



Buffet Table Tips for People with Diabetes

The holidays represent a special time for gathering with family and friends. If you have diabetes, this two-month period can pose special challenges, because of the types of foods that are available during the holidays. How can you stick with your meal plan, yet join in the celebration and have some fun? You can do it. If you choose wisely and watch how much you eat, you can have a delicious meal and feel good too. So, grab your plate and head for the buffet table.

Look for the high fiber, low-fat dishes. Great choices are beans, peas and lentils, and dark green vegetables such as broccoli, cabbage, and spinach. When it comes to salad, go for the green bean or three-bean dishes, tofu salad, Chinese chicken salad or pasta salads mixed with vegetables. Choose whole grain foods such as brown rice, whole wheat bread, pasta or buckwheat noodles.

Choose veggies that are light on salad dressing, cheese or cream sauce. If you can, make your own dressing with a little olive oil and vinegar. Consider using seasonings such as lemon juice and pepper to make salad dressings. If you love mayonnaise, try a low-fat or fat-free mayonnaise product, or better yet, select foods with dressing that is made from plain, fat-free yogurt. Everyone benefits from eating these foods, not just people with diabetes.

Vegetables and grains should fill up most of your plate. Fill half of your plate with steamed vegetables that are green, yellow, and orange in color. Eat lettuce, tomato, and peppers as part of a fresh, nutritious salad. One fourth of your plate should contain rice, whole grain breads, yams, or pasta, while the remaining fourth may be reserved for protein. Choose 2-3 ounce portions of cooked, lean meat, poultry, fish, or 1 cup baked beans. Select grilled chicken without the skin and limit batter fried dishes which are often high in fat.

Rather than choose dishes that are high in fat and calories such as adobo, lumpia, guisantes, dinoguan, or cascaron, try choosing healthier items such as adobo made with lean chicken or pork, utong, mungo beans, gelatin, kalamungay or okra soup (these soups however are high in salt).

What's for dessert? It's hard to beat fresh fruits such as bananas, grapes and oranges. Fruit is an excellent source of fiber, vitamins and minerals, and has zero fat. Everyone, including people with diabetes, should eat three to four servings of fruit a day. Pies, cakes, pastries, and cookies are high in fat and cholesterol. If you can't resist, have a small serving.

It's best to drink water, unsweetened tea or diet beverages. Add a wedge of lemon for flavor. If you choose to drink alcoholic beverages, limit your intake to no more than one drink a day for women, two for men, and drink only with a meal.

Eating the right foods to control your blood sugar means being prepared and planning ahead. If you need help putting together a meal plan, ask your doctor or nurse to refer you to a dietitian or diabetes educator. For more information about controlling your diabetes, call the Association of Asian Pacific Community Health Organizations (AAPCHO) at 510-272-9536 or the National Diabetes Education Program at 1-800-438-5383 or visit the program's web site at <http://ndep.nih.gov> on the Internet.

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