

4 RECOMMENDATIONS TO PREVENT DIABETES AND OBESITY

Visit Dr. Roxanne Sukol's blog "*Your Health is on Your Plate*" at yourhealthisonyourplate.com for more great information on food and health.

1) Eat a high-protein breakfast (meats, eggs, fish, nuts, beans, or dairy):

- chicken, hamburgers, turkey, chili
- scrambled, fried, poached, **hard-boiled** eggs
- sardines, tuna, salmon, tilapia, catfish
- **almonds, walnuts, pecans**, brazil nuts, pine nuts, hazelnuts, **peanuts or peanut butter**
- lentil soup, refried beans with cheese melted on top
- **cheese, cheese sticks**, whole milk, plain whole milk yogurt.

Add fiber to your high-protein breakfast with:

- fresh, frozen, or **dried fruits**; fresh or frozen veggies
- beans -- chili, soup, bean sprouts, bean dip, fresh soybeans (edamame)
- whole grains like old-fashioned oats, brown rice, millet, kasha, whole-grain tortillas, crisp bread crackers (WASA brand), Uncle Sam's breakfast cereal. Minimum 3 grams fiber/serving. No quick or instant foods.
- **Do not eat grains at breakfast if you are diabetic or at risk.**

*Items in **italics** are great choices when time is tight.

2) Eat only natural oils and fats.

Olive oil, coconut oil, sesame oil, safflower oil, cold- or expeller-pressed oils; avocados, nuts, seeds, dark chocolate; fish, whole milk, butter, cheeses, poultry, meats.

No margarine, Crisco®, coffee whiteners, vegetable shortening, hydrogenated fat, refined oil.

3) No juice, soda, pop, drinks, fruit juices or sports drinks.

Drink milk, water, or unsweetened tea, and eat fresh fruit instead of drinking juice. Maximum one (1) artificially sweetened drink per day.

4) No light, low-fat, quick, instant, or processed foods. No skim or low-fat dairy.

No low-fat muffins, low-fat yogurt, low-fat salad dressing, low-fat mayonnaise (like Miracle Whip®), low-fat pudding, and other processed low-fat items.

No 'coffee whiteners' like Coffee-mate®, Cremora®, International Delights®.

No artificial foods like Cool Whip®, Smart Balance®, Country Crock®, Promise®, Country Time®, I Can't Believe It's Not Butter®, Crystal Light®, Blue Bonnet®.

Need ideas? Fresh veggies.

Eggs scrambled in butter or olive oil.

Handful of nuts. Not coated.

Lemon juice on avocado slices.

Spoonful of peanut butter.

Tuna with real mayo.

Mozzarella cheese on salad.

Celery sticks with hummus.

Chicken cacciatore.

Grilled pork chop.

Cheddar cheese on a slice of tomato or whole-grain toast.

Hamburger and salsa.

Sweet tooth? Fresh fruit.

Dark chocolate.

Whole milk + 1 tsp. sugar + 1 drop vanilla extract.

Premium ice cream.