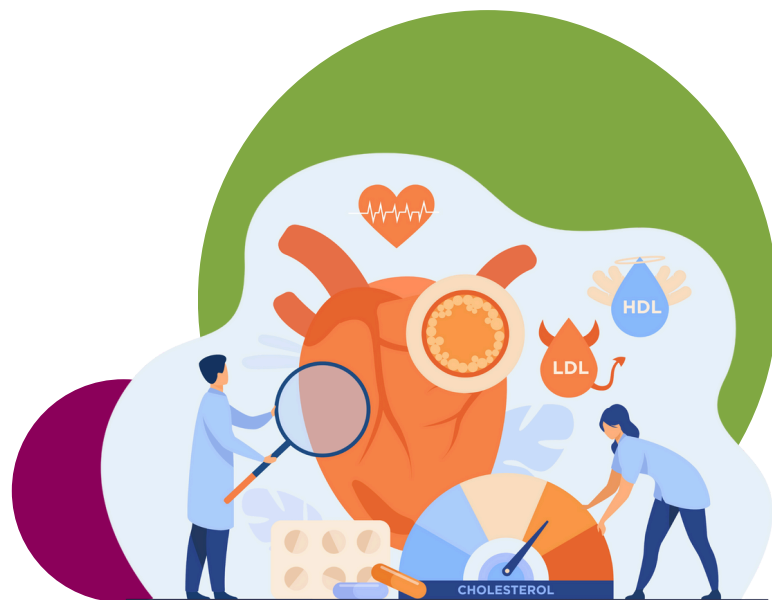


Foods to Distribute Sparingly

- Granola bars
- Regular pasta sauce
- White bread
- White pasta
- White rice
- Canned beans
- Canned fruits
- Canned vegetables
- Canned beef
- Cheese
- Dried fruits
- Sweetened yogurt

Foods to Avoid

- Chocolate
- Candy
- Toaster pastries
- Juice that is not 100% fruit juice
- Pretzels
- Salted nuts
- Sweetened applesauce
- Cookies
- Butter



Dietary Food Preferences—Vegetarian

A vegetarian eating pattern is made up of mostly plant-based foods (e.g. fruits, vegetables, and whole grains) and avoids meat, poultry, and seafood. Some may also choose to avoid eggs and dairy, such as milk, yogurt, and cheese.

Animal-based foods provide important nutrients and minerals the body needs. It is important to be mindful of foods to consume in order to stay healthy on a vegetarian diet. However, a well-planned vegetarian diet can be nutritious, taste great, and may provide health benefits to prevent certain diseases. If your client has concerns about dietary choices, encourage them to talk to their healthcare provider to be referred to a registered dietitian.

Foods to Consume to Maintain a Balanced Diet



Fit in more colorful fruits and vegetables: especially orange, red and dark-green for important vitamins, minerals, and fiber. Most dark-green vegetables like broccoli and collard greens provide calcium.



Choose more whole grains such as whole wheat, brown rice, corn, and oats over refined grains. Some grains like quinoa and millet are higher in protein.



Enjoy a variety of protein: such as beans, peas and lentils as well as nuts, seeds and soy products, such as tofu and soymilk (if desired, eggs and dairy are also great protein choices).



Don't forget heart-healthy fats from avocados, nuts, seeds, olives, and some vegetable oils (if desired, canned fish such as tuna or salmon also provide healthy fats).

What to Watch for on Labels and Ingredient Lists



Opt for fresh fruit or fruits packed in 100% juice.



Choose vegetables with no added salt (fresh, frozen, or canned).



Choose canned and frozen goods with no salt added (or low-sodium).



Check for non-vegetarian ingredients (e.g. beef or chicken stock in canned soups).



Limit highly processed foods made with hydrogenated or partially hydrogenated oils (can be found in snack crackers and chips).



Limit added sugars (can be found in fruits packed in syrup, sugary cereals, and baked goods).

Check out these Recipes!

Quesadillas with Vegetables



Mixed Rice (inspired by BiBimBap)



Dietary Food Preferences—Vegan

A vegan diet is a variation of a vegetarian diet that is made up of only plant-based foods and avoids all animal-based foods, including meat, poultry, seafood, eggs, and dairy. Animal-based foods provide many important nutrients and minerals your body needs, so it may be difficult to get the proper nutrition you need to stay healthy and well through a vegan diet.

A well-planned vegan diet can be nutritious and provide health benefits to prevent certain diseases. If your client has concerns about dietary choices, encourage them to discuss this with their healthcare provider to be referred to a registered dietitian.

Foods to Consume to Maintain a Balanced Diet



Fit in more colorful fruits and vegetables: especially orange, red and dark-green for important vitamins, minerals, and fiber. Most dark-green vegetables like broccoli and collard greens provide calcium.



Choose more whole grains such as whole wheat, brown rice, corn, and oats over refined grains. Some grains like quinoa and millet are higher in protein.



Enjoy a variety of protein: such as beans, peas and lentils as well as nuts, seeds, and soy products, such as tofu and soymilk.



Don't forget heart-healthy fats from avocados, nuts, seeds, olives, and some vegetable oils.

What to Watch for on Labels and Ingredient Lists



Opt for fresh fruit or fruits packed in 100% juice.



Choose canned and frozen goods with no salt added (or low-sodium).



Choose vegetables with no added salt (fresh, frozen, or canned).



Limit highly processed foods made with hydrogenated or partially hydrogenated oils (can be found in snack crackers and chips).



Check for non-vegan ingredients.

- Food additives and red food coloring
- Gelatin (in Jell-O)
- Natural flavorings
- Omega-3 fatty acids, Vitamin D3 (from fish oil)
- Whey, casein and lactose (from dairy)
- Beef or chicken stock in canned soups



Limit added sugars (can be found in fruits packed in syrup, sugary cereals, and baked goods).

Check out these Recipes!

Secret Ingredient Veggie Chili



Warm Lentil Salad



Dietary Food Preferences—Anti-Inflammatory

Inflammation is the body's natural way to heal and protect itself in response to injury or exposure to harmful substances. This is helpful when, for example, your skin is healing from a cut. However, inflammation can be harmful when it is ongoing or chronic.

Chronic inflammation can cause damage to the body's healthy cells and may contribute to diseases and conditions of immune deficiency, such as rheumatoid arthritis and skin infection as well as cancer, diabetes, heart disease, and Alzheimer's disease.

Some foods may reduce inflammation, but it's unclear how often and how much is needed for this benefit. Current research advocates an overall balanced diet to supply the body with good nutrition and to help boost the immune system and reduce inflammatory stress.

Foods to Consume to Maintain a Balanced Diet



Fit in more colorful fruits and vegetables: especially berries, cherries, and leafy greens.



Replace refined grains with more whole grain options such as brown rice, black rice, wild rice, oats, barley, and whole-wheat bread.



Eat more plant-based proteins: beans and lentils as well as nuts, seeds and soy products, such as tofu and soy milk.



Don't forget your heart-healthy fats from avocados, nuts, seeds, some vegetable oils, fish, and shellfish.

What to Watch for on Labels and Ingredient Lists



Opt for fresh fruit or fruits packed in 100% juice.



Choose vegetables with no added salt (fresh, frozen, or canned).



Choose canned and frozen goods with no salt added (or low-sodium).



Choose fish that is lower in mercury such as salmon, sardines, and tilapia.



Limit highly processed foods made with hydrogenated or partially hydrogenated oils (can be found in snack crackers and chips).



Limit added sugars (can be found in fruits packed in syrup, sugary cereals, and baked goods).

Check out these Recipes!

Kale Chips



No-Tuna Poke Bowls

